



# **BAKING SODA CURE**

**DISCOVER THE AMAZING POWER AND  
HEALTH BENEFITS OF BAKING SODA**

**ELLA MARIE**

A heart-shaped bag of white baking soda is centered on a rustic wooden surface. The bag is made of a textured, slightly wrinkled material. The text 'BAKING SODA CURE' is printed on the bag. 'BAKING' and 'SODA' are in black, and 'CURE' is in red. Below the bag, there are two black bars with white text: 'DISCOVER THE AMAZING POWER AND' and 'HEALTH BENEFITS OF BAKING SODA'. At the bottom of the image, there is a red bar with the author's name 'ELLA MARIE' in white.

# **BAKING SODA CURE**

DISCOVER THE **AMAZING POWER AND**  
**HEALTH BENEFITS** OF BAKING SODA

**ELLA MARIE**

Baking Soda Cure

*Discover the Amazing Power and Health Benefits of Baking Soda, Its history and Uses for Cooking, Cleaning, and Curing Ailments*

*Ella Marie*

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## **Introduction**

**\*\*\* Before you get started \*\*\***

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## **Introduction**

The purpose of this book is to open your eyes to the benefits of a cleaner, healthier environment and a life free of toxins. While cleaning, eating healthier foods, and taking care of our bodies certainly help, it is not enough if we as a society continue to use harmful chemicals and consume produce contaminated with pesticides and other toxins. In this book, I shed some light on these topics while discussing one of the best products I know of in terms of helping people to lead healthier lives and eliminate harmful substances from their environment.

In this book, I will touch on a wide range of topics relating to baking soda, including its uses and its benefits to our health and environment. Baking soda is an amazing product because it not only is extremely effective but is also cheap, readily available, and biodegradable. In addition to focusing on the history and scientific aspects, I will weigh in on the comparisons between baking soda and other household cleaners, discuss in great length the wide range of uses for baking soda (such as treatment for diaper rash, bug bites, and jellyfish stings; fire extinguishing; powerful cleaning abilities; produce sanitation; and much more), as well as provide helpful tips and even some activities that you can try which provide tremendous fun for children.

## **The Science Behind it All**

The technical term for baking soda is “sodium bicarbonate.” The chemical formula for baking soda is  $\text{NaHCO}_3$  and is actually fairly simple. Baking soda has a unique ability to interact with acids and other bases to neutralize the pH of certain substances. This can be helpful, as a body’s health is influenced by its pH level.



## What is pH?

The scientific acronym pH means “power of hydrogen.” The p is an abbreviation of “potenz,”

which is “power” in German, and H is the atomic symbol for hydrogen. The pH of a substance or solution is a measurement of its acidity or alkalinity. The pH scale ranges from 0–14, with 7

being neutral. Anything with a pH of less than 7 is acidic (an acid), while anything above 7 is alkaline (a base).

When baking soda comes into contact with acidic substances, such as stomach acid, it will neutralize them and balance things out. A perfect example of an acid being neutralized is the consumption of [antacids](#) to control heartburn (stomach acid), a practice which dates back thousands of years when the Sumerians first began attempting to prevent heartburn and acid reflux (though their methods were much different, as it took them years to discover the benefits of alkalinity to balance out the acid). In order to counteract an acid, the base must be equally or at least near equally strong. For instance, stomach acid is estimated to be around 1.5–2 on the pH

scale, so it requires a strong base, such as milk of magnesia (magnesium hydroxide) which is approximately 10 on the pH scale, to neutralize it.

An interesting fact is that what we refer to as “heartburn” really has nothing to do with the heart.

Rather, it is more about the gastric juices that are secreted by the stomach to digest food. The burn that we feel is caused by this unbalanced secretion of juices, which is a direct result of factors such as horrid food choices, toxic lifestyles, and acute levels of stress.



To be honest, most people are not balanced in terms of alkalinity versus [acidity](#) these days, as the majority of individuals consume unhealthy foods, which has a *lot* to do with it all. The Westernized human diet is very unbalanced, and this must change if people are to truly get well and stay that way. As far as the pH scale goes, the information below can give you better insight as to how this scale is laid out, as well as some examples of substances and their pH levels.

Battery Acid — 0

Sulfuric Acid — 1

Vinegar, Lemon Juice — 2

Soda — 2.5

Orange Juice, Apples — 3

Acid Rain — 4

Tomatoes — 4.5

Bananas, Black Coffee, Bee Stings — 5

Milk — 6.5

Pure Water — 7 (completely neutral if pure)

Human Blood — 7.4

Ocean Water — 8

Baking Powder — 8.3

Baking Soda — 9

Magnesium Hydroxide — 10

Ammonia — 11

Soapy Water — 12

Lyme — 12.4

Bleach — 13

Lye — 13.5

Drain Cleaner, Sodium Hydroxide — 14

The pH scale is a major part of chemistry in terms of *how* the human body thrives and maintains its health and functionality. Being balanced in the middle seems to be the best position from a

health standpoint. However, as stated above, that is not really what's happening with most people. It's all part of a giant puzzle that is in place to promote life and keep the ball moving.

Many articles have surfaced wherein experts shed light on the benefits of eating more organic raw fruits and vegetables. I agree with their findings and believe these efforts are sure to keep the body in a more balanced state.

Juicing vegetables is a perfect way to go about increasing your consumption if that's something you're looking to do—something I definitely recommend! If produced naturally, the raw materials of baking soda are mined, so for the most part it all starts deep within the earth.

According to my research, there are roughly six stages to making baking soda. This is the process used by many of the companies that sell it in stores. Below are the steps involved in production:

1. Trona is mined and subsequently processed into soda ash.
2. Soda ash is mechanically processed by means of extracting the crystals that are within it.

3. The crystals are put into a dissolving solution, which is then filtered, separated, and pumped further along to the next stage.
4. Carbon dioxide is utilized to react with this solution, where it then forms sodium bicarbonate (baking soda) crystals.
5. The baking soda crystals are gathered, washed, and dried.
6. These crystals are then separated according to their size and exported to distributors to be sold.

It's a pretty amazing process, and as you can probably tell, it's not a completely natural procedure. However, that's not to say that it's entirely dangerous either. It's quite apparent that a lot of equipment, manpower, and mechanical work goes in the making of baking soda, but its safety seems to be legitimate. More environmentally friendly and health-conscious companies produce the most natural baking soda from its most natural form, without all the equipment, additives, etc. Some companies produce it by removing suspended sodium hydrogen carbonate

from a carbonating tower and heating it at 300°C to produce sodium carbonate.

So that wraps up the science lesson for today. To be honest, it can all go much more in-depth, but the whole point of this book is to get you going as soon as possible *without* boring you to death.

## **Ancient Origins**

### **Egyptian Introduction**

Baking soda has actually been around much longer than most people think, as its use goes all the way back to the ancient Egyptian times. Its natural occurring form is known as nahcolite, which is a derivative of what scientists call "natron." The ancient Egyptians used natron as a cleaning agent (soap mostly), and as history has suggested, it was quite effective.

## **Four out of Five Mummies Swear by It**

Historians have also proposed that natron was used to preserve the dead, a process known as mummification—something the ancient Egyptians had down to a science. Experts once believed salt was used during this process, which was the result of confusion over the difference between salt and natron.

The embalmers would pull out the brain and organs, which are the first to decompose, and dry them out. They would then place all the internal organs in canopic jars, except the heart, which they believed to be sacred and a necessity for the deceased in the afterlife, and thus they would replace after drying it out. Then the inside of the body would be rinsed in wine and spices. They would then cover the corpse in natron for forty days, stuff the body (usually with linen or sand), and then continue to let the corpse soak in natron for thirty more days, after which they would completely wrap the body in bandages and place it in a sarcophagus in its final resting place—

well, final except for those which are removed and shipped all over the world for display.

## **A Modern “Miracle” Powder**

Fast-forward many—and I do mean many—years to the 1840s, and you’ll arrive in the era when mass production of baking soda pretty much took off! Church & Dwight Co., the company that produces Arm & Hammer, is still the leader in baking soda production to this day—they’ve been doing it since the 1800s! *A pretty impressive company.*

Let’s see why millions of people are using baking soda for so many different applications today.

## **Everybody’s Doing It!**

Honestly, who doesn’t use it at one time or another? Even our grandmothers used to preach about how great it could be for so

many different things around the house. From a smelly refrigerator to spot-cleaning the carpet, its multi-use nature has been thoroughly documented and praised for centuries. What I find interesting is that baking soda has recently been getting a lot of hype within the health community. It has, in a sense, been reborn.

Baking soda has many uses that most people today are simply unaware of, and that's exactly why I created this book. I am about to open your eyes to its versatile nature, and it will all be done in a quick and easy fashion to make it all very clear. I truly want you to be a baking soda expert by the time you finish reading this book! And you will be.

All I'm really trying to do is open your eyes to a subject that more people need to be aware of, as baking soda is proving to be more and more of a dominating force within the health and wellness world. Baking soda is extremely handy! So grab a notepad and pen; I'm about to give you some great ideas!

## **What's Cooking?**

Do you eat a lot of vegetables? What about juicing—are you as addicted to it as I am? It's great if you are, but if you're not using 100% organic produce for your juicing sessions, you're going to need a good cleaning agent to wash your fruits and vegetables. Pesticides are a real threat with most produce, and that's why I don't buy it all that often unless I know that it is organically grown.

Unfortunately, conventional produce also contains toxins due to chemicals in the soil which the produce absorbs. Some of the toxins can be removed with a good washing if the fruit has a thick skin. However, other produce will completely absorb chemicals, thus putting consumers at risk of health issues. For those which are safer for consumption, follow these simple cleaning steps: Clean and sanitize the sink thoroughly.

Fill the sink with cold water.



Add about 1/8 cup baking soda and mix.

Submerge produce.

Let produce soak in water.

Enjoy!

Simple and, like all the other tips, very effective!

Another great trick that baking soda is great for is peeling eggs. The pH level of eggs causes it to cling to the egg. If you balance it out by adding approximately ¼ teaspoon of baking soda to the boiling water before adding the eggs, then they will be much easier to peel.

## **The Dirt Stops Here**

In this section, I am going to jump into some great ways you can go about incorporating baking soda into your cleaning routines so that you can avoid the toxic aisle at the grocery store. Less time spent in these risky aisles can equate to two things:

Less hazards for your health and body overall.

Less money spent on junk cleaners every month.

Let's move on to some easy recipes for making your own cleaners so that you can start this

“greener cleaning” business today!

## **Baking Soda and Your Kitchen**

Kitchens can get pretty dirty, and if you're cooking and juicing in them as often as I am, you'll need a good quality cleaner to keep it in tip-top shape. A mixture of baking soda, vinegar, and a little water seems to do the trick pretty well. What I recommend is getting a generic spray bottle to mix everything in so that applying your

homemade cleaner to countertops and other high-traffic areas is simple and easy to do.

A general spray bottle shouldn't cost more than a couple dollars at most hardware stores. The typical baking soda recipe I've used in the past is as follows:

In your bottle, mix the following to make your own cleaner...

¼ - ½ cup vinegar (white vinegar is fine)

¼ cup baking soda

Any essential oil you like for scent (lemongrass is a good choice)

Water (fill to the brim)

Shake to mix

Easy, and *seriously* gets the job done! Now you can take this same bottle and use it for many other areas around the house. It's a safe combination that can go anywhere. I've also heard that some people buy cheap vodka to make homemade cleaners as well, but I personally don't do this. It can get a bit expensive if you're always buying a bottle of vodka to clean the house. It's not really recommended in my opinion, but hey, I suppose you can't really shoot down the idea until trying it out. Luckily, you can buy very cheap vodka if this is something you want to experiment with sometime. After all, alcohol does sanitize pretty well.

***Wait a second, won't my house smell like vinegar?***

Nope! Remember, baking soda is a great deodorizer, so once that vinegar hits the baking soda, the nasty, pungent smell that accompanies vinegar will pretty much disappear. Plus, as stated in the recipe, you can add essential oils to give it a desired scent. Feel free to get creative and mix these until you're satisfied with the smell.

There are [many](#) to choose from out there. So don't worry, your house will not smell horrible all the time.

Also to note, as many of you already know, when this combination is put into play, it bubbles and foams up quite rapidly, so make sure to let it all subside before capping off your spray bottle to avoid trapping all of that pressure. You definitely don't want any mini-explosions happening in your kitchen.

I recommend having a bottle of this on hand most of the time (just like you would with any regular commercial cleaner). The easier you make it on yourself to use safer cleaning products, the more you'll use them—simple as that. Luckily, homemade cleaners are extremely cheap and easy to make, so it should not be a hard thing to get acclimated to anyway. Buying the few necessary ingredients allows you to make many bottles of a powerful cleaner for less than you would pay for just a couple bottles of cleaner at the store. A box of baking soda is about a dollar in most stores, so there's really no reason to *not* give this a shot.

This mixture is capable of cleaning the stove, the refrigerator, the microwave, the oven, the sink, the countertops, and even the floor! It sanitizes very well and truly works at getting that sparkle back in high-traffic, dirty areas of the house. The kitchen is probably one of the toughest areas of the house to constantly keep clean, so I understand the need for a good multipurpose cleaner.

With a baking soda-based disinfectant, you need not worry.

### **Another *major* plus to using baking soda...**

What's also really great is that a homemade cleaner that utilizes baking soda is perfectly fine for the environment as well, so in my opinion, that's a major upside! Nowadays it's all about sustainable living, so people should want to be very proactive in keeping our products natural.

We all need to remember that we're guests on this planet, so we must be respectful during our stay, and using safer products (like baking soda) is a perfect way to go about appreciating our lovely Mother Earth.

## **Cleaning Tips You May Never Have Considered**

So, with all of that now in the open for you to read and weigh accordingly, let's move on to some other uses of baking soda that are also considered to be very effective, because one thing's for sure: If you're going to be making these very essential swaps, you need to know and assess the best options that are available.

### **A Natural Drain Cleaner that Actually Works!**

If done correctly, baking soda can work as a natural cleaner, and although this tip has been around for a while, not too many people are trying it out. To do this properly, you will need to start with a pot of scalding hot water that you will be pouring down the drain. The next move will be to take a good amount of baking soda (about  $\frac{3}{4}$  cup or so) and also pour it down the drain. Next, take 1 cup vinegar mixed with hot water and pour it down on top of the baking soda that's sitting on the clogged drain. After this is all poured, plug the drain if you can. About fifteen minutes later, dump one or two more pots of boiling water down the drain to clear out the debris. Repeat the process until the drain is unclogged. Usually the first time gets the job done, but it really depends on how bad your drains are.

This truly does work if it is done correctly. Why do this? Because mainstream drain cleaners have been [proven](#) to be unsafe in many regards—especially for the environment.

### **Cleaning Your Pots and Pans with Baking Soda**

Bad pots and pans? No problem! I understand, especially since I always use steel pans because coated selections are [unsafe](#) these days. Although safer, steel pans are much harder to keep clean. So if yours tend to get bad quite often, you can keep them in great

shape with a very simple baking soda combination. Once again, it's the baking soda/water mixture that comes to the rescue for this tip!

The steps:

Fill the pan with water.

Turn the stove on high.

Bring it to a nice boil for about five minutes.

Take the pan off the burner and place it on top of a cold burner.

Add about 1/8 cup baking soda.

Stir the mixture.

Cool down to a lukewarm temperature.

Now scrub!

It should all come off with ease after doing this, but again, that will all depend on how bad the pan is to begin with. As stated above, certain steel selections can be a bit tough.

### **Getting Rid of Rust with Baking Soda**

Got rust? Oxidized metal is never good, and in some cases it can be very dangerous—nobody likes stepping on a rusty metal corner. Luckily, baking soda can help with all of this as well. The only materials that you'll need to rid certain metals of rust are baking soda, water, and a bowl in which you'll mix everything together. Your goal will be to make a type of paste that can be applied to the rusty area of the metal.

After you apply this paste, I then recommend using a metal sponge to scrub the paste into the rust spot, as a "metal on metal" effect tends to work out pretty well in these types of situations.



This can typically be used on any type of metal and should work out pretty well nearly every time. Just don't expect it to work like magic on your '67 classic car floorboards with rust holes the size of your fist. Typically, it's good for items with light surface rust, but nothing too out of control.

***Do you personally use baking soda for all of your cleaning needs?***

To be honest with you, no. I don't use baking soda for ALL of my cleaning jobs. Consider it all a half-and-half situation with me. Half the time I will, and half the time I won't. I go about it in this manner because I'm still very conscious about my choices when restocking my home cleaning supplies. In other words, I always buy naturally derived, environmentally friendly (and people friendly) products that work very well, but I also know of many who take the baking soda route with nearly everything they clean. It really depends on how "hardcore" you want to be. For me it ranges, and it all depends on what is on hand at the moment. If I run out of my store-bought products, I'll make it myself. If I get to the end of my homemade cleaner, I may run to the store to restock. It really fluctuates. If you want to take the 50/50 route like me, just make sure you're using natural selections. Read product labels and make sure what you're buying isn't toxic in any way, shape, or form.

At most health food stores, there's typically a cleaning aisle with dozens of legitimate cleaning products to pick from, Whole Foods being a prime example. I buy many of my products at stores like this, and, for the most part, I don't find them to be too expensive—a difference of one dollar in a lot of cases. Within these aisles are also cleaning products that are in "concentrate form." In other words, these are natural cleaners that are highly dense, where only a little is needed to mix with water. A big jug for about fifteen dollars can easily last a person six to eight months. What I do sometimes is take a natural cleaning concentrate and make my own product, one that also utilizes baking soda, lemon, and water. The baking soda, if added correctly, can be considered a

“cherry on top” of an already potent concentrate.

Now, we also want to stress that if you’re mixing all of these ingredients together, you need to be aware that you’re mixing and matching acids and bases. In simpler terms, there are actions and reactions to everything, so you need to be aware of what it is you’re combining. Just be careful and research everything before making any decision, as you don’t want to be mixing the wrong ingredients. Chemistry can be pretty scary at times, even if mixing environmentally-friendly ingredients. But to be honest, if you’re sticking to very natural products and/or elements, you should be just fine. To this date, I haven’t had any problems.

So, now that I’ve gotten most of the information across regarding baking soda, let’s blast through

a bunch of great (and quick) ways that you can use it. Consider this next section a “quick reference” segment that you can refer to for many of your cleaning needs.

## **How to Clean the Bathtub with Baking Soda**

This one is very simple:

First, wet the tub with a small amount of water.

Next, take about a cup of baking soda and sprinkle it all over the sides and bottom of the bathtub.

Let it sit for about five minutes, then grab a sponge and go to town!

No toxic cleaners needed!

Now, depending on what type of finish you have on your bathtub, you’ll need to see if you can use a wire sponge or not. I recommend using a metal scrubbing sponge, but if you can’t use something of that nature due to fear of damaging your bathtub, a regular one should work just fine.

## Why Use Baking Soda for the Tub?

Baking soda is great for the tub because the bathroom is always an ongoing battle for cleanliness.

If you think about cleaning the bathroom logically, being trapped in a small space and breathing in loads of toxic chemicals is not a good situation to be in for anybody. The VOCs\* in such an environment pose a very real [danger](#), one that more people should be aware of if they are to improve their health. There's nothing good about inhaling toxic chemicals that can wreak havoc on the body, and when cleaning the bathroom, these threats can become very real—even with adequate ventilation. Although many “green products” have emerged lately, there are still better alternatives that can work well and still clean efficiently, and that's where baking soda can come into play. Sure, most cleaners do a pretty good job, but we're mainly concerned with health.

Some risks just aren't worth taking, and that's the message I'm trying to get across here.

The [evidence](#) is pretty alarming.

## What are VOC's?

The acronym “VOC” stands for “Volatile Organic Compounds,” and although there is much debate as to how dangerous they truly are, I'm surely convinced that they should be avoided as much as possible. Volatile organic compounds are composites that are released in a gaseous state from certain objects. These types of gasses seem to be more of an issue indoors.

You can find them in:

Cleaning products

Wall paint

Cheap furniture

Glues

Office equipment

Cosmetics that use aerosol spray bottles

Many [studies](#) and articles have actually been published regarding the effects of VOCs on the human body, and for the most part, they've raised some pretty serious red flags. The most interesting and troubling I've come across are listed below. I strongly suggest you give these a good read.

[Volatile organic compounds and lung cancer](#)

[Formaldehyde in Your Home](#)

[Volatile organic compounds as explaining factors for sensory irritation](#)

The reason I put this information in front of you is simple—VOCs are a very real danger. In regards to baking soda, using it can aid in decreasing the intake of dangerous VOCs if utilized on a regular basis. It's important to also remember that every bit counts with these things. In other

words, one's health needn't be risked for something that can be easily replaced with a healthier alternative (like baking soda). Swapping one product for another is *not* a hard step to take. From cleaners to certain types of furniture, VOCs need to be addressed on these levels more often if people are to limit the risks to their health. It's that simple.

### **How to Clean the Toilet with Baking Soda**

This is also very easy, except this one is to be done overnight. After you're all done getting ready for bed, take about a cup or so of baking soda and let it sit on the sides of the bowl and in the water

overnight. Upon waking, grab a brush and give it all a nice scrub. It sanitizes, it gets all the nasty muck off, and once again it's perfectly safe. Do this once a week, and your toilet will look and stay fresh. Also, if you don't want to use the method above, you can use a spray bottle (as I've discussed earlier) to apply an overnight application. It's pretty much the same process, just a different way of applying the baking soda. Baking soda, water, vinegar, and lemon—a perfect toilet bowl cleaner!

## **How to Do Your Laundry with Baking Soda**

This is to be done in combination with your regular detergent, but I must insist that you research your current detergent to make sure it's safe—you can do that by clicking [here](#). I strongly advocate the use of natural detergents for laundry because many mainstream ones—yes, the best smelling ones—have been [proven](#) to be unsafe for many reasons. The dyes, perfumes, and artificial ingredients in most conventional selections pose some alarming [risks](#) that nobody should be willing to take.

### **So what's a good product to use?**

My favorite company? Seventh Generation makes a pretty great natural detergent, as do many other companies; so make sure you tackle the detergent obstacle first before even thinking about adding baking soda to your laundry loads. The key to all of this really lies within understanding the ingredients that are within your cleaning products. Natural ingredients as well as fake, toxic chemicals are easy to spot.

I recommend that you get really good at reading your product labels. Much like with food, you need to understand *what* it is you're eating and/or using. Once you have a good and healthy detergent picked out, all you have to do is add about ¼ cup baking soda to each wash cycle for an effective cleaning. It whitens, sanitizes, and deodorizes clothes very well. I've been trying this out lately and can honestly say that I've had some pretty good success in regards to getting my



clothes looking better—especially white undershirts. Some of them came out of the washer looking pretty new.

## **How to Spot-Clean Your Clothes with Baking Soda**

Spaghetti, ribs, barbecued foods—they're all pretty messy no matter how careful you try to be. If you're like me, you'll tend to mess up your crisp white shirts from time to time when eating these types of foods. If you find yourself in this predicament, there's an easy solution that can get the stains out relatively fast. Much like with the deodorant combination above, you'll want to have a paste that's ready to go so it can be applied to the shirt immediately after you discover the stain.

Steps to removing stains:

Dab the stained area with a little warm water to loosen up the food particles.

Rub in the baking soda paste with your fingers first, then use a cloth to really get the baking soda deep down into the material.

Let it all sit for about ten minutes.

Repeat the process one more time.

Finish it off with a little more warm water and let the stained area dry.

Stain should be gone!

This works very well, and that's exactly why I keep a baking soda paste on hand most of the time at the house. When really hungry, I can get a bit messy!

Let's now move on to those bothersome odors because one thing's for sure: Baking soda is really good at getting rid of some very nasty smells.

## **Neutralizing Odors**

So, you've had a weird smell lingering in that fridge of yours for weeks, and you can't figure out where it's coming from. Trust me; I've been there. You may have even heard of using baking soda to help rid the home of such smells, a tactic that dates back many generations.

### **So how does it all work?**

Baking soda counters odor-producing substances that are released into the air from spoiled foods, rendering them less smelly by balancing out the pH of whatever has spoiled. Again, that amazing pH scale is at the base of it all. Also to note, the most effective and obvious way of eliminating these odors clearly is to just toss out the bad food, but many times that bad smell will stick around for a while afterwards. It really depends on how long it's all been sitting there.

### **So how do you do it?**

It's extremely easy. Go to the store, spend a dollar on a box of baking soda, open it up, and place it in your refrigerator. Done! Quick, cheap, easy, and *very* effective! I actually have boxes open in my fridge most of the time, simply because it's so successful in preventing foul odors from ever becoming an issue. I'd say that the only downside to doing this is that if something spoils, you may not know right away since baking soda is good at neutralizing the bad odors. Just make a conscious effort to keep your refrigerator clean and organized and you shouldn't have a problem. I usually do a cleaning once every two weeks or so to keep things in order.

## **Just What the Doctor Ordered**

### **Health and Hygiene**

*Let's now move on to that mouth of yours...*

### **Baking soda for oral health? Does it work?**

We've all heard of others using baking soda for a brighter smile, but is it true? Does this actually work? The answer is absolutely! Here's why:

First off, [studies](#) have shown that brushing one's teeth with baking soda has the ability to really clean up the mouth. At the University Park Research Center, Fort Wayne, IN, researchers found that with around 270 participants, using Arm & Hammer baking soda enhanced plaque removal significantly.

There's a reason why a lot of these toothpaste companies use baking soda in their products, and it all has to do with its effect on bad breath, plaque, and overall cleanliness of the mouth.

Remember, baking soda has abrasive qualities, and this applies to removing the hard-to-get-rid-of junk in the mouth.

***Now you can go about this a few different ways...***

1. You can buy a toothpaste product that uses baking soda. I feel that this is an okay route to take but only if the toothpaste is of good quality—in other words, one that does *not* use fluoride, chemicals, or artificial colorings in their ingredients. Fluoride, in case you didn't already know, is bad for many [reasons](#); luckily, science has shed a lot of light on its toxic makeup. My favorite store-bought toothpaste is the non-fluoridated Toms of Maine spearmint. There's no baking soda in this selection, but you can add a little to every brushing session if needed. Sometimes, I'll just sprinkle a little baking soda on top of my toothbrush before brushing—a very easy method to employ.

2. You can make your own toothpaste. Now, I'll be honest, I don't do this, but many people do. Luckily, there are many [sources](#) online that can assist you in going this route.

3. You can rinse/brush your teeth with a baking soda/water mixture a few times a week. The easiest way to do this would be to mix baking soda with water and pretty much just gargle or brush with the

solution in your mouth. Now, I say once a few times a week for the simple fact that baking soda, as stated earlier, has abrasive qualities—that's why it's such an effective cleaner. I'm just trying to be cautious.

The last thing you want to do is wear down your tooth enamel, so keep this in mind if you choose to use baking soda in your daily oral routines. Balance is the key, so don't overdo anything. Gauge it all accordingly, and go from there.

On top of that, if you're among the older generation and have dentures, soaking them in a baking soda solution seems to work pretty well. Many have had luck with doing this, so if you have a pair of dentures, I'd recommend giving it a shot.

That pretty much sums up the oral section regarding baking soda, but I'll be listing a few other tips toward the end. *My stance?* Give it a shot if you haven't experimented with this avenue quite yet. Lots of people will vouch for its effectiveness regarding oral health, so don't be afraid to give it a go!

Let's now move onto a subject that I found to be *very* interesting.

### ***Baking soda and cancer research...***

Baking soda helping cancer patients—sounds crazy, right? Well, it seems to be a credible claim, and I've come across some [information](#) that has shed much light on the topic. First off, I'd like to voice my opinion regarding the whole cancer issue. There is really no *one* answer to solving our current and very widespread cancer epidemic. Instead, there is a combination of factors that need to be addressed if we, as a society, are to stomp this disease out for good!

From food choices to product selection, there are multiple areas to tackle, and there really is no debating that anymore. I bring up the baking soda/cancer connection for the simple reason that it has been discussed on many occasions within the health and wellness community, and anything that generates somewhat of a buzz within

the health world is fair game for me to assess and weigh accordingly. Let's look at some of the evidence I've found. I strongly suggest that you give the provided articles below a solid read.

### **Baking soda cancer research:**

[Baking soda, cancer, and fungal infections—is there a connection?](#)

[Drinking baking soda to eliminate spread of breast cancer](#)

[Controlling tumor growth with baking soda](#)

What some of these articles are saying is that cancer, in many instances, can act as and/or mirror certain fungal infections—some have even argued that cancer *is* a type of fungus in some cases.

Other sources we found have stated that the acidic nature of some forms of cancer can be better controlled with something as simple as baking soda. So with certain types of cancers possibly acting like a fungus and being acidic to some degree, researchers theorize that treating a cancer patient with baking soda may have a positive effect on ridding it from the body. Well, baking soda can work as an anti-fungal and antacid treatment in many regards, so you can probably see where this is all going.

Look at it like this:

Cancer and fungus may act very similar.

Cancer can exhibit [acidic qualities](#).

Baking soda neutralizes funguses and acids; therefore, it may also neutralize cancerous cells.

Interesting connection, but not 100% solid in my opinion. Either way, it's fascinating to read about. I understand that many of these articles are still being researched and aren't totally conclusive, but I still see them as good finds. Now, I'm not a cancer expert in any way, shape, or form, but I do read quite often about what's taking place regarding



the research. It's definitely good to stay on top of what's going on with cancer research if you're looking to avoid it. So do what you wish with these findings. I found them to be very encouraging. It's going to take a giant change in many forms to stomp out cancer for good, and maybe baking soda can help in the fight. Only time will tell. It's definitely *not* the sole answer to fixing such an epidemic, but it may be a part of the giant puzzle. Hopefully I've encouraged you to research it all a bit further.

## **How to Make Your Breath Fresher with Baking Soda**

Bad breath once in a while? No problem! It happens to us all. Remember earlier when I discussed how baking soda has a very effective way of neutralizing bad odors? Well, this also applies to the bacteria-ridden environment of the mouth, and you can go about this a couple different ways.

1. The first technique (as I briefly discussed earlier) is to simply add a little bit of baking soda on top of your toothpaste before brushing. This is what I do. Basically, you just apply toothpaste to your brush and then sprinkle a little baking soda on top to give it some extra pop.
2. The other technique is to gargle with a type of baking soda/water combination. I'll do this once in a while too, as it's a perfect breath freshener. Way better than some junk mouthwash.
3. Both techniques work very well. If you go about this regularly, there is a strong chance your teeth will get whiter, which as we all know is a very good thing.

## **How to Make a Baking Soda Deodorant**

Lots of people do this, but, to be honest, I don't do it all that often. Remember, baking soda is a great deodorizer, and this means that it can keep those armpits nice and fresh as well. I'm against using commercial antiperspirants for obvious health [concerns](#), but I don't

always take the baking soda route either. For the most part, I buy safe deodorants that I always research first right [here](#).

## **De-skunkification!**

Have you fallen prey to the elusive, dastardly skunk who lives to spread his funk? Many people and animals have, and it is *not* pleasant. Various rumors have circulated claims of the best cure for skunk stink. Although many do have their merits, the best (and only method confirmed by Mythbusters) is a mixture of hydrogen peroxide, baking soda, and dish soap. The reason this works so well is that the solution bonds with the thiols, the chemical found in skunk spray, to neutralize the odor. This method is most definitely preferable to bathing in tomato paste or juice, and it's much less expensive too.

## **Baking Soda for Bug Bites, Bee Stings, and Burns**

All are equally disliked, and if you're like me, you won't be reaching for that conventional burn or bite cream like other people. So here's what you do:

1. Simply place about a tablespoon or two of baking soda into some water and mix.
2. Dab and rub onto irritated areas and let it sit for about twenty minutes, but you can leave it on longer if you feel it needs more time.
3. About an hour later, rub coconut oil onto the irritated area. I recommend coconut oil for a variety of reasons, and much of it also has to do with its versatile healing nature.

Mosquito bites, spider bites, bee stings, burns, rashes—you can find relief with each of them when using the baking soda/coconut oil method. Now I'd also like to note that this doesn't work for everybody, as some people's bodies are more receptive to this type of treatment than others.

Either way, it doesn't hurt to give it a try.

## **Stop Smoking with Baking Soda**

Sounds crazy, right? Well, it isn't, and for many, this tactic has worked! Now I'll be honest, I'm not completely sure *why* this works, but I theorize that it has to do with alkalizing the body. As stated earlier, it's been noted that baking soda can alkalize acids and balance things out. It's possible that stomach acids, overall body acidity, and certain cravings (like smoking) may all be tied in with each other.

You see, if the body's chemistry is more balanced, I believe that it can deal with bad things, like nicotine cravings and toxins, more efficiently. It has been hard to find research to back this claim, but I did find that it has worked for a lot of people, so it's definitely worth a shot. Just keep in mind that this is probably *not* something you should do for a very long time, as I don't think that drinking baking soda every day for too long can be all that good for you. Once again, balance is the key. All you really have to do is mix a tea spoon in about eight ounces of water and gulp it down.

## **More Awesome Uses for Baking Soda**

Some of the more interesting uses many people do not think about include the following: 1. Baking soda and water make a great solution for cleaning a litter box and removing odors.

2. Soak your feet in a solution consisting of water, baking soda, and essential oils.

Very relaxing!

3. A mixture of toothpaste and baking soda is great for plastering holes in your walls—

at least the small ones, such as those caused by nails, tacks, etc.

4. Mix baking soda with any of a number of ingredients (such as oatmeal) in order to create amazing facial and body scrubs.
5. A little bit in a baby's bathwater goes a long way in relieving diaper rash.
6. Baking soda is great for treating jellyfish stings. Applying a paste consisting of baking soda and seawater to the sting(s) provides tremendous relief.
7. A mixture of baking soda and apple cider makes for an amazing detox bath.
8. Sprinkle baking soda on a damp sponge. Then very carefully scrub the wall to remove your mini-me wall murals. Be gentle, though, so you don't accidentally scrub off the paint or wallpaper.
9. Pet accidents? Use club soda to scrub the mess, then cover it with baking soda and let it soak for fifteen minutes. Vacuum it up, and voila!

## **Risks & Benefits: Baking Soda vs Other Cleaners**

Facts to Consider:

The EPA considers indoor air pollution one of our most notable and dangerous health concerns of today's time, and a lot of this has to do with using toxic cleaners that are laden with chemicals.

Outside of being toxic to the environment, many cleaners are also [linked](#) to cancer and other problems like birth defects.

Hundreds of toxic chemicals have been [discovered](#) in human fat tissue. Fat cells can store toxic material, and a lot of it comes from using hazardous cleaning products.

Thousands of toxic chemicals are now being used in commercial production. It's entirely possible that these chemicals are in the cleaning products that are in your home under your kitchen sink.

So, as you can see, there are both human and environmental risks to be assessed here. It's pretty **scary**, and that's only the tip of the iceberg. It all goes much deeper with regard to human health effects. Think of our kids and the future generations that will be inheriting the world we leave behind. *What types of messages are we going to leave in the history books? What's your take on all that? Where do you stand?* The best part about using a homemade cleaner is that you, your family, and the earth are completely safe.

## **Toxic Mainstream Cleaners vs. Baking Soda**

The battle among those who use conventional cleaners and those who use natural ones still continues to this day. Some people just won't give up their favorite products, and I get that. To be honest with you, most of these mainstream cleaners today *do* actually work pretty well, so I'm not going to sit here and tell you that they don't. Actually, they're *very* effective at keeping the home clean, but, as stated earlier, there are some major downsides to using such chemical-laden products. The risks just aren't worth it in my opinion.

## **Your body and the planet are at risk!**

Your health and the health of our planet are at risk every time one of these toxic cleaners is used, and very few actually realize the [dangers](#) associated with these types of products. It's all pretty **scary!** And this is a big reason why I'm all about using baking soda for such applications.

Luckily, more has been brought to light over the past ten or so years regarding this topic, but for some reason, it still hasn't hit a level that's worthy of making some *huge* changes! We need more awareness, and it's all taking a bit too long for the masses to see this as well.

You see, the problem with most commercial cleaners is the fact that they're loaded with what I like to call [red flag ingredients](#), and they can cause some real health problems if they're used too frequently. Many of the combinations in these types of cleaners have been

[proven](#) unsafe, and luckily science has shed much light on the entirety of the situation. I definitely do a lot of personal research on this subject simply to be more aware, but I also do it to help others be more mindful of the dangers as well.

Chemicals like:

[Triclosan — In many home products. In Canada it has been identified as a](#)

[toxic chemical and, as a result, has been banned in many products. Organ system](#)

toxicity is also a very real threat with triclosan.

2-Butoxyethanol — Possible carcinogen chemical. Possible [neurotoxicity](#) and irritant as well. Many [studies](#) have shed light on the toxic effects of 2-Butoxyethanol. All are equally troubling.

Chlorinated phenols — Pretty bad stuff that has been [theorized](#) to cause various health issues. Studies have [shown](#) that chlorinated phenols can negatively impact the immunity in rodent test subjects as well.

Formaldehyde — From cancer to immune toxicity, the [proof](#) is out there regarding formaldehyde. The National Cancer Institute has pretty much [shown](#) just how dangerous it can be, as it's all been documented for some time now.

Perchloroethylene — Sources have [found](#) that this can cause liver and kidney damage with a possibility of cancer as well.

As you can see, there are some notable concerns to be aware of here—cancer being an obvious one within the many selections I have assessed in my research. *And there are many more out there.* With the threat of cancer being a very real danger in today's world, we should all want to take more precautionary measures in avoiding it. Most people can and should start with the cleaning products that

they're using to clean their homes. And I say this because it's a very easy aspect of living that's easy to correct.

With all of that said, I'm *not* saying that you're at major risk right now if you're using these types of products; the last thing I want to do is scare you beyond belief! Just understand that it's not too late to make a few easy changes. If you truly care about your health and the health of your loved ones, you should want to make these very simple adjustments. It's all pretty easy to do, as you will soon see.

## **Environmental Impact**

### **Is Baking Soda Environmentally Friendly?**

Nothing else on this planet is more beautiful than what Mother Nature has created, so I'm more than willing to do my part in preserving it as much as I can. To be honest, I haven't really found a product on the market that is 100% perfect for the planet, but some come very close. And as I discussed briefly a bit earlier, baking soda seems to be among the most legitimate. After all, if naturally derived, baking soda comes from the earth anyway.

The thing to realize is that every cleaning product has an upside and a downside, and they're *all* claiming to be God's gift to cleaning! I always encourage people to be smart and selective when trying to pick out a product. In other words, don't fall for what a label claims. You have to research the items you're using to be sure that they're of good quality. Luckily, the Internet has most of this information available for people to view and research. So for you to understand the nature of baking soda and see if it's safe for the earth and for yourself) I should probably explain to you how it's produced.

### **Debunking a Myth**

One of the most popular myths is that baking soda contains aluminum. After extensive research, I have determined that this is not true. Although some companies have placed the words

“aluminum free” on their packaging (great marketing tactic, by the way), no baking soda contains aluminum. This was likely started as a rumor due to confusion between baking soda and baking powder, the latter of which does contain small amounts of aluminum.

## **Fun with Baking Soda**

Before wrapping this up, let's take a look at some fun and interesting ways to experiment with baking soda. Don't worry; these are all completely safe and family-friendly, so they're great fun for everyone.

### **Invisible Ink**

This one is a lot of fun, and kids really get a kick out of it. (Seriously, what kid doesn't love the idea of writing secret messages?) You only need three things:

Water

Baking Soda

Writing Utensil (such as a dried-up pen, toothpick, or quill)

Mix equal parts water and baking soda and simply dip the writing utensil in your solution. Then use it to write in your newly concocted invisible ink. Then comes the fun part: uncovering the hidden message with the aid of a heat source, such as an iron or a hair dryer.

### **Baking Soda Volcano**

This one is a classic. You can either create a model of a volcano or use a container for the experiment. Either way you go, you simply pour some baking soda into the volcano or container and pour vinegar on top, then watch for the reaction.

### **Baking Soda Inflate-a-Balloon**



This experiment is another hit with the kids, especially younger ones. You will need the following:

Vinegar (approximately 4 ounces)

Baking Soda (2 tbsp.)

Funnel

Bottle

Balloon

To begin, attach the balloon to the funnel and pour in the baking soda. Pour the vinegar into the bottle. Then slowly and carefully fit the balloon over the top of the bottle and hold it up so the baking soda falls into the bottle. Watch how it reacts.

### **Silly Sea Worms**

This unique trick is a lot of fun and extremely simple. You will need the following: 1 cup Water

2 tsp. Baking Soda

5 tsp. Vinegar

Uncooked Spaghetti

Tall Glass, Jar, or Container

Mix baking soda and water in the container until completely dissolved. Cut or break two or three uncooked noodles into small pieces (approximately one inch each) and drop them into the solution. Add vinegar and observe.

### **One More Amazing Use for Baking Soda**

#### **Fire Extinguisher**

The threat of a fire strikes fear in a great many of us. This is especially true of grease fires, as they are not extinguishable by fire extinguishers or water. In fact, anything pressurized will cause it to spread, and water will also make it worse. So what are we to do if we find ourselves dealing with one of these monstrous fires? It's simple. Douse the flames with baking soda! Fires need fuel, an oxidizing agent, and heat in order to burn. Sodium bicarbonate, when heated, release carbon dioxide which counters the oxygen.

This will take a lot of baking soda, but it is definitely effective in smothering out grease fires.

Please take note, however, that you should use extreme caution, as fire, especially grease fires, tends to spread rapidly. If it begins to spread too rapidly, it would be best to evacuate the building and call 911, rather than risking your safety or even your life. However, if it is more or less contained to where you can quickly grab enough baking soda, it will work and save your home from destruction and, more importantly, your life and the lives of your loved ones.

## **Conclusion**

The information I typically discuss in many of my books is geared to give you a different outlook on using dangerous products so you can begin filtering them out of your life, and with something as simple as baking soda, you can make a lot of it happen. Over the past eight or so years, I've been very proactive in ridding these dangerous cleaners and products from my life and from the lives of my loved ones. Failure to do anything would be careless, as I want what's best for me and for those with whom I'm close. In other words, it's far too important of an issue to ignore.

## **The Take Home Message with Baking Soda**

As you can tell, baking soda is truly awesome and is extremely versatile! It's so useful in so many different ways, and that's exactly why I encourage everyone to give it a try. From cleaning your tub to getting that smile of yours nice and white, baking soda can save the

day for people in many different ways; that's what I love about it! I understand that I didn't cover literally every single function of baking soda known to mankind. Instead, I chose to focus on what I think are the most important. I wanted to make this book simple, to the point, and implementable.

I'm not claiming to be the only baking soda expert on the planet, but I've used it a lot and can honestly say that the strategies I've discussed in this book are very real. The proof is definitely out there! So what do you say? Are you going to give these tips a try? I sure hope so because the only way for you to truly know if they work is to go for it and experiment for yourself.



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# MEDITATION FOR BEGINNERS

*20 Practical Tips to Relieve Your Stress And Anxiety to Gain True Happiness And Inner Peace*

*Ella Marie*

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You may have heard about meditation, and all the benefits that you can reap from it. But exactly what is it, why is it important, and what kind of benefits can you reap from it? More importantly, how do you do it? This book will attempt to answer all of those questions. In this short introduction we'll discuss what meditation is, why it's important, and the benefits you can get from meditating. This chapter will cover three meditation routines for beginners: the walking meditation, novel experiences, and the gratitude exercise. The next chapter will

provide some tips for meditating properly and getting the most out of your meditation practice, and then we'll end with a short conclusion.

## **What is meditation?**

Meditation is simply being able to sit quietly and focus on your breathing, in order to block out all stressful thoughts. It's a way to get relaxed and focused.

## **Why is it important?**

Meditation provides many benefits. Some of these benefits are:

### **Your risk of developing heart disease and stroke will go down.**

It's been shown that people who practice meditation have a lower risk of heart disease and stroke.

Meditation also strengthens different areas of your brain, which lowers your risk of developing Alzheimer's disease.

**You'll be more productive.** Research shows that practicing meditation regularly makes you more productive and creative. So if you're having a hard time coming up with a solution to a problem at work, or need to impress your boss with a new idea, taking time to meditate each day can help clear your mind so you can break through the tough mental barriers.

**It'll be easier for you to lose weight.** If you've had a hard time losing weight in the past, meditation can help. Meditation decreases your stress levels, so you won't be as tempted to eat out of stress, and your body won't produce as much cortisol. This makes it easier to lose weight. Meditation can also help balance your mental and physical state, which can help reduce food cravings. You'll be more in tune with your body's needs, so you won't be as tempted to reach for things you know you shouldn't eat. You'll also be able to tell the difference between hunger and other feelings like boredom and anxiety.

**Your relationships will improve.** Meditation can help you strengthen all your relationships, including your relationships with your parents, your boss or your partner. Meditation increases synaptic connections in the brain, so people who meditate appreciate others more than those who don't. Strengthening those synaptic connections also helps us be more patient, be a better listener, and see more value in others and our relationships.

**You may feel younger.** Meditation won't reverse the aging process, but it can help your body function on a level that's several years younger than your chronological age. For example, if you're 50 years old and have been meditating for over 5 years, your biological age could be 12 years younger than your chronological age.

**It can increase your workout.** Not only does practicing meditation regularly give you more energy, improve your focus, and improve your sleep, it also increases your pain tolerance; which is always great during a workout.

Those are just a few of the benefits of meditation. In the next section we'll discuss some misconceptions about meditation.

## **Misconceptions about Meditation**

There are several misconceptions that people have about meditation:

- 1. Only people with certain beliefs or from certain cultures can meditate.** Though it's more prevalent in some cultures, everyone can meditate, no matter the religious beliefs or culture.
- 2. All meditation techniques are the same.** As you'll find out in the coming chapters, there are several different meditation techniques—they all provide different benefits and can be done in different situations. For example, you can do a sitting down meditation if you have more time and are in a quieter setting. If you're in a more crowded place and want to do a shorter meditation, you could do the

Novel Experiences or Gratitude Meditation. You can also do a walking meditation if you're in a serene setting.

**3. Meditation is only for certain types of people.** Everyone can benefit from meditation, including doctors, lawyers, students, parents, and retired people.

**4. It takes many years to achieve a relaxed state in meditation.** Many people are relaxed after their very first meditation session.

**5. People who meditate talk, act or dress in a certain way.** You can't determine a person's inner state by what they look like on the outside.

**6. Meditation discourages creativity.** Meditation actually encourages creativity because it goes deep into where the source of creativity lies.

**7. Desires must be controlled when you meditate.** Desires make a person happier.

Meditation gives the energy and balance that you need to envision, work for, and fulfill your desires.

**8. Stress is bad.** Our bodies can handle a certain amount of stress and still return to a balanced state, however, too much stress is bad. Meditation can help us deal with the anxiety that comes with dealing with too much stress by giving us time to let go of

our stress and relax—we may even come up with new ways to deal with our stress when we meditate.

**9. You can achieve balance with meditation alone.** You need both activity and meditation in order to achieve balance.

Now that you know what meditation is, why it's important, the benefits of it, and some of the misconceptions people have about meditation, it's time to get into how to do different types of

meditation. In the rest of this book we'll talk about a few meditation routines for beginners, including the classic sitting down meditation and the walking meditation, and a few other shorter meditations, Novel Ideas and the Gratitude Exercise. After that we'll discuss some extra tips, and then conclude with some final thoughts on how to know if you're progressing in your meditation.

## **Sitting Down**

The most common position to be in when practicing meditation is in a sitting position. You can either sit in a chair, or sit on the floor with your legs crossed, in what's called the lotus position.

### **How to Sit In the Lotus Position**

To sit in the lotus position, cross your legs and place one foot on top of the opposite thigh. The bottom of your foot should be facing up and your heel should be close to your stomach. Lift your other foot up slowly and place it on top of the opposite thigh in the same way. Your knees should be touching the ground, and it shouldn't take much effort for you to support your spinal column.

Rest your tongue on the roof of your mouth, your hands on your knees, and bend your elbows slightly. Your eyes can be closed and your body should be relaxed. If it is relaxed and feels comfortable, you're in the correct position. If you feel any discomfort, then adjust the position until you feel comfortable. Once you're in the position, close your eyes and concentrate on your surroundings. Clear your mind of any other thoughts you may have.

If you find it difficult to get into this position because you have medical problems such as sciatica, sacral infections or weak/injured knees, there are other seated positions you can try. One thing you can do is sit on a blanket or cushion in cobbler's pose—the bottoms of your feet are touching, and you can have yoga blocks under your legs for support. If it's difficult for you to bend your knees, try sitting on a blanket or cushion with your back touching a wall with your legs



straightened out at a wide angle, and rolled towels under your knees for support.

If neither of those seated positions work for you, you can also use a chair—however make sure you're not slumped in the chair. Your sitting bones should be on the front of the seat and your feet should be underneath your knees. Your thighs should be lightly pressed into the seat of the chair and your feet should be touching the ground. This naturally lifts your chest and naturally curves and extends the spine.

No matter which position you choose, keep the curve of your back gentle and natural.

## **How to Meditate**

Once you've found a position that's comfortable for you, it's time start meditating. Close your eyes and start thinking about relaxing each part of your body. Start with your toes, and then move up your body—remember to relax all the places that we hold tension, including your shoulders, neck, eyes, face, jaw and tongue. Once you're sitting tall and relaxed, just be still for a few moments. Pay attention to your environment, your body and the noises you hear, but don't respond to them in any way or have any kind of reaction. Make sure your breaths are quiet and deep. Use your diaphragm to breathe, and make sure your lungs get plenty of air, but breathe normally. Notice how your breath feels as you breathe.

Once you've started breathing, come up with a mantra—the mantra can be a sound, word or phrase that you'll repeat during your meditation. You can speak it out loud or say it silently to yourself. If you can't come up with a mantra, you can use "Aum" or "Om." As you focus on your breath or your mantra, your mind will begin to calm and become focused. This doesn't mean thoughts won't come up—if they do come up acknowledge them, set them aside and return your focus to your breath or your mantra.

There's no specific time you should end your meditation, however in the beginning your meditations should be short. You can make your meditations longer as your meditation practice improves. If you can only sit for a certain length of time, set an alarm, or decide on the number of breaths you'll count before you finish your practice. If you choose to count breaths, you may want to use a mala (Buddhist prayer beads) to keep track of your breaths. When you're ready to end your practice, start slowly noticing your surroundings. Acknowledge your presence in the space around you, and start moving parts of your body.

When you meditate, it's important to practice often—your meditation sessions don't need to be long, but you do need to meditate every day. Practicing for a short amount of time every day is better than practicing for a long period of time a few days a week. When you first start out meditating it'll probably be easiest for you to practice some place in your home where it's quiet and you can have privacy, but as you become more comfortable, begin looking into different places to practice your daily meditation. Doing an outdoor meditation can be peaceful, and meditating on a bus or in your office can help relieve the stress of the environment.

Now that you know how to do the basic sitting down meditation, we'll talk about another popular form of meditation that actually does take place outside—walking meditation.

## **Walking Meditation**

Another type of meditation you can try is called walking meditation. This type of meditation is great for people who experience a lot of stress. It also helps us become aware of things outside of ourselves, because you have to pay attention to things you might trip over, and other obstacles, when doing a walking meditation.

It's also easier to be more aware of your body when doing a walking meditation. This is because when you're sitting still, the sensations that come up are much more subtle and harder to notice.

You can also fit walking meditation into the gaps in your life very easily—once you've gotten used to doing walking meditation, you can even do it while you're walking from your car into the supermarket.

## **How to do walking meditation**

Start by standing on one spot, and notice how your weight is transferred through the bottoms of your feet into the ground, and that there are a lot of small movements that allow you to stay standing up and balanced. After you've stood on one spot for a few minutes, start walking slowly but normally. While you're walking, pay attention to the bottoms of your feet, and notice your foot as it hits the ground, then goes through the motion of rolling onto the ball of your foot, and then lifting and traveling through the air. Notice how your entire foot feels—not just the bottoms of your feet as they touch the ground. How do your toes feel inside your shoes? How do the inside of your shoes feel? What does the fabric of your socks feel like? Relax your feet as much as possible as you're noticing these things. Notice how your ankles feel as your foot makes contact with the ground and then goes through the walking motion.

Notice your shins and calves, your clothing touching your body, the temperature of your skin, and how your muscles are contributing to your walk. You may even want to walk a little differently for a few steps so you can feel how the role of your calf muscles changes, and then go back to a normal rhythm.

Relax the muscles surrounding your hip joints. Relax those muscles, and notice how your walk changes when you do that. Notice how your hips alternately move forward in your pelvis, and how your spine and your pelvis move at the same time.

Be aware of your belly, and how your clothes feel against it, and notice how it is the center of your body. Notice how your chest makes contact with your clothing. Notice how your shoulders move to the beat of your walk. Relax them and let them communicate the beat down your arms.

Let your arms hang by your sides and swing naturally. As your arms swing through the air, notice all the motions in them and how the air feels as it flows over your hands and fingers.

Pay close attention to your neck and feel the muscles that support your head. Now start relaxing the muscles on the back of your neck. As you do that, you'll notice that your chin tucks in a bit and your skull starts to feel balanced. Try holding your head at different angles and see how that changes the experience. You might notice that when you have your head down and your chin is more towards your chest, you feel more turned inward and somber. However if your chin is up,

you notice the outside world more, and you may even become more caught up in it, or more aware of and caught up in your thoughts. Then bring your head back to a position where your chin is slightly tucked in.

Notice your feelings—we're not talking about feeling happy or sad, but rather how things feel inside or outside of your body. Do you notice things that feel pleasant or unpleasant in your body or outside of you? If you do, just notice them—don't cling to them or push them away. Just let them drift by—don't follow them or take your gaze off them.

Notice your emotions—how do you feel? Are you happy to be doing what you're doing? Also be aware of how your mind feels—is it clear, dull, busy or calm? Are you thinking about things that have nothing to do with your meditation, or are you thinking about what you're doing now?

Notice those things without judging them. Also notice the balance between your experience with the inner and outer world.

Once you've done all this, stop—experience yourself just standing, and notice what it feels like when you're no longer moving. Notice what your body has to do to keep you standing up. Feel the weight

as it goes down through the bottoms of your feet again. After you've experienced this for a few minutes, finish the meditation.

## **The Stages of Walking Meditation**

There are no formal stages in walking meditation, but there is a logical sequence to how walking meditation is done, and it comes from the Four Foundations of Mindfulness—four levels of experience that we can use to prevent our minds from being disconnected and strewn around.

The four levels are:

Physical sensations

Feelings

Mental and emotional states

Objects of consciousness

These four foundations allow us to break down walking meditation so we can concentrate on one stage at a time. You won't know when you've progressed from one stage to the next. However since each foundation is more subtle than the previous one, we'll work through them in order.

Before you begin your walking meditation, just stand on one spot and experience yourself.

Experience your body, and notice all the small emotions that take place to keep you balanced and upright. Notice how you feel—is your mind overactive or calm? This will give you an experience that you can use as a starting point to check what effect the practice is having on you.

Now it's time to become more aware of your body—notice the parts of your body that are touching the ground—your feet in this case. This helps to stabilize and calm the mind, which makes it less likely

to wander. After you've become aware of your feet, relax each part of your body as you focus on it—go from your feet up your legs, then to your midsection, shoulders, arms, neck, face, and finally your head. You may find that it's easier to be aware of your body when walking rather than sitting, because your muscles are in motion.

Once you've become aware of your body, start becoming more aware of your feelings.

Remember, in walking meditation, feeling refers to a basic sense of liking or disliking, feeling comfortable or uncomfortable, experiencing pleasure or displeasure. The feelings are gut-level responses that aren't as developed as emotions like anger, love, joy or sadness. Feelings often stand between sensations and emotions—for example if you arrive in the office one day and find that a co-worker is wearing a very strong perfume, and your gut tells you that you don't like the perfume, the gut-level response is the feeling, and then there are emotions that you might experience in response to it. During walking meditation, we might experience feelings associated with our body, such as pain, or a pleasant feeling of relaxation. We'll also have feelings associated with what we see and hear, as well as the other senses we might experience while we're doing our walking meditation, including those that are imagined. When paying attention to feelings, just notice them—don't cling to them or push them away. When we're unaware, it's very common for our minds to start grasping at experiences associated with pleasant feelings.

Once you've become aware of your feelings, it's time to start becoming aware of your emotional and mental state. As you're walking along, notice your emotions. They will probably change during your walking meditation—when you start you might feel bored, then you might become slightly irritated as you wonder what you're supposed to be getting out of this practice. Then you might start feeling curious and interested as you notice that your body is starting to relax, then you might start feeling very happy as your practice starts to feel more fulfilling. Then you may have an experience that makes you feel anxious, but once that experience is

over you'll start feeling joyful and happy again. When our mind is more calm, our thoughts are more likely to be connected with our experiences and with the meditation itself. When we're aware of our emotional states during walking meditation, we try to stay in the moment. There's less room for daydreaming when we fill our mind with thoughts about the experience of walking, and that becomes more fulfilling than any daydream.

The next foundation is objects of consciousness, also called dharmas. Here, we're not only aware of the general state of our emotions and our minds, but also of what we're feeling or thinking about, and we can organize our emotions and thoughts in different ways. Being able to organize your thoughts and emotions is important because the more you can do this, the more you'll be able to change your experience—think of it like weeding a garden. You need to get rid of the weeds (the thoughts you don't want to encourage) and keep the ones you do want to encourage (the plants you want to grow). For example imagine someone comes up to you while you're working and points out that your shoulders are tense. You realize they're right, and you hadn't

noticed that your shoulders were up around your ears. You also notice tension in your neck and other parts of your body. So you relax your shoulders and neck and feel more at ease. Because you noticed the tension and knew that you didn't want it, you could do what you needed to to get rid of it. You also realized that you weren't relaxed, and you knew what to do to relax. The more you meditate, the more you'll realize that you don't want to feel certain feelings, and there are some feelings you want to feel more often because they feel good.

Now that we know about the four foundations, it's time to talk about balancing the inner and outer experience of walking meditation. When we do walking meditation, we're not only connecting with our inner selves, we're also connecting with the outside world. You start doing this by noticing the position of your body. Start by noticing how your head is positioned, as we discussed in the section on body

awareness. When your chin is too close to your chest, you're going to get caught up in your emotional state too much. However, if your chin is pointing in the air, it's up too high, and you'll either pay too much attention to your thoughts, or pay too much attention to the outside world. In order to balance the inner and outside world, your head needs to be balanced—your chin should be tucked in very slightly. This makes it much easier to be aware of your thoughts, emotions, and the outside world in a balanced way. You'll know you're in the correct position because the muscles on the back of your neck are relaxed and feel “right.” Your skull is also balanced perfectly in this position, and the crown of your head looks like it's supporting the sky. The back of your neck will feel open. You should be looking in the middle—

not directly at the ground in front of you, or up at the horizon—you should be looking slightly downward, maybe looking at the ground 50 yards in front of you.

Now it's time to end the walking meditation. When you come to a natural and comfortable stop, notice what happens. It can feel very powerful to just stand again—compare how you feel at the end of your walking meditation to how you felt when you were standing at the beginning of your walking meditation. Notice the vibes you get from all parts of your body, and your feelings, emotions and thoughts. Many people notice that their physical sensitivity goes up after a walking meditation, and they often feel like they're tingling. This is usually accompanied by a sense of joy or bliss. Feel the effects of the practice before you go to another activity. As you move from your walking meditation session into another activity, keep some connection between the walking meditation and your next activity, so there's still a meditative attitude in what you do.

It's quite common to feel more sensitive than you realize, so make sure you end the practice graciously, and try to take the greater degree of awareness into the next activity you do. You may

not be able to be as intensely mindful in your next activity as you were in your walking meditation, but try to be as mindful as possible,



and let any calm and happiness that you've connected with affect the rest of your day. Even if you don't make any conscious effort to be mindful, you may find that you're a bit more together and a bit more patient than you are normally.

## **Learn it Little by Little**

We covered a lot of information in the last section, and it may all seem overwhelming. It's okay to practice walking meditation a little bit at a time when you start. When you first start, make it easy on yourself, especially if it's easy for you to get preoccupied. For your first few walks, begin noticing your body—you might the first few sessions start noticing your feet, then later add the knees, thighs and hips, and then eventually be aware of your entire body.

Once you've mastered being aware of your body, start working on noticing your feelings and emotions. When you've mastered noticing your body and your feelings and emotions, and you're still keeping your mind on the meditation, then you can start working on being mindful of objects of consciousness, and being aware of both the inner and outer worlds.

The first time you do walking meditation, be sure you have at least 20 minutes to do it, and go to some place where you can walk undisturbed. Once you've done a 20 minute walking meditation and mastered it, then you can do shorter walking meditations.

## **Make it Yours**

Once you've gotten used to walking meditation, it's okay to personalize the practice. You may want to spend a longer time being aware of your emotions, or pay more attention to the world around you, especially if you're in the country. You may want to repeat a phrase or affirmation, or remember a teaching from Buddha.

You can also adapt the principles of walking meditation by applying them to running, cycling, skateboarding, or even playing sports. If you practice being in the moment, and being aware of your

experience, instead of thinking about how much you want the game to be over, you'll enjoy finishing your games.

When you adapt the practice to your schedule and your interests, you'll have more flexibility.

You'll then be able to do short walking meditations while walking from one office to another, or you can practice walking meditation while you're on a four hour hike in the country.

### **Walking Meditation and Lovingkindness**

At the time of Buddha, monks and nuns practiced lovingkindness when they walked—they would share good feelings as they walked through the streets and through the marketplace. They would even share lovingkindness towards wild animals when they walked through the forests and jungles.

Even if you're not walking through forests and jungles like the monks were, you can still share lovingkindness when you're doing your walking meditation. Start your walking meditation the way you usually do, becoming aware of your body, emotions, and objects of consciousness.

Then pay attention to your emotions, and wish everyone well. You may also want to talk about what you're doing if you're doing a walking meditation and you see someone you know. You can say "hi" and keep on going if it seems like the right thing to do, or you can stop and talk to the other person—if you do that, try to be aware during the conversation—don't think about getting back to your walking meditation. If you do stop and talk to someone, then go back to your walking meditation later, and when you start it back up think about why you decided to stop and talk to that person.

You can also adapt the practice of walking lovingkindness activities to activities like riding a bus or train, or driving a car. Instead of letting your mind space out, or getting angry at other drivers, direct thoughts of lovingkindness to other passengers, drivers or

pedestrians. This kind of activity can improve our experience and leave us feeling happier, because rather than idly daydreaming and having nothing to show for it, or getting angry when other drivers cut us off or go too slow, we can feel more at peace with the world and with ourselves.

## **Other Meditation Routines**

There are a few other meditation routines that are shorter that you can fit into your daily life easily—we'll discuss those in this chapter.

**Novel Experiences** — This meditation is a bit different, because it doesn't require you to concentrate for a long period of time like the sitting down and walking meditations do. This meditation allows you to look at things you do every day in a different way, by pretending it's your first time doing them. For example, when you see a co-worker, try to act like you're meeting them for the first time, or when you come home to your family after work, greet them as though you haven't seen them in a long time. Try to look at people in a different light. This meditation is effective because it's easy to start looking at people in the same way all the time—

when you look at them differently, it's easier to give them your undivided attention.

Another way to do this meditation is to accept people or situations as they are, and try not to change them. You can do this by trying not to improve or change anything for a certain period of time—say 10 minutes. If you can do this, you'll find that the people you talk to on a regular basis become more novel and meaningful. Another way you can do this is to talk to people on the phone in a different way. If you talk to people on the phone all day, even if you know them, try to talk to them in a slightly different way—like you're just meeting them for the first time, or like you haven't seen them in a long time.

**Gratitude Exercise** — This is another meditation that's a bit different from the other two. It can also be done easily in just about any situation. For this meditation, think about people that you're glad you

have in your life. Picture their faces and silently thank them for being in your life. You could also think of abilities that you're thankful you have—for example, the ability to see, the ability to walk, or the fact that you have what you have when so many people have to go without those things. You can do this exercise in the morning when you wake up, in the evening when you go to bed, or any time you have a few minutes to think about the people, abilities or things that you're thankful you have in your life.

## **Meditation Tips**

No matter which meditation you choose to do, there are several tips that can make your meditation practice much easier—we'll discuss those in this section.

1. **Don't stress** — This is the most important tip for beginners, and the hardest to implement. No matter what happens during your meditation, do not stress about it.

This includes being nervous before meditation or angry afterwards.

2. **Make it a formal practice** — try to meditate at least once a day when you have time to focus for at least 5 to 20 minutes. Ideal times might be early in the morning, before you get up to start your day, and at the end of the day before you go to bed. If you have time during the day, you could also practice the Novel Ideas or Gratitude Exercise.

3. **Start with deep breathing** — Deep breathing slows the heart rate, relaxes the muscles, and focuses the mind.

4. **Stretch** — Stretching loosens the muscles and tendons, which allows you to sit more comfortably.

5. **Have a purpose for your meditation** — Meditation is an active process. Focusing on your breathing, or focusing on a certain point for a specific period of time is hard work, so you need to be purposefully engaged while you meditate.

**6. Notice when frustration starts to creep up on you** — It's very common for beginners to get frustrated. You might wonder why you can't quiet your mind, or what you're doing here. When this happens, focus on your breathing and let go of the feelings of frustration.

**7. Experiment** — Try the different forms of meditation mentioned in this Book. You might want to do sitting down meditations during the week when you have less time, and save the walking meditations for the weekend. You can also try different positions, such as sitting, lying down, walking, or keeping your eyes open or closed.

**8. Feel your body parts** — Notice how your body feels when you start meditating.

Once your mind starts to quiet, put all your attention into your feet and move up your body, including your internal organs.

**9. Pick a specific room in your house to meditate** — Make sure it's not the same place you do work, exercise or sleep. Put candles or other spiritual things in the room to help you feel more at ease. If you're having a hard time finding some place in your house where you can meditate, you may want to try doing your meditation outside, as long as it's not raining. You could also find a section of a room to use as a meditation spot.

**10. Commit for the long haul** — Just as you do with any healthy habit, commit for the long-term, not just for a specific period of time. Don't focus so much on how you feel each day, but how you feel over time.

**11. Listen to instructional tapes and CDs** — These can be very helpful if you're just starting and aren't sure how to meditate properly.

**12. Try to have moments of awareness during the day** — Be in the moment when you're doing certain activities, such as driving— don't let your mind wander.

**13. Make sure you won't be disturbed during your meditation** — One of the biggest mistakes beginners make is that they don't make sure they have peaceful conditions to practice meditation. Do your meditation when others aren't around, or when they're sleeping, and turn off anything that could be a distraction, such as your phone or alarm clock.

**14. Notice small adjustments** — For beginners, the slightest physical movement can turn a meditation from a frustrating experience to a peaceful one. Others may not notice these adjustments, but they can mean everything to your meditation practice.

**15. Use a candle** — Meditating with your eyes closed can be challenging in the beginning. Having a candle to focus on can make your meditation much easier.

**16. Do it together** — Meditating with a partner can have wonderful benefits and improve your practice.

**17. Meditate when it's most convenient for you** — Early morning is usually the best time, because there is a magical quietness to the morning, and your mind isn't

cluttered with all the thoughts one usually gets later in the day. You might also be less disturbed by external factors at that time. But if early morning isn't convenient for you, meditate at a different time. The important thing is to do it.

**18. Be grateful at the end** — Once you're done with your meditation practice, spend 2

or 3 minutes feeling grateful that you can practice meditation, and that your mind can focus on it.

**19. Notice when you start to lose interest in meditation** — Meditation is hard work, and you will come to a point where it starts to not fit into the picture anymore. This is when you need to practice

it the most. Go back to the books or CDs you read or listened to to become re-invigorated. If you're losing interest in meditation, you may be losing interest in other areas of your life too.

## **Conclusion**

If you've practiced any of the meditations discussed in this book, you've probably started to experience the benefits of meditation. How do you know if you're progressing with your meditation though? As a wrap-up for this book, I'd like to provide some ways to know that your meditation practice is working.

**Other people notice that you're changing** — Sometimes it's hard to notice that you're changing, but other people may start to notice that you're becoming more serene, reacting differently to situations that come up, and you're more friendly.

**Your concentration is improving** — If you've tried counting your breaths, as discussed in the "How to Meditate" section of the chapter on Sitting Down meditation, you may notice that you're able to concentrate for longer periods of time. If you've been counting to ten consistently for a while, when you could only count to five previously, then try counting to 20, or try counting to ten a few times in a row. If you're able to do that, even if you still have stray thoughts creeping up from time to time, that's great! Don't worry about the fact that you're still having stray thoughts—the fact that you're more consciously aware means you're making progress.

**Interesting things are happening during your meditations** — You might notice that different things are happening during your meditations. For example, you might notice you're developing different breathing patterns, or that your body is moving in time with your heart beat. Don't worry too much about these experiences, they simply mean that you're starting to concentrate more. If you worry too much about them, they will become a distraction.

**Your posture problems are correcting themselves spontaneously** — Sometimes people notice certain body parts

relaxing spontaneously—if you had a problem with your posture, it may disappear once you start meditating regularly.

**You start noticing things around you** — It's a very good sign when you start to slow down and notice how beautiful the world around you is.

**Noticing your posture more** — When you become more aware of your body, you may notice how that awareness makes you more grounded. You may even start to realize your posture affects your emotions and your mind.

**You're starting to notice you have choices** — Instead of reacting immediately to everything that happens to you, you may start to realize that you can choose how you respond to different situations. You can be more creative and thoughtful with how you respond, rather than responding the way you always have out of habit.

**You start noticing the things you say or do** — Most people react, then realize what they've said or done afterwards. Keep practicing meditation, and you'll notice these responses sooner, and eventually you'll be able to respond more creatively.

**You'll start feeling more calm** — You'll feel calmer during or after your meditation. You may not even want to end a meditation session because you feel so calm.

**Your dreams are more interesting and vivid** — When meditation begins to take hold, people often start having more interesting and meaningful dreams. Start noticing your dreams and see what you can learn from them—write them down if you can remember to.

**You're finding you want to change yourself or other things in your life** — One side effect of meditation is that you start realizing there are things about yourself or your life that you want to change. This realization may not feel good, but it is useful



—if you don't notice things about yourself that you want to change, you'll never change them.

**Time passes quickly** — When you're really enjoying something, whether it's meditation or another favorite hobby, time passes more quickly. You may notice that time passes faster during certain meditations.

Mindfulness for Beginners

*Twenty-Five Easy Mindfulness Exercises to Help You Live In The Present Moment, Conquer Anxiety & Stress, And Live A Fulfilling Life With Mindfulness Meditation*

*Ella Marie*

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**Introduction**

Mindfulness is a great place to be in your life. Instead of spending all that time working and hoping that you are going to get it all done, you will get to actually enjoy the things that are in your life.

Mindfulness requires that you slow down and just realize what is going on near you and see that the little things in life are what make it all worthwhile. This is something that many people are going to forget about in their lives, and they often will feel anxiety, depression, and other issues because they are not connected to the life they are living. This guidebook is going to spend some time talking about mindfulness so you can see how big of an impact it can have on your life and make the decision on whether it is the right choice for you to try out.

Chapter 1 starts out with some information on what mindfulness is. You will understand the benefits of using these techniques, some tips on how to be more mindful, and so much more.

Chapter 2 starts out with mindful eating and how the simple act of eating could be a great experience.

Chapter 3 is about mindful listening. There are so many sounds that are going on around you all of the time, but it is easy to get busy with other things and not spend the time that is needed to really enjoy those sounds.

Chapter 4 is about mindful walking. This is when you pay attention to the way you walk as well as all of the things in nature that are around you. You will understand that the steps you take have a certain sound and that how far or fast you go can all make a difference.

Chapter 5 is full of the different exercises that you can do in order to try out mindfulness in your daily life. All of the exercises are easy to follow and you will be able to do them whenever you have a bit of time. Some just ask you to concentrate on the breathing that you are doing, while others are going to take a bit more effort. It is important to try and keep your mind on the task at hand rather than letting your mind wander. This is difficult to do at first, but with some practicing and repetition, it is going to become much easier.

There are many different types of mindfulness, including mindful eating, mindful listening, and mindful walking. There is also a variety of exercises that you will be able to do in order to reach the mindful state that you are looking for. Many of these are discussed in this book so that you can give them a try and see if they are going to work out for you. Take this book with you to learn some more about mindfulness and how it can be beneficial to your needs.

## **Chapter 1**

### **What is Mindfulness?**

Keeping control of the thoughts and feelings that you are going through can be really difficult.

Most people find that they are going to struggle with this over time because there is too much that is going on in their lives that they are not able to keep up with. Mindfulness is a technique that you will be able to use in order to get your mind back on track so you can get the peacefulness that you have always wanted.

Mindfulness is known as the intentional and accepting focus of someone's attention on the sensations, thoughts, and emotions that are happening in that exact moment. It is going to take some practice in order to get this to occur in most people; it can become too easy to think about other things and let your mind wonder off rather than keeping it in one place. Often, the practice of mindfulness is going to be similar to what you will find in meditation in that you need to get your mind off the thoughts and feelings that are bothering it and get it to concentrate on what is going on right at that present moment.

There are a lot of uses to mindfulness. Psychologists have been using this practice for some time now in order to help patients deal with physical and mental conditions such as anxiety, obsessive compulsive disorder, and even drug addiction and depression. Even if you are not visiting a psychologist, it can be a nice exercise to use

at home in order to properly handle your emotions in a more constructive manner.

## **Benefits of Mindfulness Techniques**

Many people decide to use mindfulness because it helps them feel better and get through their emotions more easily than if they just let the emotions run away. There are a lot of benefits that you can gain from using mindfulness exercises such as the following.

### **Mindfulness and Wellbeing**

These kinds of activities are going to be able to help you to improve your wellbeing. These exercises are able to support more positive attitudes that can lead to a happier and more satisfied life. When you start to employ mindfulness in your life, you are making it much easier to enjoy the pleasures that come into your life rather than being upset or worrying about other things when they occur. You will then be able to better deal with the bad events that occur because they will not seem like as big of a deal to you. When you train your mind to think in the present, you will often not worry as much about things that happened in the past because these things are just not that important to you anymore.

### **Mindfulness and Physical Health**

You can also gain benefits to your physical health when you decide to employ mindfulness techniques in your life. The physical benefits include help with stomach troubles, better sleep at night, less chronic pain all over, a lowering of your blood pressure, better heart health, and much less stress. Just by reducing the amount of stress that you feel each day, you will soon be able to feel better about the other things that are going on in your life.

### **Mindfulness and Mental Health**

Mindfulness techniques can help out the state of your mental health as well. There are many times when the stress and anxiety that you

are feeling will start to creep into the other parts of your life and make things more difficult. This is where mindfulness can come in. It helps you to take control of your stress and other emotions so that you can have more rounded mental health without a lot of medication or other obstacles in the way. Some mental health conditions that can

be helped with mindfulness include obsessive compulsive disorder, anxiety, couples' conflicts, eating disorders, substance abuse, and depression.

As you can see, there are a lot of benefits that you will be able to achieve for your whole body and health when you choose to practice mindfulness in your daily life. It is worth taking the time to learn a few exercises so that you are able to get it down and get back on track.

### **Tips to Being Mindful**

Here are a few tips that you can follow in order to have a better chance at being mindful either at a specific time or in your life in general.

### **Mindful Breathing**

This is a good one to start out with when you are not used to doing the mindfulness techniques but want to start using them each day. This is a simple exercise, but it can be really powerful when it is done correctly. You will start out with the in-breath and the out-breath, paying special attention to each one as they happen and recognizing that each one is different and special in its own way. The objective of this kind of mindfulness is that you will focus all of your attention on your breathing. The mental discourse might be there in the beginning, but over time it is going to fade away, and you will be able to notice this each time that you are being mindful.

This is not something that should be difficult or a lot of work for you to do. In fact, it is supposed to be enjoyable. You can think about how someone who is alive gets to enjoy breathing. Do not try to

force the breathing; instead, let it come and go the way that it wants. If your out-breaths end up being longer than your in-breaths, this is fine. Just find the pace that is slow and steady but still works well for you.

This activity is a great one whether you are trying to be mindful, want to do a meditation session, or just need to calm down. There are so many benefits from simply taking in these deep breaths.

Concentrating on them instead of on something else that might be bothering you can make life so much easier and more enjoyable.

### **Concentration**

Once you have had time to get used to mindful breathing, you can take some time to get used to concentrating on it a bit more. You will just need to follow your breaths from their beginnings to their end. If your last in-breath went for four seconds, you need to make sure that the mindfulness lasts for its entire duration.

Concentrate just on the breathing that you are doing. You can just leave your breathing alone so that it ends up being as natural as possible, but you still need to focus your attention on it. This is probably going to be the most difficult part because it is easy to get distracted. The sound of the TV, the buzz of the dishwasher, remembering that you have an appointment next week for something—all of these thoughts can easily creep into your mind, and they will make it hard to concentrate.

Do not get discouraged; it is easy to have your mind wander when you are first getting started.

Just stick with it and try to get rid of those other thoughts. It is going to get easier over time.

Everyone has some trouble with this, so if you are able to just keep up with it, it will become much easier.

Spend some time getting used to concentrating on your breathing. You do not have to be an expert, but make sure you are comfortable with it, even if your mind still wanders a bit. At that point, you can move on to the next step.

## **Being Aware of Your Body**

This activity is going to take it all a little bit further. You are going to not just pay attention to the way that you are breathing but also pay attention to your whole body. Realize that your body is there and breathing would not be possible without your body being there. As you breathe in, you should be aware of your body; as you breathe out, you should also be aware of your body. This is going to unite the body and the mind into one reality that is not able to be pulled apart.

When you are able to get your mind together with your body, you will find that you are well-established in the present instead of paying attention to the past or future. This is a good exercise to do if you are really stressed out about something and you are not able to get rid of the bad feelings.

This is a simple exercise, but it is going to be effective because it is going to bring your mind back to the here and now rather than letting it wander. Concentrating on things over which you have no control is just going to make you feel crazy. This exercise will make it much easier to concentrate on the present.

## **Releasing Tension**

It is hard to let go of all the stress and tension that is going on in your life. You might have a lot of things to worry about at home or school or work, and these things are going to make you feel like you will always be stressed. It is normal for people to feel some stress, and often it is going to take some outside help in order to reduce tension.

Using mindfulness the right way is going to help you release the tension that you are feeling.

You can choose to do these exercises in the way that is the most comfortable for you, whether it is in a standing, lying, or sitting position. No matter where you are, you might be able to get rid of the tension that you are feeling as long as you are able to figure out the best way to release it.

While you are breathing and doing the exercises that are listed above, you can say you are aware of your body as you breathe in and that you are ready to release tension when you breathe out.

This breathing is going to make you feel better. Combine that with forgetting stressful thoughts and your tension will be released.

## **How to Be More Mindful**

Before you get started on your journey to being mindful, it is important that you take the time to figure out some tips to help you get started. These tips are going to make it easier to do mindfulness in the proper way so that you are getting all of the benefits that you would like out of this technique. Some of the tips that you should follow include:

**Put the right value on things:** It is easy to become stressed out over how much something costs or how much better it will make you look. When you put a value on things, it is only going to end up stressing you out even more. When you let go of this kind of value on things, you open up your world to pleasure and having more fun in life.

**Stay neutral or expect the best:** It is easy to be negative about the things that are going on in your life. You may be afraid of the future because of your past. Stay positive about your situation the whole time. This can make life much happier and easier to deal with.

**Be nice and use compliments:** This allows you to make a difference in someone else's life. When you are worried about making someone else feel better, you will tend not to think about your own life as much, and the little things that have been bothering



you will not seem as important any longer. Try to give at least a few compliments each day to help make those around you feel better.

**Observe yourself:** Take some time each day to observe the way you are doing things. Figure out if the way you breathe seems to be out of sync with the way you think you are feeling. When you take a few minutes to concentrate on your breathing, you start to become aware of the things that are going on in your body, and you can start to make conscious efforts to control them better.

**Spend time with friends and on relationships:** Nothing is going to make you feel better than when you spend time with your family and friends. These are the relationships that make you feel good and give you a sense of self-worth. You should spend as much time as you can developing these relationships while you are working on your mindfulness so that you can feel your very best at all times.

## **Chapter 2**

### **Mindful Eating**

One of the areas that you will be able to concentrate on your mindfulness is when you are eating.

It is easy to just scarf down your food and not even think about it. You will be in a hurry to get the meal done because you have to get back to work or you just are hungry and want to finish.

But when you practice mindful eating, it is much easier to enjoy the food that you are eating.

So, what is mindful eating? This is eating that requires you to eat with an intention of taking care of yourself rather than eating just because you think you should be eating. You can use this method to make the meal taste better, to enjoy it more, and to make sure that you are eating just when it is needed. This can help you to eat what the body needs instead of loading it up with foods that are just too much for it.

To start with, you should sit down with your plate of food at the table. Make sure that you do not have any outside distractions while you are doing this. Anything that can take your mind off this task will make it pretty much impossible to get the full mindfulness that you are looking for.

Turn off the TV, get rid of the morning paper, and spend your time thinking about and enjoying the food that you have in front of you.

There are some things that you should keep in mind when you are doing this activity. You will not be allowed to gobble down the food that you will be eating. Instead, you must make sure to take slow and deliberate bites for each mouthful. You will then be better able to pay full attention to all of the food you are eating, taking in how it looks, how it smells, how you cut it up, the muscles that were used to get it to your mouth, the taste and texture of the food, and everything else. You should try to become fully involved in the process of eating in order to truly enjoy it.

It might seem like this is going to be a slow and laborious process, but you will soon be amazed at how much you will be able to enjoy the food that you are eating when you start to do this. This method of eating will fill you up faster and is much better for your digestion.

Here are some of the steps when it comes to mindful eating: Pick out a small food piece and start with that.

Explore it using as many of your senses as you can. Look at the food for a bit and notice the color and the texture that comes with the food.

Once that is done, you can close your eyes before spending time using the sense of touch to explore the food. How does the food feel without looking at it? Would you be able to describe it to another person who is not able to see?

Now it is time to use the sense of smell. See what the different smells are that come with the food.

Eat the food. You should take a minimum of two bites for each piece of food, even if it is a small piece. It is easy to take big bites and barely chew, but you will not be getting the mindfulness out of it, and this could be making you feel sick and still hungry.

With the first bite, chew slowly and notice how much of a sensory experience you are getting out of this exercise just by taking the time to chew and taste your food.

Feel the texture of the food and the way that it feels inside your mouth. Notice how intense the flavor is with each bite. You should take at least twenty to thirty seconds to eat the first bite to enjoy all of the flavoring.

You do not have to eat this slowly each time you have a meal, but for the first few times trying out the mindfulness technique, it can really make a difference. It can help you to slow down with your regular eating so that the process becomes easier.

This is a great way to improve your life and actually enjoy the little things that are in it. It becomes way too easy for people to throw their food down their throats and not even think about it. Not only are you not able to enjoy the food that you are eating this way, you could also cause stomach and digestive issues. Try to do this quick exercise a few times a week and see how much it helps.

## **New Foods**

Try out some new foods. It is easy for people to take one quick bite of a new food and decide whether they like it or not. They are not really taking the time get to know the food, to really taste it, or to actually figure out if they like it or not. Use mindful eating each time you try new foods so that you can really experience them.

## **Benefits of Mindful Eating**

There are a lot of benefits that you will be able to get out of using mindful eating in your daily life. Some of the benefits include:

**Prevention of diabetes:** There have been studies done that show how eating too fast, something that many Americans do in their typical diet, can cause diabetes.

This is because you are more likely to gain weight when you eat this way.

**Prevent obesity:** Binge eating can be a concern with adults as well as children. This can be caused by a strict diet and weight gain. When you work at mindful eating, you will have more control over your eating habits.

**Stop excessive snacking:** It is easy to multi-task while you are eating, but studies show that when you just concentrate on your food rather than doing something else, it can make you less hungry throughout the day and you might pick out smaller snacks.

**Prevent overeating:** When you go out to eat, it can be easy to eat more food than you should, which can make it easier to gain weight. These foods will have more calories than your normal foods, which is going to keep adding more onto your daily total. When you use mindful eating, you will not have all of these extra calories adding on.

**Stay lean:** When you are eating fewer calories, which is something that will happen when you practice mindful eating, you will be able to become leaner. This makes it the perfect thing to try when you want to lose weight.

## **Chapter 3**

### **Listening**

Not only are you able to become mindful about the things that are going on around you, but you will also be able to do this kind of thing when it comes to listening. Often, life can get really busy, and it can be difficult to really listen. It is easy to go to work, come home, go on a walk, and do so many other things without ever hearing the sounds that are around you.

When you take the time to listen mindfully, you are making sure that you are actually hearing these amazing sounds. When you race out of the house to get to work, do you notice the sound of birds chirping? If you are like most people, then you probably do not. When you take the time to listen, it becomes easier to appreciate everything life has to offer.

Here are a few of the exercises that you can do in order to practice a little bit of mindful listening in your day.

### **Exercise #1**

Stop right now, no matter what you are doing, and take a notice of the sounds that might be surrounding you. It does not matter if you are in the office, on the ride to work or school, out with friends, or doing some other activity; just stop what you are doing and listen. There could be a million different sounds that are surrounding you, but humans have learned how to ignore most of them either due to necessity, because they are too busy with other things, or just because they would probably go insane if they noticed every sound around them all day long.

While you are doing this exercise, see how many different things you are able to identify as noises. Do you hear the computer humming next to you or a car passing by somewhere in the distance? You might hear the television that is on in another room. If the window is open, you could hear the birds a bit or the sound of rushing water or a nice breeze. What you hear will depend on where you are. You will most likely be surprised by all of the different sounds that you are able to hear when you take the time to listen.

Does this sound like an exercise that is pretty easy to do? You will be amazed at how difficult it is to actually concentrate on the noises rather than letting your mind wander. You need to try to envelop yourself in the noise that is around you instead of trying to block it out.

### **Exercise #2**

This is going to be a timed listening method. With this one, you are going to come up with the amount of time that you will do this activity. It might be best to do this activity at home when you do not have any extra distractions so that you do not have to worry about being interrupted.

It is best to start out with just five minutes or so on this activity and you will always be able to add on as time goes on and you get used to it. Set a stop watch so that you only need to pay attention to the sounds around you rather than worrying about how much time has passed. Now let the sounds anchor you to the present moment. Do not judge, analyze, or even think about what could be causing each of the sounds as you hear them, just experience and observe them. If you find that you are becoming impatient or restless during your time, do not react to those feelings.

Doing this simple exercise is going to make your awareness open up on a whole new level when it is compared to the silence that is inside of you. You will experience some times when you start to feel like you are waking up to a new part of you that has been hidden and that you will now be able to enjoy.

### **Exercise #3**

This is one that is going to help you with listening. Often people will find that it is really difficult to get their minds to stay on task. One way that you can do this is by using mindfulness bells.

These have been used for many years in order to give the person a focal point of concentration for their mindfulness meditation.

With this exercise, you will be listening to a recording of the mindfulness bells instead of just listening to all of the sounds that are going on around you. This is nice because it is often easier to concentrate when there is just one sound. It can also make the process more powerful and deeper.

If you are new to the process of meditation or mindful listening, this is the best way to get used to doing it. It is going to be difficult to get your mind to concentrate on just one thing. Thoughts and feelings are often going to get in the way, making it tough to concentrate on the things that are right in front of you. But think about how much more control you will have over your emotions and feelings if you are able to control them with the use of mindful listening.

### **Exercise #4**

If the bells are not quite your thing and you find that they are distracting you, it is always fine to use some other method or sounds that can help. Perhaps pick out your favorite song or a classical song. Classical songs are usually the best because they have a lot of different instruments and sounds that you can envelop yourself in, and they are easy on the ears so you will not get distracted.

Turn on the song of your choice and just listen to it. You should listen to the different melodies and take note when something changes. Listen to the different instruments and see if your favorites are among them. There is so much that you can enjoy when it comes to music: lyrics, instruments, melodies, and more.

Mindful listening is an important thing that you should learn how to do and that you should combine with some of your exercises when you are trying to be more mindful. There is so much that is going on around you that only your ears are able to pick up on. With busy schedules and all of the noises bombarding us, it is easy to ignore the sounds and not pay attention to them.

These exercises help you learn how to pay attention to at least some of these sounds so that you can become more aware of what is going on around you.

## **Chapter 4**

### **Mindful Walking**

Walking is a great activity that you can do in order to get out of the house, have some fun, get some movement, and even lose some weight if you would like. Many people try to add in more walking to their lives because of all the positive health benefits. But, did you know that you can also bring mindfulness into your walking routine to make it better?

A lot of the same principles are going to come into play when you do your mindful walking. In this activity, you are simply going to focus your mind on the act of walking, even if it is such a simple thing to understand. During this process, you are going to learn how to bring your awareness into the movement of the body as you are walking. There is so much that goes into each step that is taken that it is easy to find a way to spend your energy concentrating on it all.

As you are walking, you should concentrate on how the ground feels or how you breathe. Are your steps brisk or slower? Is your breathing on par with your exercise or will you need to pick up a heavier speed for results? You can also take the time to concentrate on the things that are going on around you, such as birds flying, dogs playing, or something else.

With this exercise, you are not going to need to spend a lot of time ignoring the things that are going on around you; in fact, you will be able to concentrate on some of these as you are walking in order to get more out of the experience.

One of the best things about this kind of mindfulness is that you will be able to do it at a moment's notice, no matter where you are. With some of the other techniques, you are going to need to be alone and plan ahead a little bit. With this one, you can do it whenever. That is why there are so many people who like to use the walking technique when they are first trying out mindfulness.

## **Chapter 5**

### **Other Mindfulness Exercises**



In addition to some of the exercises that have been listed in the previous chapters, here are a few more that you can try out in order to really bring mindfulness into your life. Try out a few to see how they will work for your needs.

## **One Minute Mindfulness**

The first exercise that we will look at is the one minute mindfulness. This is one that you will be able to do at any time of the day, and since it does not take very long, you will not have to worry about setting aside a lot of time in your busy schedule. You can use your watch or set a quick timer to help you keep track of how much time you need to spend on this so that you can fully concentrate on the activity.

During the sixty seconds of this activity, you need to focus all your attention on your breathing.

You should not think about anything else, pay any attention to anything else, or worry about other things that are going on. The only thing that should be in your universe during this minute is the breathing. While a minute might not sound like it is that long of a time, it can certainly feel like it lasts forever when you are getting started. You can leave your eyes open for this and breathe the way that you normally do; nothing has to change in order to do this exercise. You will have to be prepared to catch your mind when it tries to wander off, which it will, and keep bringing it back to where it needs to be. You will find that focusing your concentration like this in the beginning is going to be difficult, but the more you do it, the easier it will become.

While this is not one that is going to take a lot of time or that much effort, it is usually a really powerful one if you actually take the time to do it right. It can sometimes take people a long time of doing this exercise before they are able to do it for just the single minute. The good news for you is that if it is difficult, you can realize that a lot of other people are going through the same thing and that if you keep trying, it is going to become so much easier.

This is an exercise to do a few times through your day, especially if your mind is running off and you are not able to stay focused on the task that is at hand. You will be able to get the clarity and peace that you want, and soon things will be back on the right track. Over some time and with practice, you can choose to extend the amount of time for which you are doing this technique so that it works the best for you, but in the beginning, the minute is going to be hard enough for you to complete.

### **Conscious Observation**

Even when you are observing things, you will be using some form of mindfulness to help you out. This exercise is going to help you out with using the practice of observation to help keep your mind sharp.

To get started, you should pick up some object that is just lying around; the object that you choose is really not that important, so pick up the first thing that you can find. You should hold the object in your hands and then allow your full attention to become absorbed into the object.

Observe the object, but do not take the time to think about it or assess it, or study it in any way.

Just look at it and observe it for what it is.

During this exercise, you will start to feel a higher sense of newness. Conscious observation has been known to make people feel more awake. You will begin to notice how the mind is able to quickly release all of its thoughts about the future or the past and how it feels so much different to be in this moment. This can also be considered a form of meditation, and many people will treat it this way.

This can also be done with the ears in the form of listening mindfulness like what was discussed in a previous chapter. You can choose the method that works out the best for your needs.

## Touch Points

This is an exercise that is going to help you appreciate the little things that are in your life because it can help you slow the pace of what is going on around you. You will learn how to have a more pure awareness and will also be able to rest in the present moment for a bit.

When you are ready to do this exercise, you can sit down and think about something that has happened more than once for you every day. It should be something that you will take for granted, something like opening up a door or walking down the hall. We will go with opening the door. Think about the action of opening the door and allow yourself to feel how it is happening. Feel the door knob in your hand, how it feels to turn the knob, and how heavy the door is when you pull on it.

While you are thinking about all of this, think about the movements and the parts of your body that let you do these things. Be appreciative of the hands that are allowing you to do this, the feet that got you to the door, and the brain that told your body how to do the different things. Without these things, you would never be able to do a task as simple as opening the door.

The cues that you are using for this exercise do not have to include just physical ones. You could think about the negative thoughts that you might have throughout the day. Take a moment to think about the thoughts and then release them before they have more of an impact on your life.

You can think about how food smells and take a moment to be thankful that you have some food that you can eat.

It does not matter what cue you choose to use. You should choose one that is going to resonate with you and make it easier to think in the proper way. You do not have to stay on autopilot all the time. Using this appreciation and method of thinking about simple actions

can really make you feel better and help you get out of the rut of doing everything the same way each day.

### **Comes in Fives**

This is a fun game that makes you think in terms of the things that are already in your life. You should take a few minutes to notice at least five things that are present in your day. These need to be things that you usually do not notice or that you do not take the time to appreciate. They can also be things that you see, feel, smell, or hear.

There are a lot of things that you can consider for this exercise. For example, you could see the walls that are in your home, hear all the birds on your drive to work, feel how your clothes feel on your skin, or smell some flowers that are in the park. These are things that you are not usually going to notice.

Take the time to allow your mind to explore the possibilities, impact, and wonder of these things.

Allow your mind to open up and become awake to the world as well as the full experience that comes with noticing the environment.

When you are able to become more mindful of the person that you are, the things that are around you, and even the things that you are doing, you will start to see that everything in your environment has a purpose and is connected.

Try to do this exercise a few times each week, if not more, so that you can start to appreciate more things that are going on around you. It is possible to do this room-by-room in your home, at work, at church, in your car, or in any other place where you spend time. This is going to make it easier to start appreciating the things that are going on in your life so that you are able to feel more mindful and connected with your life.

### **Ten Second Count**

This is a mix between the mindfulness that you are looking for and a way to practice concentration, and it is similar to the first exercise discussed. In this exercise, you are going to focus on closing your eyes and counting to ten. If you find that your concentration is wandering off, you will just start back at the beginning with the number one.

A lot of people find that this is an exercise that they are able to do a little bit better than the first one. This is due to the fact that they actually have something more concrete to concentrate on, rather than having to try and pay attention to breathing. The mind is not as likely to wander off.

### **Body Sensations**

For this exercise, you should find a quiet place where you can sit in peace for at least five or ten minutes. You are going to want to sit still and notice the different sensations, such as an itch, which you should take the time to think about rather than scratching it immediately. Start from your head and notice the sensations there, and slowly make your way down to your feet and toes.

### **Emotion Naming**

There are a lot of emotions that you could be experiencing in your life. It is easy to let them get in your way and influence the way that you think and act. But this is not the way to make sound decisions and to be in control of your whole life. For this exercise, you should allow all of your emotions that you are feeling at that moment come forward and look at them without judgment.

You can then calmly name off the emotions that you are feeling, accept them, and then let them go.

Try to keep your mind on the exercise that is at hand. It can be difficult because you might want to let other thoughts and feelings get in the way. But you need to be able to concentrate on the sensations that you are dealing with in order to properly use the

technique of mindfulness and to start realizing all of the little things that are in your life.

## **Urge Surfing**

This is a good exercise to do if you are dealing with an addictive personality or you want to get over an addiction that you are dealing with. You will be able to better cope with the cravings that you are having and then let them pass by you. Notice how the body is feeling when the craving enters the body. Instead of wishing for the cravings to leave you, think about how they will soon subside.

## **Mindfulness Cues**

For this particular exercise, you will need to be able to focus your attention on the breathing you do whenever certain cues show up in your environment. An example of this would be whenever a phone rings, you should bring some attention to your breathing in the present moment. You do not have to change your breathing, just be aware of the way that you are breathing and see if there is anything off or different about it.

You can choose a cue that is going to work for you, such as looking in a mirror, touching your hands together, or when you hear birds sing outside your window. It does not matter what the cue is as long as you take the time to recognize that cue and spend a little time being mindful about it.

The reason that you would use these cues in order to do a mindfulness exercise like this one is that they are a great way to get you out of the autopilot that life can often put you in. It is easy to keep going through life without much change and without realizing that things are going on around you. When you do exercises like this one, it becomes easier to keep up with life, realize how great it is, and be more in the moment.

## **Other Mindfulness Options**

There are a lot of other things that you can do in order to be mindful in your daily life. The more you are able to practice this kind of technique, even if you are only able to do it for a few minutes each time, the more you are going to become present, worryless, and connected to the world. Some of the ideas that you can try in order to be more mindful include: Mind how your feet move while you are at the store getting groceries. This is going to allow you to see the different ways that you move while you are doing various activities. You are sure to walk in a different manner when you are shopping compared to when you are going around the office, doing a workout, or hurrying to get somewhere.

Mind the feel of your chair while you are working on typing up a document.

Chances are, you have never really thought that much about the chair that you are sitting in.

Going through a door can be a mindful exercise. You can think about the feeling and the work that goes into pulling open the door. You can focus on the task that needs to be done while you are going through the door. There are many ways you can be mindful of this.

Switch around your shoes. You will usually have one shoe that you are going to put on first each day. Take the time one day to put on the opposite shoe first. You will be surprised at how much difference this simple gesture makes.

Don't put sugar in your tea. This might sound kind of silly, but if you are used to putting sugar in your tea, it is going to make a difference in your routine. You can go the other way as well; if you do not usually add sugar to the tea, add some in this time. You can do this with your daily cup of coffee as well. This exercise is going to help you learn about patterns and understand how difficult it is going to be to break them. You do not necessarily want to change the pattern that you are used to; you just want to develop some more flexibility in your life.

Breathe consciously when you have time. This can be anytime—when you are waiting for a meeting, waiting in line at a store, or waiting for your computer to start

up. It does not matter when, just try to spend a little bit of time each day breathing in a way that makes you think about it.

Clean up the house. Cleaning up your house is the perfect time to concentrate on being mindful. Think about all the areas of your home while you are cleaning them and determine what makes them so special and important in your life. Think about the items that you are picking up, and find out if they mean something to you.

Keep a diary. This is a good way for you to take the time to think about your thoughts and find out if they are valuable. The goal is not to make the next piece of literature. It is more to observe the things that are going on around you and how they make you feel. It does not matter if it starts to feel repetitive in the process. This is something that you can expect, and the journal is just going to reflect the way that you see and feel about things.

Notice things. Take in deep breaths and notice the things that are around you. This has been mentioned for the other exercises, but the idea cannot be stressed enough.

You are not going to be able to think in a mindful way if you are not able to realize and appreciate the good things that are going on in your life, especially the things that you have not noticed in the past. Notice a few things that you are able to feel, then notice a few things that you are able to hear, and finally notice a few things that you are able to see.

Just smile. This might seem like something that is simple, but it can make a big difference in the way you feel about what is going on in your life. Anytime you are annoyed, frustrated, or impatient, you should just smile. This is going to put you more at ease and make it easier to realize it is not the end of the world.



These are just a few of the mindfulness exercises you can use to get your mind off the past and future and back to the present so that you can enjoy what you have in life. While it is going to take some time to get used to, it is going to make your life so much better if you stick with it and make it work out for you.

## **Conclusion**

There are a lot of benefits that come with living a life that is mindful. You will be able to enjoy the little things so much more and also help many of the health conditions that you might be going through that you did not even realize were connected. This book is meant to give you some more information about the mindfulness technique, what it is all about, why you should consider it, the different types of mindfulness, and some exercises that you can try out in order to get mindfulness to work out for you.

After having read this book, you should have a more thorough understanding of the physical and mental uses of mindfulness. Some of the techniques discussed were mindfulness while breathing, walking, and eating, all of which tune you in to your sensations and surroundings. Proper utilization of these techniques can lead to a happier, healthier, more fulfilling life. You can use the information contained within this book to stop taking things for granted and to learn how to appreciate even the smallest details of everyday existence.

Fermentation For Beginners

*32 little-known healthy fermented food recipes full of probiotics, enzymes, vitamins and minerals, for a longer and healthier life*

*Ella Marie*

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## **Introduction**

Though there are many resources on fermenting food at home, quite often you will not be able to find a true beginner's guide. That is where this book is unique. It answers and explains all of the *whos*,

*whats, wheres, whens, whys, and hows* of home fermenting that a beginner could ask.

This book gives history of fermentation, discusses the health benefits of it, includes a crash-course in microbiology, and offers a comparison between commonly-used preservation methods throughout history. There is additional information about the techniques, equipment, and ingredients necessary for fermentation, as well as where to find them.

The included recipes cover a wide variety for the beginning fermenter, and they are separated into logical groups for easy reference. This, however, is by no means an exhaustive list! But, it is a good place to start practicing the skills you will need. In addition, no one wants to spend a lot of time and money making foods they don't like in the end. So, the provided recipes do not require specialized equipment and exotic ingredients. They were chosen with a true beginner in mind.

One great aspect of fermenting your own food is that many of the “specialty” ingredients are by-products of other fermentations! Otherwise, they are very easy to acquire and are readily available.

Whether you decide to become a world-class, home fermenter or simply to have a healthier lifestyle, this is the book for you. Especially if you have no idea where to start or what to do, this book will act as a guide for developing skills and acquiring a few specialty materials. It will also help encourage your creativity so that you may experiment and tweak recipes to suit your own tastes. Taste is what food is all about anyway!

When buying from the store, how healthy is the food *really*? Read the labels. You'd need a doctorate degree in chemistry to identify all the additives in our food. These chemicals are, by and large, toxic and carcinogenic, and they do nasty things to our bodies!

By fermenting some of your own food, you can help heal your body. You will know exactly what you are eating, even without the PhD in

chemistry. And in this crazy world of store-bought foods, who actually gets all the recommended daily requirements of anything? This book will set you on a path to a healthier you!

## Chapter 1

### Fermentation Throughout History—An

#### Ancient Way of Life

Before explaining how the process of fermentation came to be known by ancient people, let's discuss what it is. There are lengthy explanations and definitions within the realm of biochemistry, but to put simply, *fermentation is the chemical breakdown of complex food molecules into simpler substances by the natural processes of microorganisms, such as bacteria, molds, and yeasts.* This process enhances nutritional value and changes taste. While there are many different ways to achieve fermentation, the end result always includes preservative acids or alcohol.

So, how was this process discovered? It is believed that fermentation first occurred by accident

—most likely, someone added salt to food which allowed for specific microorganisms to grow and alter the original material into a new food. Humans have been fermenting foods since the New Stone Age (about 6000 years ago). They were known to make raised breads, beer, cheese, and wine, although the science behind the process was a total mystery. Some cultures attributed this fantastic transformation to divine intervention. For example, the Egyptians gave praise to Osiris for their ability to brew beer and the Greeks hailed Dionysus as their god of wine (among other things). In early Japanese cultures, there were shrines at many of the *sochu* and *miso* breweries. This mysterious process joined other known techniques such as drying, smoking, and freezing as ways to preserve food. It was the early Chinese who introduced molds into foods.

Fermentation did not really gain much scientific knowledge until the late 15th century when a Dutch merchant, Anton van Leeuwenhoek, invented the compound microscope in 1675. He reported seeing tiny, moving organisms that he called “animalcules,”

which, today, we know as single-celled protozoa. Then, in 1680, he observed yeast, but thought they were dead, little roundish things. Thus far, no connection had been made between yeast and the then well-known process of fermentation. The mystery remained for another 150 years.

In the late 1700’s and early 1800’s, there was a massive revival in interest in the microscopic world. While Lavoisier and Guy-Lussac discovered a chemical reaction (in the presence of yeast) that transformed sugar into alcohol and carbon dioxide, the role of yeast was not thoroughly understood until the mid 1800’s when Louis Pasteur conclusively showed that fermentation was caused by living organisms. Pasteur proved that bacteria caused milk to spoil. He consequently created the process of pasteurization, which kills the bacteria that cause spoilage, to improve the safety of the French wine industry. He also correctly demonstrated that certain types of microorganisms created different types of fermentations that led to different end products.

At the same time, scientists were studying digestion. They realized that there were substances that could convert large quantities of starch into sugars. These substances eventually became known as “enzymes.” Enzymes act as catalysts in natural processes and reactions and help to speed up the results.

In East Asia, the vast scientific knowledge gained in the West was not known. Fermenting was predominantly done with molds to create *koji*—the base for many of the foods associated with the Far East: soy sauce, miso, soy nuggets, sake, sochu (spirits), and rice vinegar. *Natto*, a common fermented food in Japan and many other Asian countries (called different names in those countries), is actually made from bacterial fermentation. Speaking of mold, many cheeses

are made from mold fermentations like blue (also spelled *bleu*), brie, and gorgonzola. It's interesting to note that the mold fermentations used in Asia were seen in a positive light, while the mold fermentations used in the West (as in cheese production) were viewed as negative. It seems there is a lingering, pesky association between mold and nasty things like moldy bread and spoiled milk!

| <b>Food</b>        | <b>Approximate Year of Introduction</b> | <b>Region</b>                |
|--------------------|---|------------------------------|
| mushrooms          | 4000 BC                                 | China                        |
| soy sauce          | 3000 BC                                 | China, Korea, Japan          |
| wine               | 3000 BC                                 | North Africa, Europe         |
| fermented milk     | 3000 BC                                 | Middle East                  |
| cheese             | 2000 BC                                 | Middle East                  |
| beer               | 2000 BC                                 | North Africa, China          |
| bread              | 1500 BC                                 | Egypt, Europe                |
| fermented meat     | 1500 BC                                 | Middle East                  |
| sourdough bread    | 1000 BC                                 | Europe                       |
| fish sauce         | 1000 BC                                 | Southeast Asia, North Africa |
| pickled vegetables | 1000 BC                                 | China, Europe                |
| tea                | 200 BC                                  | China                        |

### ***Origins of Some Fermented Foods***

Although fermentation has been around for centuries, many cultures have developed their own cuisines around a few pivotal fermented

foods. Below is a list with some examples: Australia: Vegemite

Central Europe: sauerkraut

Scandinavia: pickled herring

Japan: *miso*

Korea: *kimchi*

India: yogurt and chutney

Mediterranean: olives and cured meats

Asia: *tarama* (pickled roe)

United States: pickles and sourdough bread

## **Chapter 2**

### **How Fermentation Can Create Happy Bodies**

In order to understand why eating fermented foods is beneficial, we have to understand how they affect our bodies. There is a lot of talk these days about microbes and bacteria—how some of them are good, while others are not. The truth is that the human body has evolved over millions of years in the presence of microbes and has thus, developed a harmonious relationship with them. In fact, there are roughly 10 trillion cells in the human body, but our bodies host *10 times* that amount of bacterial cells!

Microbes inhabit nearly every part of our bodies, with the exception of muscle tissues, the brain, and blood. They are found everywhere else. While it may sound creepy to have all of these organisms on us and inside of us, without microbes, we could not live! They help our bodies with many functions that are required to sustain life: they provide us with vitamins and minerals; they create an environment unfriendly to harmful microbes by essentially hogging all the

nutrients or altering the environment; they regulate the functions of our digestive tracts, and help to strengthen our immune systems.

The immune system is one of the most complicated systems of triggers, responses, chemicals, and signals in our bodies. We are being constantly bombarded by microbes looking for a new host to multiply in and conquer. They attack from the air, our food, and our water. They are very opportunistic and will establish themselves anywhere they can find a suitable environment. For that reason, our friendly microbes act as obstacles to harmful microbes. Almost all microbes love mucus membranes (such as sinuses, gut, and mouth) and our skin. This is why we have billions of good bacteria at these most common points of entry—to keep harmful bacteria out.

Because this book focuses on food, we should discuss the major microflora of the gut. Our intestines host the most extensive populations of microbes in the body. They are broken into four groups, which will be discussed briefly. But, the intestinal flora serve as more than sentries: they also play very important roles in our daily lives.

We often think that the nutrients in the foods we eat are immediately broken down and absorbed after being dissolved by stomach acid. This belief isn't quite accurate. Once the sludge of highly acidic stomach contents moves into the small intestine, the bacteria there go to work. They consume the acidic mush, and it is their by-products—the actual forms of nutrients our bodies require—which are absorbed. As the sludge moves through the small intestine, the pH rises and becomes less acidic. This creates a different environment for other microbes to perform their jobs. It is this highly specialized (and synchronized) process that produces the nutrients our bodies need.

But gut microbes do other things, too. Some manufacture vitamins (like the B-complex) that we cannot obtain any other way. They protect the intestinal lining from any invading harmful microbes. Some secrete antiviral and anti-inflammatory substances that assist our immune system responses. They can neutralize dangerous



chemicals, such as nitrites, from food. And some even draw the calcium out of dairy products.

As mentioned earlier, the four main types of intestinal flora are *Bifidobacteria*, *Lactobacilli*, ingested microbes, and fungi. The first two groups are essential for good health, while the ingested microbes are often harmful. And the fungi, like yeast and mold, can be beneficial or detrimental, depending on their numbers and strains.

*Bifidobacteria* consists of about thirty species found extensively in the gut (as well as other places). They help prevent pathological (harmful) bacteria from colonizing the gut. They also regulate and bolster the immune system. Many fermented foods are rich in *Bifidobacteria*, such as *kefir* and yogurt, sauerkraut, and the beverage *kombucha*.

*Lactobacilli* are found in every mucus membrane and are also very prevalent in the small intestine. They produce lactic acid, and for this reason, some strains populate the vagina: they keep the pH low (acidic) to create an unfriendly environment for harmful and virulent microbes.

But, *Lactobacilli* do more than just produce acid. In the gut, they produce antiseptic substances that limit the presence of harmful microbes. They also produce proteins which are involved in the immune response in that they seek out and destroy foreign microbes. Many fermented foods contain *Lactobacilli*.

Ingested microbes can include any number of harmful bacteria from the environment or from

improperly cooked or stored food. In individuals with healthy populations of microflora, these pathogens cannot increase to such numbers to pose a threat. However, in individuals with weak immunity or poor microflora, these nasty microbes can establish colonies and cause serious health problems.

Many fungi are fine in balanced amounts. They are found everywhere in nature. Some strains of yeast are known to pose health risks, but others are beneficial, like the strains that ferment food.

Molds are also fungi, and they often reside on food and plants. Some molds are famous for spoiling foods, while others, like *Penicillium* are beneficial for their antibacterial properties.

Some cheeses get their flavor from beneficial molds. Some molds also produce the chemicals that can be used to make bread.

Now that you understand what is present in your gut, let's take a look at what can upset the balance. One of the biggest challenges for our natural systems come from an invention intended to help: antibiotics. Antibiotics are not selective, and they will kill any susceptible microbe. If you take amoxicillin for a sinus infection, the same antibiotic will also kill your gut flora, which will throw your internal ecosystems off balance. Have you ever noticed having an upset stomach, gas, and/or diarrhea when you take antibiotics? Guess what—your intestinal microflora are out of balance! The best thing you can do is to resupply your body with “good” microbes by eating foods rich in *Bifidobacteria* and *Lactobacilli*. This will prevent any opportunistic and harmful bacteria from flourishing, in addition to making your belly feel better!

An improper microflora balance can also cause vitamin and mineral deficiencies, affecting vitamins A, B, C and D, essential fatty acids, magnesium, zinc, and calcium, just to name a few.

Fermented food not only offers beneficial microbes, but it is also rich in the nutrients and minerals that our bodies require to function healthily.

## **Chapter 3**

### **Nuts and Bolts on Fermentation—How It**

## Measures Up to Traditional Forms of Food

### Preservation

As mentioned previously, fermented foods long ago joined the ranks of food preservation techniques. We know that fermentation has been around for centuries and that it was also used to flavor foods long before its consumers understood how it worked. Well, then, how does it compare to those other methods? Let's look at the differences between each technique.

The oldest known preservation method is drying. It is estimated that the practice of drying grains has been around for at least 10,000 years!

Commonly associated with drying is the technique of salting. Salting basically draws out water from fruits, grains, fish, and meats. The ingredients are simple and readily available: salt, heat, and fresh air. Together, these are the oldest known methods for preserving foods.

Pickling, or preservation in an acid of some sort, has been around for centuries, too. This process uses acids, like citric (from citrus fruits) or acetic (vinegar), that preserve well. One of the best examples of pickling is pickles!

Canning preserves food by heating it to kill microbes and then sealing the contents inside a lidded jar. It often is used with salt and acids to bolster its preserving power. This method has been used for about 200 years.

Refrigeration was used before electricity became easily accessible. People cut huge chunks of ice from frozen lakes and sent them to warmer locations to keep food cold. Once electricity became steady and reliable, people began freezing food. People have been freezing food for about 100

years.

Lastly, some of the newest and industrial methods of preserving foods use ultraviolet (UV) light, radiation, or high pressure. These are not methods you can do at home, but many store-bought food products are treated in this manner.

Clearly, there are many different ways to preserve foods. Fermentation uses microbes to create acids and other by-products which, in turn, preserve the food. Many different types of bacteria, yeast, and molds can be used depending upon the desired outcome. We already discussed how microbes can add nutrients and develop the texture and flavors in foods, but, they can also change the composition of toxic or bitter foods into something safer and more palatable.

For example, chocolate comes from the fleshy fruit of the cacao tree. Only after fermentation does it resemble the form of chocolate that we recognize. Cassava, a tropical melon, is toxic when raw, as are soybeans. Fermentation alters both of these into tasty, easily-digestible foods!

## **Chapter 4**

### **Collecting and Using the Tools of the Trade**

#### ***Equipment:***

Some dedicated home fermenters acquire many different types of equipment and tools to use in their work. But, it does not have to be that complicated. Many of us already have all the necessary equipment in our own kitchens!

*For slicing, cleaning, chopping, and grating:* Large colanders (they clean easier), stainless steel bowls, an 8-inch or 10-inch chef's knife, a vegetable peeler, a box grater, and a wooden chopping block are all recommended. If you find yourself doing a lot of chopping or shredding, a food processor would be a wise investment. Also, a juicer may come in handy if you like vegetable juices.

*For cooking:* Saucepans with rounded and smooth bottoms clean up better than those with ridges and square edges. A 10-quart stockpot is the smallest size recommended for heating large batches of liquids like milk. Also, a dehydrator may be useful for cooking some fermented foods at low temperatures.

*For fermenting:* Glass jars with lids work best. Canning jars work well for fermenting most foods. A Pickl-It jar has an airlock that adds pressure to keep whole vegetables, like cucumbers, constantly submerged in the liquid.

*For brewing fermented liquids (like cider or beer):* There are some specialty items required.

Large 1-gallon jugs (carboys) with lids and siphoning equipment can be found at home-brewing stores or on websites.

### ***Ingredients:***

There are many choices regarding the raw ingredients for fermentations. Some basic rules of thumb are:  *freshest is best, the purer the better,* and *avoid GMOs.* But how does one shop for these things?

As for produce, dairy, and meat, buy the freshest you can find. Go to local growers' and farmers'

markets to find the best produce—or grow it yourself! Buying organic produce is especially important when you intend to eat the rind or skin; when the particular produce tends to accrue vast amounts of pesticides (like apples, collard greens, celery, and bell peppers); or if the people who will be eating the finished product are very young or elderly, or have weakened immune systems.

Another major consideration is water. Yes, water. As mentioned earlier, the purer the better.

Many municipalities add chemicals (like chlorine and fluoride) to kill bacteria and to strengthen teeth. You do not want either of these present in your fermentation! But, there may be other nasty contaminants in your water like fertilizer, pesticides, dissolved minerals, VOCs (volatile organic compounds, like benzene), heavy metals, and even protozoans! It is best to use either purified water or reverse osmosis filters to address these contamination issues.

Another major contributor to fermentation is salt. Generally, partially refined sea salt works very well. Sea salt contains trace minerals that will be incorporated into the nutrient content of your finished product. However, if you are making a large quantity of brine that will not be directly consumed, then regular salt will be sufficient. *Caution: use only pure salt with no other additives, like iodine or other chemicals to prevent clumping.* Kosher salt is a good choice, but be sure to read the label.

### ***Basic Process:***

This is a basic walk-through of the fermentation process. This list is by no means exhaustive—it is only intended to give you an idea of what happens at which stage and what to consider along the way. These are the basic steps:

The first step is to prepare the food ingredients. Make sure that carbohydrates are present, either in your foods (like fruits, vegetables, juices, and dairy) or added separately. If there are no carbs present (such as in meat), sugar must be added: it is what the microbes will consume while they interact with the food.

Next, decide what microbes you intend to use. There are many ways to obtain microbes:

Many foods already have microbes on the surface, especially cabbage and cruciferous vegetables.

You can use by-products from previous fermentations such as yogurt, sauerkraut juice, whey, etc. Many times, you will want to

choose a substance that is similar to the fermentation you are attempting (e.g. use yogurt to create a new batch of yogurt).

You can also purchase microbes specifically sold for this purpose. They are commonly sold in envelopes.

Although microbes do a wonderful job, you may need to bolster them by adding salt.

Salt creates liquids and produces an environment that many harmful microbes (the ones you do not want) find intolerable.

Consider if you want your fermentation exposed to the air or not? This depends on the microbes and the types of fermentations you are doing. Sauerkraut requires protection from the air (an *anaerobic* reaction, meaning without oxygen) but vinegar requires exposure to the air (an *aerobic* reaction, meaning with oxygen).

You need a quiet, relatively dark space to store your fermentation. Sunlight is

generally not friendly to microbes or yeast. The space also needs to be an appropriate temperature for your fermentation and the microbes involved. Cool, dry areas like cellars and basements work well for storing fermented foods.

Last, but not least, you need time. Fermentation does not happen immediately. The time required can vary from 2-3 days to many months.

Now that you have the basics, you are ready to start fermenting your own food. In the next section, you will find everything from basic recipes, like brine, to complex recipes, like ginger ale!

Happy fermenting!

## **Chapter 5**

### **Basic Recipes**

## ***Whey***

Whey is the foundation for many recipes and is very simple to make.

### *Equipment:*

bowl

cheesecloth

colander

### *Ingredients:*

1 quart plain yogurt, kefir, or other fermented dairy product. If you use store-bought yogurt, make sure it is made with whole milk!

### *Procedure:*

Place the cheesecloth in the colander and set it over the bowl. Place the yogurt or dairy product

on the cheesecloth and let the liquid drip into the bowl for a few hours. Then, tie up the cheesecloth and let it drip overnight on the counter. In the morning, the firm curd in the colander should be similar to cream cheese and can be used as such. The liquid in the bottom is whey.

Store the whey in a tightly closed jar in the refrigerator for up to a few weeks. Discard any mold that may grow in it. You can also freeze it for a few months, but not indefinitely—the microbes will eventually die if frozen too long.

*YIELD:* 2 cups

## ***Basic Brine***

Brine is basically salt water. It is a necessary ingredient in many fermentation recipes. It stores indefinitely as long as it is in an airtight



container in the refrigerator. If you are using the brine immediately, dissolve the salt in about 3 cups of water and add the rest of the water when all the salt is dissolved. If you are making it ahead of time to have on hand, then follow the instructions below.

*Ingredients:*

9 tablespoons coarse sea salt or 6 tablespoons fine sea salt

2 quarts filtered or purified water

*Procedure:*

In a bowl, stir the salt and water until all the salt is dissolved. Place into an airtight glass container and store in the refrigerator until needed.

*YIELD:* 2 quarts

***Basic Sauerkraut***

Sauerkraut is an easily fermented vegetable loaded with *Lactobacilli* and nutrients. It translates from German as “sour cabbage.”

Cabbage ferments easily and tastes great! In addition, the juice is used in many recipes, so save it when the fermentation is complete.

*Ingredients:*

4 heads cabbage, red or green or both, shredded or chopped (to your preference) ¼ cup fine sea salt, divided

*basic brine* (recipe above) as needed

*Procedure:*

In a large bowl, add the cabbage, a handful or 2 at a time. Add a portion of the salt and massage the salt into the cabbage. Continue adding these and massaging the mixture until all the cabbage is well-salted. Leave a little salt out to add to the jar.

Start stuffing the salted cabbage mixture into a glass jar with a wide mouth. Massage and squash the cabbage down as you add it to the jar. Liquid will begin seeping out of the cabbage. When all the cabbage has been added to the jar, sprinkle the remaining salt over it. If the liquid does not cover the cabbage completely, add the basic brine to cover it. Press the cabbage down a final time and weigh it down with something heavy to keep the cabbage submerged. The liquid should be at least 1 inch below the lid of the jar to allow for expansion. Cover the jar with a clean towel.

Place the jar in a warm dark place and leave it for about 7-10 days, checking on it periodically.

Make sure the cabbage stays submerged: if it isn't, add more brine. If mold grows on the surface, remove it. Taste the cabbage periodically, and when you are satisfied with the taste, seal the contents with the lid and store it in the fridge.

*YIELD:* 1 gallon

## ***Yogurt***

This recipe is to make yogurt from scratch and is a little more detailed. For this, you will need an

“incubator.” Don’t panic: an insulated lunch container works just fine. The basic idea is to heat the milk to kill any bacteria within and allow it to cool, when the preferred bacteria have been added. This will allow the fermentation process to happen.

### ***Equipment:***

glass canning jars, a quart-sized or 2 pint-sized jars work well

extra jar of hot water

food thermometer

### ***Ingredients:***

6 tablespoons yogurt, as the starter culture (see notes in the *whey* recipe) 1 quart minus 6 tablespoons whole milk

*Procedure:*

Measure the yogurt and place it into the canning jar (or divide it evenly among the pint jars).

Heat the milk in a saucepan until it reaches 180°F (80°C). Remove it from the heat and allow to cool to around 110°F (45°C). (If you do not want to wait, you can place the saucepan with the hot milk in a bath of ice water for a quicker cool down.) When the milk is the proper temperature, pour it into the jars with the yogurt, leaving about an inch at the top. Place the lids on the jars and shake vigorously to mix the milk and yogurt well.

Put the jars of milk/yogurt mixture into the incubator and close it. If you are using an insulated lunchbox, put hot tap water into 1 or 2 jars with lids and place them between the yogurt jars.

Close the lunchbox.

After about 12 to 24 hours, your yogurt will be ready. It will store in the fridge for about 2

weeks. If the liquid starts to separate, it's fine—just mix well before serving. The liquid is the whey.

Serve as-is, or add any ingredients like fruit, granola, or chutney for some pizzazz.

***Kefir***

Kefir is a dairy product that is thinner than yogurt and serves as a base for many drinks. There are two types of kefir: milk and water. If the drink is dairy-based, then use the milk version. If you want a fruity juice or something non-dairy, use the water version.

Kefir is unusual because it requires “grains” that can be purchased and reused many times. Many health food stores and websites sell kefir grains. These grains consist of bacteria and yeast on a dairy material. Every time you use them, they will get a little bigger. After fermenting, just strain out the grains and save them for reuse.

*Equipment:*

1 quart-sized jar or other, smaller ones

fine-meshed strainer

food thermometer (optional)

*Ingredients:*

1 quart milk

1 to 2 tablespoons milk kefir grains

*Procedure:*

If you are concerned about contamination in your milk, heat it in a saucepan to about 180°F

(80°C) and allow it to cool back to room temperature.

Add the milk to canning jar, or split it evenly if using smaller jars. Add the kefir grains, again, divided evenly if using multiple jars. Place the lid(s) on the jar(s) and shake vigorously to mix the milk and kefir grains.

Keep the jars at room temperature for 12 to 24 hours. You can shake the jars now and then, if you think about it, but it will work without regular shaking as well.

Before you strain the mixture, shake it again. This will allow you to distinguish between milk fat (if it has clumped) and the kefir grains. Strain the contents and put the liquid into jars. If you place the kefir

in the fridge (lidded, of course), it can keep for months. If you leave it on the counter, it can keep for weeks, but if it begins to taste foul and yeasty, throw it out. It will start to taste awful before it becomes harmful.

The kefir grains can be rinsed in purified or filtered water and stored in a lidded jar of purified water in the fridge until you are ready to use them again.

*YIELD:* 1 quart

## **Chapter 6**

### **Vegetables, Fruits, Spreads, and Condiments**

#### ***Pickled Turnips and Beets***

This tasty combination is loaded with probiotics and nutrients. It pairs well with any grilled or baked meat dish as a side. The key to this recipe is keeping everything to the same size and thickness to avoid odd textures and tastes.

#### *Ingredients:*

2 to 3 medium turnips, peeled and sliced into ¼” sticks

3 to 4 medium beets, peeled and separated from the greens, and cut into ¼” sticks  
an inch-long piece of peeled, fresh ginger, cut into matchsticks

zest from 1 orange

2 tablespoons mustard seed, or 1 bay leaf

1 cup *whey* (see Chapter 5)

*basic brine* (see Chapter 5) as needed

#### *Procedure:*

Mix turnips, beets, ginger, orange zest, and mustard seeds in a large bowl. Add mixture to jar(s) and squash down. Add the whey to submerge the vegetable mixture. If more liquid is needed, add brine to ensure all vegetables are submerged.

Weigh down the vegetables with a small plate or a bag of water. Place the jar(s) in a cool, dark spot in the kitchen, and allow to

ferment for 3 to 7 days. Periodically check to make sure the brine covers the vegetables: add more brine if needed.

Once the vegetables are ready, put on the lid and store in the refrigerator.

*YIELD:* 1 quart

### ***Kimchi with Radishes***

This signature Korean slaw is spicy and sweet. It can be added to eggs, rice, sandwiches, or eaten as a side dish.

#### *Ingredients:*

2 heads of Napa cabbage, quartered

*basic brine* (see Chapter 5)

2 daikon radishes, sliced and peeled into matchsticks

6 scallions, sliced

1 Asian pear, peeled and sliced into matchsticks

5 carrots, peeled and sliced into matchsticks

2" piece of ginger, peeled and minced

12 medium-sizes cloves (or 1 head) garlic, chopped

¼ cup fish sauce

½ cup chili paste (or more or less to taste)

¼ cup fine sea salt

#### *Procedure:*

Wash the cabbage leaves in water and soak them overnight in enough brine to completely cover them. When the leaves have soaked, remove them from the water and discard the brine.

Add the cabbage, radishes, pear, carrots, scallions, ginger, garlic, fish sauce, and chili paste to a large bowl. Add the salt and massage the mixture well until all the vegetables are coated with salt. Stuff the mixture, by handfuls, into a large fermentation jar and squash roughly after each addition. As the vegetables are compressed, liquid will seep out of them. If the liquid does not completely cover the vegetables, add brine until the vegetables are submerged. Make sure the liquid is at least an inch from the lid to allow room for expansion. Weigh down the vegetables with a plate or bag of water to keep them submerged. Cover with a towel.

Place the jar in a warm, dark place in the kitchen and allow to ferment for 5 to 7 days. Check now and then to ensure the vegetables are still submerged. If not, add more brine as needed.

When you are happy with the taste, close the jar tightly with the lid and store in the pantry, cellar, or basement. Kimchi will keep indefinitely and will continue to ferment.

*YIELD:* 1 quart

### ***Garlicky Dill Pickles***

These crunchy pickles only improve in taste as time goes by. They are loaded with antioxidants.

#### *Ingredients:*

8 to 10 organic or pickling cucumbers

1 tablespoon chopped, fresh dill

8 to 10 cloves garlic, peeled

1 tablespoon mustard seeds



1 tablespoon fine sea salt

¼ cup *whey* (see Chapter 5)

1 ½ cups *basic brine* (see Chapter 5)

*Procedure:*

Wash the cucumbers well. Divide the cucumbers in half and divide them among 2 2-quart fermenting jars. Mix the dill, garlic, and mustard seeds in a bowl. Divide the mixture in half. As you pour the seasoning mixture over the cucumbers, add half the salt to each jar. Divide the whey and brine evenly. Add the whey to the jars and then add the brine. The cucumbers should

be submerged about an inch under the brine. Put the lids on the jars and close tightly. Place the jars in a quiet place to ferment at room temperature for 5 to 10 days. Taste the cucumbers occasionally until they are as you like. Put the lids back on the jars and place in the fridge. The pickles will keep in the refrigerator for several months.

*YIELD:* about 2 quarts

***Blackberry Apple Sauerkraut***

Because this recipe adds fruit to cabbage, it creates a sweet kraut loaded with nutrients and flavor. Serve it over yogurt or with salads.

*Ingredients:*

½ small cabbage, shredded

1 apple, peeled, cored, and finely chopped

juice from 1 orange, including a little of the pulp

½ cup blackberries

1 teaspoon fine sea salt

1 cup walnuts, chopped

1 teaspoon crumbled cinnamon sticks

¼ cup *whey* (see Chapter 5)

*Procedure:*

Put the cabbage in a large bowl and sprinkle with the salt. To the cabbage, add apples, orange

juice, blackberries, walnuts, and cinnamon. Mix the ingredients well. Stuff the mixture into a 1-quart fermenting jar, squashing down as you go. Pour the whey over the mixture. If more liquid is needed to submerge the mixture, use purified or filtered water to cover. Make sure the liquid stays an inch below the rim of the jar to allow for expansion. Tightly close the jars with the lids and leave at room temperature for 5 to 6 days. Store the kraut in the refrigerator; it will keep for a few weeks.

*YIELD:* 1 quart

***Tasty Peach and Mango Chutney***

Peaches and mangoes both offer many nutrients and a tangy sweet flavor that pairs well with fish, pork, or beef.

*Ingredients:*

4 ripe mangoes, peeled, seeded, and coarsely chopped

8 to 10 peaches, peeled, cored, and cut into quarters

1 cup raisins

2 cups pecans, chopped

2 teaspoons fine sea salt

juice from 4 lemons

¼ cup fresh ginger, grated

2 chile peppers, seeded and chopped

2 tablespoons ground cinnamon

¼ cup *whey* (see Chapter 5)

*basic brine* (see Chapter 5) as needed

*Procedure:*

Place the mangoes, peaches, raisins, pecans, salt, lemon juice, ginger, chile peppers, and cinnamon in a large bowl and mix well. Place the mixture in a fermentation jar and press it down until it is less than 1 inch below the jar lid. Add the whey. If the liquids do not cover the mixture, add brine as needed. Weigh down the contents with a plate or bag of water to keep the fruit under the liquid. Cover with a clean towel.

Place the jar in a dark spot in the kitchen and allow it to ferment for 2 to 4 days at room temperature. Add brine as needed to ensure mixture remains submerged. When you like the taste, put on the lid and store it in the fridge.

*YIELD:* about 1 quart

***Spinach Hummus***

Spinach contains vitamin A, which is critical for the integrity of mucus membranes, but is also a major component of some white blood cells that actively fight infection. It can be used as a spread, a dip, or thinned down to make a salad dressing.

*Ingredients:*

2 cups dried or canned garbanzo beans, rinsed and drained

2 tablespoons apple cider vinegar  
2 tablespoons *whey* (see Chapter 5)  
1 cup fresh spinach, coarsely chopped  
3 cloves garlic  
6 tablespoons extra-virgin olive oil  
¼ cup freshly-squeezed lemon juice  
a dash of cayenne pepper  
1 teaspoon ground cumin (if desired)  
2 to 3 tablespoons raw tahini  
½ teaspoon fine sea salt

*Procedure:*

Add the garbanzo beans to a bowl and soak them in water and the cider vinegar for 12 hours, or until the beans have sprouted. Drain the beans. Put the beans, whey, spinach, garlic, olive oil, lemon juice, cayenne pepper, and cumin in a food processor and blend until smooth. Add the tahini and salt and mix well. Store the hummus in the fridge and serve cold.

*YIELD:* about 2 ½ cups

***Chickpea Hummus***

Same as recipe above except to omit the spinach. May need to adjust the liquids to account for the missing spinach.

***Pico de Gallo***

*Ingredients:*

6 medium tomatoes, peeled, seeded, and chopped

1 large onion, chopped

½ bunch cilantro, chopped

6 cloves garlic, chopped

hot peppers to taste (jalapeño, habanero, etc.)

1 ½ cups sauerkraut juice (see Chapter 5)

salt and pepper to taste

*Procedure:*

Add tomatoes, onion, cilantro, garlic, and hot peppers to a large bowl and mix well. Salt and pepper to taste. Cram the mixture into a fermenting jar and cover with the sauerkraut juice until the mixture is completely covered. Be sure to leave 1" between the liquid and the lid for expansion. Close the lid tightly and leave it on the counter for 3 to 5 days. Refrigerate when finished, and it will keep in the fridge for a few weeks.

*YIELD:* about 1 quart

***Tomato Ketchup***

This recipe can be jazzed up by adding red pepper flakes, cayenne, or even smoked paprika.

*Ingredients:*

3 cups tomato paste

2 teaspoons fine sea salt

¼ cup Worcestershire Sauce

½ cup apple cider vinegar

6 tablespoons hearty raw honey (such as clover) or organic maple syrup  
¼ cup *whey* (see Chapter 5)

*Procedure:*

Mix everything into a bowl, making sure the honey and salt are dissolved completely. Add the mixture to a wide-mouthed fermenting jar and cover with a secured piece of cheesecloth. Let the mixture sit at least 8 hours (or overnight) at room temperature. Remove the cheesecloth and tightly close the lid. Store it in the fridge for 2 days before serving. It will keep for about 2

months.

*YIELD:* 1 quart

***Mayonnaise***

This version is not as thick as store-bought products, but the recipe can be tweaked to your personal taste by changing the amounts of mustard or adding other ingredients like chipotle powder, curry powder, or herbs.

*Ingredients:*

2 large whole eggs, room temperature

2 egg yolks, room temperature

¼ teaspoon fine sea salt

2 teaspoons Dijon mustard (can use *Dijon Mustard*, next recipe)  
3 tablespoons lemon juice, freshly squeezed

2 tablespoons *whey* (see Chapter 5)

1 ½ to 2 cups extra-virgin olive oil

*Procedure:*

Blend eggs, egg yolks, and salt in a food processor. Add mustard, lemon juice, and whey and blend until incorporated. While blending, slowly add the olive oil to make an emulsion.

Place the mixture in a jar and cover with the lid. Let it stand at room temperature for 6 hours, and then place it in the refrigerator.

It will keep for 4 to 6 weeks in the fridge.

*YIELD:* about 3 cups

***Dijon Mustard***

*Ingredients:*

$\frac{3}{4}$  cup mustard powder (mild is preferred)

1 teaspoon fine sea salt

$\frac{1}{8}$  teaspoon garlic powder

2 teaspoons raw honey

$\frac{1}{2}$  cup filtered or purified water

1 tablespoon *whey* (see Chapter 5)

2 tablespoons apple cider vinegar

*Procedure:*

In a small bowl, whisk together the mustard, salt, and garlic. Add the honey, water, and brine.

Whisk to blend well. Place the mixture in a jar, cover tightly, and allow it to ferment for 3 days at room temperature. The mustard will thicken, so add more water or brine after 1 day to make a

consistency you like. Place the mixture in the fridge and allow it to sit for another 3 days before using. It will keep for up to 2 months in the refrigerator.

*YIELD:* about 1 ½ cups

## **Chapter 7**

### **Grains, Beans, and Nuts**

#### ***Fermented Lentils***

##### *Ingredients:*

1 cup dried lentils

2 cups filtered water, warmed

2 tablespoons *whey* (see Chapter 5)

1 tablespoon vinegar, or the juice of 1 small lemon

1 teaspoon fine sea salt

1 tablespoon ground coriander

1 tablespoon ground cumin

##### *Procedure:*

Pick through the lentils and discard any that don't look right. Put them in a bowl, add the filtered water and whey, and stir. Add the vinegar or lemon juice and stir again. Cover the bowl with a clean cloth and let stand undisturbed for 24 hours in a cool place. After 12 hours, drain the water, rinse, and add more water. Place the lentils back in the quiet place to continue fermenting for the

remaining 12 hours.



Put the lentils in a saucepan and add salt and enough filtered water to cover the lentils by a couple of inches. Over medium-high heat, bring the lentils to a boil. Cover and reduce heat to low and simmer, stirring occasionally, 20 to 30 minutes, or until the lentils are tender. Drain the lentils and add the coriander and cumin.

*YIELD:* 2 ½ cups

### ***Sprouted Brown Rice***

Sprouted brown rice has an enormous amount of nutrients due to the sprouting. But, if you let the rice sprout longer than 12 hours, rinse it, and change the water. Also, do not let the shoots grow longer than ¼ of an inch—they get bitter. Also, if not eaten within a week or two, the rice will become bitter.

#### *Ingredients:*

1 ½ cups unprocessed whole-grain brown rice

3 cups filtered water

1 tablespoon brown rice vinegar

1 tablespoon sugar

2 teaspoons fine sea salt

#### *Procedure:*

Place the rice in a colander and rinse under flowing water for 1 to 2 minutes. Put the rice into a bowl or fermenting jar with enough warm water to cover by 2 inches. Soak the rice for 12 hours.

Pour the rice into a fine-meshed sieve and rinse well. Discard the original water and rinse out the container. Put the rice back into the bowl or jar and cover with a clean towel. Place the container in a cool, dark place.

Stir the rice with a wooden spoon twice a day for 2 days. The rice will begin to sprout. Rinse the rice again and place it on a sieve or a colander to drain. Store the rice in the fridge for 1 to 2

weeks.

To cook, bring 3 cups filtered water to a boil, add the rice, cover, and simmer until done.

Sprouted rice cooks quicker than regular rice. In the meantime, whisk the vinegar, sugar, and salt together. Toss this mixture with the rice before serving.

*YIELD:* about 3 cups

### ***High Protein Pinto Beans***

For people who would like a meatless and soy-less alternative to protein, these beans fit the ticket. They are loaded with protein and fiber.

#### *Ingredients:*

2 cups dried pinto beans

1 large onion, chopped

3 cloves garlic, minced

1 teaspoon fine sea salt

¼ cup *whey* (see Chapter 5)

½ to 1 cup *basic brine* (see Chapter 5)

#### *Procedure:*

Place the beans in a large bowl and cover with filtered water to soak for 24 hours, changing the water after 12 hours. When the beans

have soaked for 24 hours, drain and discard the water. Add the beans, cover with more filtered water, and cook in a saucepan over medium-low heat until the beans are tender. Drain the beans and let them cool.

In a large bowl, add the beans, onion, garlic, salt, and whey and stir well to mix. Pour the mixture into a 1-quart fermenting jar. Add enough of the brine to completely cover the beans, while leaving about 1 inch of space in the jar to accommodate expansion. Close the lid tightly and set the jar in a dark part of the kitchen for 3 days. Place the beans in the fridge and use within 2 months.

*YIELD:* 4 ½ cups

### ***Granola Bars***

#### *Ingredients:*

1 cup steel-cut or rolled oats

1 cup dates, pitted and chopped

1 cup *whey* (see Chapter 5)

½ cup brown rice flour, plus more for dusting the pan

½ cup unsweetened shredded coconut

½ cup chopped almonds

3 tablespoons sesame seeds

½ tablespoon fine sea salt

1 tablespoon ground cinnamon

1 cup sugar-free peanut butter

½ cup maple syrup

### *Procedure:*

Grind the oats into a coarse flour in a blender or food processor. In a large bowl, mix together oat flour, dates, whey, brown rice flour, coconut, almonds, and sesame seeds. Add salt and cinnamon and mix well. Cover with a clean towel and let sit for 6 to 8 hours.

Preheat the oven to 75°F (24°C). It can be set as high as 100°F (38°C). If your oven does not set this low, use a food dehydrator—they allow you to set a specific temperature. Add the peanut butter and maple syrup. Stir well.

Dust a 9x13-inch pan with some brown rice flour. Spread the oat mixture evenly into the pan and pressing into corners. Bake the mixture for 8 to 10 hours, or until the granola is the consistency you prefer—chewy or crunchy. Cut the bars into squares and eat immediately or put them in the fridge. The refrigerated bars will keep for several months.

*YIELD:* 12 to 16 bars

### ***Basic Sourdough Bread***

Although this bread is a pantry staple, the recipe can be altered by adding fruits, herbs, nuts, or spices. The sourdough starter used in the recipe can be found in the Resources section in Chapter 11.

### *Ingredients:*

1 cup sourdough starter

1 cup warm filtered water

1 tablespoon raw honey (optional)

1 teaspoon fine sea salt

3 cups whole-wheat or spelt flour, sifted

½ cup parsley, finely chopped (optional)

*Procedure:*

In a bowl, add the sourdough starter, water, honey, salt, flour, and parsley. Combine to make a smooth dough. Place the dough on a lightly-floured surface and knead for 3 minutes. Shape into an oval loaf by hand and place it onto a greased baking sheet. Cover and let rise for 1 to 2 hours, or until doubled in size.

Preheat the oven to 400°F (200°C). Spritz the dough with water. With a very sharp knife, slice an

“X” into the top of the dough, about ¼ to ½ inch deep. Bake for 30 to 40 minutes or until the crust is golden brown and firm. The internal temperature of the bread should be 200°F (90°C), as checked by inserting a thermometer into the bottom so you don’t mangle your loaf!

*YIELD:* 1 loaf

***Toasted Nut Butter***

Although my personal favorites are almonds and peanuts, any nut will work. The recipes can be tweaked with herbs, spices, and honey. They can be used as spreads and as additives to pastas, soups, stews, oatmeal, or made into a sauce.

*Ingredients:*

2 cups raw nuts: can be almonds, peanuts, cashews, walnuts, or pistachios  
5 ½ teaspoons fine sea salt

filtered water

1/3 cup coconut oil

2 tablespoons raw honey

*Procedure:*

Place the nuts in a bowl and add 4 ½ teaspoons salt. Mix well. Cover with filtered water and soak for 6 hours.

Drain the nuts, pat dry with paper towels, and spread them out on a baking sheet for 30 minutes to dry. In a skillet over medium heat, place a single layer of nuts and toast for about 10 minutes, stirring occasionally. When the nuts have dried further and are starting to caramelize, remove them from the heat. Repeat until all the nuts are toasted.

Put the toasted nuts in a food processor with coconut oil, honey, and 1 teaspoon salt. Blend to the desired consistency—smooth spread or chunky paste. Divide the mixture into two half-pint jars.

Cover the mouths of the jars with cheesecloth and secure. Leave the jars out at room temperature for 6 hours. Remove the cheesecloth and add the lids, closing tightly.

Refrigerate the butter. When serving, let the butter warm to room temperature for 20 minutes before using. The butter will keep in the fridge for 3 weeks or longer.

*YIELD:* 2 cups

## **Chapter 8**

### **Dairy and Fish**

#### ***Sour Cream***

*Ingredients:*

1 or 2 tablespoons organic sour cream

2 tablespoons *whey* (see Chapter 5)

2 cups cream, preferably from grass-fed cows

*Procedure:*

Stir together sour cream and whey. Add the sour cream mixture to the cream in a 1-quart fermenting jar and shake vigorously to mix well. Cover the jar with cheesecloth and secure.

Leave the jar at room temperature for 12 to 24 hours. It will set up like a thick yogurt. Cover with the lid and let sit in the fridge for 6 hours before use. It will keep in the refrigerator for several weeks.

*YIELD:* 2 cups

***Papaya Ice Cream***

This recipe can be altered with different fruits or fruit combinations per your taste. It does require an ice cream maker, however.

*Ingredients:*

1 cup papaya, peeled and chopped

2 eggs

$\frac{3}{4}$  cup unrefined sugar or  $\frac{1}{4}$  cup raw honey

2 cups milk *kefir* (see Chapter 5) or whole milk

1 cup heavy cream

2 teaspoons vanilla extract

*Procedure:*

Add the papaya, eggs, and sugar into a blender and blend well. Add the kefir, heavy cream, and vanilla and blend well.

Place the contents in an ice cream maker and follow instructions for the machine.

*YIELD:* 1 quart

### ***Berry Frozen Yogurt***

*Ingredients:*

2 cups fresh or frozen mixed berries (strawberry, raspberry, blackberry, or blueberry) 3 tablespoons milk

2/3 cup raw honey

2 cups *Yogurt* (see Chapter 5)

1 ½ tablespoons vanilla extract

*Procedure:*

If using frozen berries, thaw and keep the juice. Mash the berries with a fork or puree in a blender. In a bowl, mix the milk and honey. Add the mashed berries to the milk mixture and blend well. Add the yogurt and vanilla and stir well. Place mixture in an ice cream maker and follow the manufacturer's instructions for the machine.

*YIELD:* 1 quart

### ***Greek Tzatziki Sauce***

This delightful sauce can be used on sandwiches, on salads, and as a dip.

*Ingredients:*

1 cup *yogurt* (see Chapter 5)

1 cucumber, peeled and coarsely chopped

2 tablespoons extra-virgin olive oil



zest and juice from ½ of a lemon (zest first, then squeeze out the juice) 2 garlic cloves

2 tablespoons fresh mint, chopped

1 tablespoon fresh dill, chopped or ½ tablespoon dried dill

½ teaspoon fine sea salt

a dash of cayenne pepper

*Procedure:*

Place cheesecloth in a colander as a lining. Place the lined colander over a bowl. Pour the yogurt into the cheesecloth and tie up the corners. Let it drip for 2 to 4 hours. Scrape out the thickened yogurt and save the whey for future use.

Add yogurt, cucumber, olive oil, lemon zest and juice, garlic, mint, dill, salt and cayenne in a food processor and blend well. Place the sauce into a serving dish and refrigerate for several hours before serving to allow the flavors to meld.

*YIELD:* 1 ½ cups

***Salmon with Honey and Ginger***

*Ingredients:*

1 tablespoon of raw honey

1 teaspoon of fresh ginger, chopped

1 teaspoon whole peppercorns

2 or 3 scallions, chopped

¼ cup of *whey* (see Chapter 5)

¼ cup *basic brine* (see Chapter 5)

1 pound salmon fillet (wild-caught is better than farmed)

2 slices lemon

2 tablespoons fresh dill, chopped

2 bay leaves

*Procedure:*

Combine scallions, honey, ginger, whey, peppercorns, and brine in a medium bowl. Pack the lemon, fish, as well as the dill in a 1-quart fermenting jar. Then, make sure to pour the honey

mixture over the fish so that it is completely submerged. Leave 1 inch between the liquid and the top of the jar for the expansion to take place. Add the bay leaves, and place the lid on the jar and close everything tightly. Leave at room temperature for about 24 hours. Place the jar in the fridge where it will keep for up to 2 weeks. Finally, remove the salmon from the liquid before serving.

*YIELD:* 1 pound

## **Chapter 9**

### **Beverages**

#### ***Carrot and Celery Kefir***

*Ingredients:*

¼ cup fresh carrot juice

¼ cup fresh celery juice

¾ cup water *kefir* (see Chapter 5)

a dash of cayenne pepper (optional)

*Procedure:*

Place all ingredients into a blender and blend until smooth. Chill before serving.

*YIELD:* 1 serving (1 ¼ cups)

***Whole Grain Tonic***

This refreshing drink can be made with any whole grains. It is slightly fizzy with a sweet and lemony flavor.

*Ingredients:*

1 cup wheat berries or other whole grain (whole rye, millet, barley, oats, rice or buckwheat grains)

1 quart filtered water

a dash of apple cider vinegar

*Procedure:*

Soak the grains overnight in warm, filtered water. Drain and rinse the grains well. Place the grains into a tray suitable for sprouting. Let the grains sit for 2 to 3 days, draining and rinsing the grains every day until the sprout. The grains have sprouted when a small tail appears. Once sprouted, place the grains in a fermenting jar and cover with the 1 quart of filtered water. Add the dash of cider vinegar. Let the grains sit for 2 to 3 days. Expect some fizzing. The tonic is ready when the grains smell pleasantly sour and the liquid is cloudy. Discard the grains, put the liquid in a tightly lidded jar, and place in the fridge. It will keep for up to 2 weeks.

*YIELD:* 1 quart

***Lemon Lime Fizz***

This drink is very fizzy and refreshing!

*Ingredients:*

$\frac{3}{4}$  cup evaporated cane juice or sucanat

2 quarts filtered water, divided

juice of 5 lemons

juice of 5 limes

1 cup *whey* (see Chapter 5)

*Procedure:*

In a large pot over medium heat, dissolve the sugar in 2 cups water. Remove from the heat and add the remaining 1  $\frac{1}{2}$  quarts cool water. Pour the sugar water into a 1-gallon jug. Allow it to cool to room temperature. Add both juices and the whey. Add enough water to fill within 1 inch of the top of the jug. Place on the lid and let it sit at room temperature for 2 to 3 days, or until the sweetness has been reduced to your taste. Put the jar in the fridge and chill completely before serving. It will keep indefinitely but the sweetness does lessen over time.

*YIELD:* 2 quarts

***Virgin Bloody Mary***

*Ingredients:*

6 Roma tomatoes, cut in quarters

$\frac{1}{4}$  medium onion

$\frac{1}{2}$  medium cucumber, peeled

$\frac{1}{4}$  bell pepper, seeded

½ chile pepper, seeded

1 clove garlic

juice of ½ of a lemon

½ tablespoon fine sea salt

3 tablespoons *whey* (see Chapter 5)

*Procedure:*

Place the tomatoes, onion, cucumber, bell pepper, chile pepper, and garlic into a juicer and extract the juice. Pour the juice into a 1-quart fermenting jar with a wide mouth. Add to the jar, lemon juice, salt, and whey. Whisk well to mix thoroughly. Make sure there is at least an inch between the liquid and top of the jar. Cover with the lid or an airlock. Let it sit at room

temperature overnight, or for 12 hours. Place the jar in the fridge to sit for 2 to 3 more hours.

Mix again just before serving. It will keep up to 2 weeks, but it is best when consumed within a few days.

Serve as a Bloody Mary with celery and a dash of black pepper.

*YIELD:* 2 cups

***Ginger Ale***

The trick to making any fizzy beverage is to bottle it while it is still fermenting, but not too soon or there will be too much pressure! Each batch will behave differently, so expect some trial and error with this drink. Variations of this drink include root beer and sarsaparilla! Flavorings and roots can be tweaked to suit your taste.

*Ingredients:*

3 to 4 inches of ginger root, peeled and grated

1 gallon filtered water

1 ½ cups sugar

½ to 1 cup *whey* (see Chapter 5)

*Procedure:*

Place the ginger and the water in a large stockpot and bring to a boil. Continue to boil for a couple minutes. This makes a flavored water or a “tea” of sorts. Remove the water from the heat and add the sugar. Stir until all the sugar dissolves.

Allow the liquid to cool to a warm room temperature. Add the whey to the sweetened ginger water. Pour the water into a 1-gallon jug (or carboy). If there is an airlock, install it. If not, then cap the jug. It is important to open the cap or airlock a few times a day for the first few days to

“burp” the bottle and relieve gas pressure.

Keep the jug at a cool room temperature for a few days. It should get fizzy in a few days. After the fizziness subsides in a few more days, it may be time to bottle your ginger ale. Pour the ginger ale into smaller bottles and leave a little room at the top. Leave these little bottles out at room temperature for a few more days and then place them in the fridge or somewhere else cool.

## **Chapter 10**

### **Great Resources**

#### **Starter Cultures:**

*Cultures for Health*

[www.culturesforhealth.com](http://www.culturesforhealth.com)

Specializes in non-dairy starter cultures, kombucha SCOBY's, dairy and water kefir grains, natto starters, and sourdough starters

*Wilderness Family Naturals*

[www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com)

Specializes in yogurt and kefir cultures, rennet for cheese-making

### **Food and Produce Safety:**

*Environmental Working Group*

[www.ewg.org/foodnews](http://www.ewg.org/foodnews)

Information on the amount of chemicals present in foods

### **Conclusion**

Having read through this book, you have gained significant knowledge to improve your general health. Fermentation offers so many benefits that almost seems too good to be true. But it's not

—the benefits are genuine!

This book gave you some background knowledge on what is actually happening in your body.

Armed with this knowledge, you can make decisions based on what you need and want. And though you have a basic understanding, there is plenty more out there to learn—knowledge *is* power. This book has shown you how to harness some hidden powers in foods that you otherwise wouldn't be aware of.

And by experimenting with some of the recipes, you will gain the expertise and confidence to attempt more complex recipes. This book is meant to be a springboard to the art of fermenting food. The recipes here were meant to be simple, requiring little more than equipment you probably already have.

As you may have realized by reading through the recipes, fermentation is highly adaptable. You can make any recipe to suit your own taste by adding or subtracting ingredients. This variability is a sure way to avoid boredom at the dinner table! There are endless possibilities, even with the simplest fermentation recipes.

This book was written as an introduction to the world of fermenting at home, with the hope that you will continue to develop new recipes and new techniques! So, as they say, go forth and prosper!

Mason Jar Meals

*40 Quick and Healthy Mason Jar Recipes for Breakfast, Lunch and Dinner*

*Ella Marie*

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## **Introduction**

Are you looking for new meal ideas? Do you often reach for processed or fast food because you don't have something already prepared? Though no one is going to wave a magic wand and make that food appear, you shouldn't give up!

Many of us are in the same boat—we need meals *fast*. With some smart organization and prepping, however, you can make amazing meals that aren't time consuming. Mason jar meals and desserts are becoming much more common. This method can be an exciting way to change your mindset about creating meals and taking your lunch to work.

Mason jar meals look and taste great, and they may be exactly what you've been looking for.

Many people have pre-existing ideas about mason jar meals—namely, that they don't allow for much variety. This belief prevents them from pursuing jarred meals as an option.

But this couldn't be further from the truth! There are plenty of great recipes you can try using mason jars. What's fun is that you can vary them in any way to suit your needs and preferences.

For instance, you can add ingredients to the salad recipes or switch fruits in the dessert recipes, and that's just the beginning.

No one wants to eat the same thing day after day, but in today's world, convenience often trumps all other considerations. By making mason jar meals, it's possible to achieve that variety while simultaneously using foods that are good for you. As you discover

great recipes, you will also start to feel comfortable creating some of your own.

Creating mason jar meals that your family will love is only going to encourage you to continue.

You can plan your meals in advance and get all of the ingredients in one, organized trip to the store. You can then feel better about what you eat and what you feed your family.

You'll also stop feeling guilty about the bad food choices you made in the past when you were in a hurry. Mason jars are grab-and-go, but also allow you to see the ingredients inside, so you

know you're making healthy choices. Some jarred recipes are served as-is, while others only need to be shaken up before you eat them.

Eating out, while easy and convenient, can add a huge expense to the monthly budget. By planning your meals and getting some mason jars, you are going to slash what you spend on food. And at the same time, you'll be eating healthier, feel more satisfied, and *won't* spend tons of time in the kitchen

By the time you are finished reading this book, you will have plenty of answers and the encouragement to begin. You will understand how to get started, learn the best practices, and explore amazing recipes.

You are also going to realize that you have the power to make it happen! You don't have to love spending time in the kitchen to make mason jar meals. You don't have to own an endless supply of ingredients, either. In fact, several of the recipes you will read about include only a few ingredients.

If you want to seize an opportunity to eat better and in an all-around positive way, it is right in front of you. This book is going to give you the inspiration and confidence to start making mason jar meals. Be

ready for tons of complements from your family, friends, and co-workers once you do!

## **Chapter 1**

### **Why Are Mason Jar Meals So Popular?**

When there is something new happening, people take notice. They often want to learn first-hand what all of the fuss is about. Many of these new things, however, just become passing trends.

They seem to lose the interest of the consumers just as quickly as they began.

This doesn't seem to be the case with mason jar meals. In fact, they are really picking up in popularity. They work well for all age groups, including families, college students, baby boomers, retirees, and those in the business force. The truth is that everyone needs to eat.

With that in mind, mason jar meals make a great deal of sense. They allow for more control over what you are eating. When your life is fast-paced and busy, poor eating habits are very easy to develop. Cutting out processed foods and fast foods can help you slash many of these bad habits.

You will also find that most of the mason jar meals contain ingredients that are good for you.

They have plenty of protein, such as chicken and lean meats. They also include plenty of antioxidants and make you feel more energetic due to the fresh fruits and vegetables they contain.

There are some great desserts too, but as the portions are smaller, you don't have to feel guilty for consuming them now and then. Plus, if you are cutting out calories in other ways, your diet will allow for those occasional sweet treats which won't result in weight gain or health problems.

Making food convenient as well as visually appealing is important. We don't want to eat food that is boring, bland, or colorless day after day. Mason jars offer a simple but elegant way to serve a variety of dishes. They are also easy to wash and aren't expensive to purchase.

These meals are becoming increasingly popular as people learn about and share them. All it will take is eating one—at a luncheon, or at a friend's house—to get you hooked! You might have also seen mason jar meals on Pinterest and would like to try them.

Let's face it—we all get tired of the same old routine when it comes to eating and making meals.

We often do it robotically, but now is the time to change that. You'll be looking forward to lunch again when you see your colorful mason jar instead of a brown paper sack containing a dull sandwich.

The possibilities are endless when it comes to mason jars: you can use them for salads and other cold foods; you can put them in the oven and bake directly inside them; you can even microwave them if you are in a hurry. The fact that glass is 100% recyclable only adds to the positives.

Knowing that you are doing your part to reduce waste in the environment is always a good feeling.

Mason jars store well, too. You won't need to use lots of pots and pans for cooking and tupperware containers for storing. Glass mason jars offer an all-in-one solution.

College dorms with kitchens are often stocked with mason jars. This type of cooking has become very popular among college students, because it's easy and hassle-free. If busy—but often lazy—

teenagers can do it, so can you.

Eating healthier and being aware of what you're putting into your body is a driving force behind the explosion of mason jar meals. People are finally understanding that processed fast foods aren't good for the mind or the body.

Making healthy choices doesn't mean you must eat food that tastes bad or go hungry. Instead, you can eat foods that offer you nutrition and look appealing to you. Of course, there *are* mason jar meals and desserts that aren't the healthiest, so take care to eat those in moderation!

With mason jars, you can see exactly how much food you are eating. Portion control is a huge problem in our society today. Think about when you serve plates in your kitchen. Most of us don't measure the amount of food that we pile on a plate.

Think, too, about when you go to eat out or drive up to a window. Most fast food restaurants try to entice you by inexpensively upsizing your sides, such as French fries or a soft drink. This results in consuming far more calories than is necessary or healthy.

Most sit down restaurants offer portions that are even larger than what we would serve ourselves at home. Yet, since we are paying for the meal and we are enjoying the atmosphere, we tend to eat more than we normally would. If you show up starving, you may even get an appetizer, too.

Mason jar meals, though, help you simply and successfully identify how much food you are consuming. Getting your portion sizes under control is one of the key ways to reduce calorie intake and, consequently, lose weight.

It is also a part of a healthy lifestyle. Simply being conscious about serving sizes is an eye-opening experience and a step in the right direction towards better, overall health.

While you may have your own reasons for trying out mason jar meals, here are the most common reasons others have suggested:

Mason jars are dishwasher safe.

They can be reused.

They are not harmful to the environment.

Foods don't stain glass jars.

Layered and colorful mason jars are visually appealing.

They are easy to stack, pack, transport, and shake.

They are inexpensive to buy.

Mason jars can be stored in the refrigerator, frozen, placed in the microwave, or put into the oven.

They are convenient.

Mason jar meals are easy to re-heat.

They are easy to store.

As you try out these recipes and create your mason jar meals, feel free to add some of your own reasons to this list!

## **Chapter 2**

### **Getting Started**

Perhaps you love the idea of mason jar meals, but are feeling skeptical. The last thing you want is a troublesome endeavor in the kitchen. You don't have to spend lots of time or lots of money, however, to give these meals a try.

You may find you already have several of the items you need around the house. If not, it isn't going to cost much money at all to get them. Here is what you need to get started: A few mason jars

Some recipes to try

A shopping list

Time to plan

## **A Few Mason Jars**

Buying mason jars of various sizes is highly recommended. You will find as you look for recipes that the sizes of the required jars will vary. While 4-ounce and 8-ounce jars are the most common sizes, they aren't the only ones to consider. And if the jars you have aren't the right size, you can reduce or increase the ingredients proportionally, but make sure your calculations are correct.

Buy mason jars with lids so you can easily store your leftovers. This is also important for meals such as salads. You need a good fitting lid so you can shake up all the ingredients without making a mess.

You can buy cases of mason jars from many retailers that you already visit. You can also buy them in bulk, if you want to acquire a lot of them. Cases don't cost very much, and you will find that buying them as a set is far less expensive per unit than buying the jars individually. There are even some websites where you can buy mason jars with lids and have them shipped directly to your home.

Look for those that offer free or low-cost shipping. Mason jars can be heavy so you don't want to pay a fortune for the shipping. Always consider the total cost of the product plus shipping fees.

## **Some Recipes to Try**

Find a few recipes that you would initially like to try. When you are successful with them, you will be encouraged to continue and expand your repertoire. If you don't have much spare time, you can look for recipes with a low prep time and just a few ingredients.

If you are interested in losing weight or eating better, look for recipes that include ingredients that are highly nutritional. There are even mason jar desserts that have plenty of fruit and yogurt in them. They will satisfy your sweet-tooth without being loaded with sugar and calories.

You can find all the recipes you need online. There are websites that not only show you the ingredients, but also provide step-by-step photos of the preparation process. Of course, this book will provide you with quite a few recipes to try. Once you are done exploring those, it will be easy to seek out some of your own.

Pinterest has become a very popular place for mason jar recipes. If you are looking for a particular recipe, it's the best website to start searching for it. You can search by ingredients, health benefits, or even prep time.

## **A Shopping List**

Now that you have your recipes, get your shopping list ready. Knowing what you need before you arrive at the grocery store is very important. It will make the shopping process faster, more efficient, and thorough: you won't have to return later for any ingredients you forgot, and you'll be less likely to be distracted by unhealthy, calorie-laden "convenience" foods. Try to find items that are in season, as well. This can help you to cut costs and increase nutritional values.

For example, you can substitute fruits and vegetables within recipes for whatever is in stock, fresh, and low-priced. Many ingredients can also be substituted with foods that are more affordable or more to your tastes.

## **Time to Plan**

You have to allot time for cooking meals anyway, so why not use some of that time to create mason jar ones? For example, if breakfast is often a hassle in your home, you can do the prep the



night before. Many of these great recipe options allow you to make the food ahead of time, and refrigerate it until use.

Even the recipes that need to be baked can be prepped in advance. Just store them in the fridge until you're nearly ready to eat. Then preheat the oven, and pop them in, while you continue with your other activities.

The mason jars will be ready when you are. This is especially true and helpful for hot breakfasts.

It's a simple plan that takes minimal time, so you can start the day off with great-tasting, nutritious food.

## **Chapter 3**

### **Tips For Creating Your Mason Jar Meals**

#### **Successfully**

Before you dive right into creating mason jar meals, you should be aware of these helpful tips.

They will reduce the time involved in prep and clean-up. They will also help you achieve the best quality results.

#### **Greasing**

Many foods can stick to the sides of your mason jars if you aren't careful. Greasing may be recommended by the recipe and if so, it's a step you shouldn't skip. It can be difficult to get your hands to the bottom of the mason jar to scrub it clean.

Using spray cooking spray is the best option for greasing your mason jars. It is very simple to use, even if you have larger hands, because you can simply aim the spray into the mouth of the jar. This also means that you will avoid the frustration of sticking food when cleaning up.

## **Cleaning**

Make sure you clean the mason jars very well. You may need to get a bottle brush or other tool if you can't reach the bottom of the jars. You can also place them into your dishwasher which will clean and sanitize them.

It is very important to make sure the mason jars are completely clean. Otherwise, germs will linger and bacteria can grow.

Another common problem is not thoroughly rinsing if you wash them by hand. The lingering soap can ruin the taste of your next recipe, so rinse them well. Imagine taking the time to make something delicious and then tasting soap instead—that's an error you'd be happier avoiding altogether.

## **Inspecting**

Mason jars are very durable, but you do have to be careful with them. The glass can break or chip. Always inspect the mason jars after you wash them and before you put them away. Check the handles so you don't cut yourself when picking one up. Check around the lid area, too, as that is a common place for chipping to occur.

If you notice any issues with a mason jar, don't continue to use it. Instead, it should be recycled with your other glass items.

To help reduce problems with mason jars, buy ones of good quality. They aren't going to cost much more, but the quality difference can be significant. Take good care of the mason jars, too.

Handle them gently, and don't bang them together.

## **Handling**

Mason jars will be extremely hot when you take them out of the oven. Make sure you handle them with care to avoid serious burns.

Don't leave them to cool where children or pets can access them.

Even if the outside of the mason jar is only warm, the food contents inside of it can still be very hot. Don't be in a rush to put that food onto a utensil and into your mouth! Always check it first so you don't burn your tongue.

## **Baking**

It is a good idea to place a baking pan or cookie sheet underneath the mason jars before you bake in them. This will make it much easier to remove the hot jars from the oven. When you slide them into the oven, however, do so gently so they don't tip over. This can result in a huge mess to clean up.

Some recipes will tell you to add a few inches of water to the bottom of the cooking pan. This is to ensure that the ingredients on the bottom of the mason jars don't burn. Pay attention to such tips, as they can make a huge difference in your resulting meal.

## **Following Directions**

Make sure you take the time to follow the directions with mason jar foods. Use the right size of jar for the item you are making. You can reduce or increase the amount of jars the food is for but make sure you do the math right so you have the right amount of ingredients.

If you don't follow the directions your mason jar meals may be a flop. You may end up creating a mess too by over filling the jars. Some of the food items will expand during baking so read what the recipe says and you can avoid such concerns.

If you are easily intimidated when it comes to trying something new, start out slow. Use recipes that have only 5 or fewer ingredients. Make sure you like what the ingredients include. The last thing you want is to put forth the time and effort and then toss out what you have just made.

## **Storing**

The recipe should also tell you how long you can store the mason jar meals after making them.

Typically it will be from 3 to 5 days, but this depends on the types of ingredients. Make sure the mason jar foods are secured with lids that fit correctly, and consume the food in a timely manner to prevent food-related illnesses.

If you often make mason jar meals, it's a great idea to label them with both the contents and the use-by date. Use labels that stick well but wash off easily in water. You can also label with a dry-erase marker, as long as you don't smudge the information with your fingers.

## **Having Fun!**

Creating mason jar meals should be fun, not stressful, work! Have a good time experimenting.

You may decide that you want to create some of your own recipes based off of others you have found. Or perhaps you would like to substitute certain ingredients to make a recipe more to your own liking.

You don't have to make mason jar meals on your own either. You can make it a family activity.

Set aside an hour or two on the weekend when you can all participate.

You can try new recipes, clean up together, and talk as you prepare the meals. This is going to make the entire process more fun, as well as socially and healthily beneficial for the entire family.

## **Chapter 4**

### **Breakfast Recipes**

Breakfast is the most important meal of the day, yet so many people skip it due to the morning rush. Creating these amazing mason jar breakfast recipes will ensure you get the day off to a great start. Some of them you can even make the night before, which helps to eliminate the hectic morning rush that many households experience!

Since the food is in a mason jar, you can also take your meal to-go. Perhaps you have a long commute to the office in the morning. You can enjoy your food on the drive. You can even take it into the office for consuming at your desk while you go through your emails and organize your daily tasks.

## **Baked Eggs**

6 mason jars, 4 ounces each

2 teaspoons organic olive oil

1 organic onion, sliced

1 cup organic asparagus, chopped

10 free-range eggs, beaten

1 cup grass-fed cheese, grated

Preheat oven to 375°F. Heat the oil in a skillet and add the onions. Sauté them for a couple of minutes. Add the asparagus and cook for about 5 minutes—until it is tender but still crisp. Add salt and pepper to taste.

Generously grease the mason jars. Use tongs to add the vegetable mixture. Beat the eggs well and add them to the mason jars. Distribute the cheese on top. Use a spoon to stir the jars well so the cheese mixes in with the eggs and vegetables.

Bake for 20 to 25 minutes. The tops should be golden brown. Remove from the oven and allow to cool. You can add the lids and store once the jars are completely cool. It's also possible to prepare

enough jars for a whole week of breakfasts. Now getting breakfast ready in a hurry isn't a problem.

### **Peaches & Cream French Toast**

8 mason jars, 4 ounces each

1 cup organic flour

1 tablespoon baking powder

3-ounce box instant vanilla pudding mix

3 tablespoons grass-fed butter

1 free-range egg

½ cup half-and-half

16-ounce can peach halves

8-ounce package of organic cream cheese, softened

½ cup coconut sugar

8 pieces of organic bread

Preheat oven to 350°F. Mix all of the ingredients except the peaches and bread in a large bowl for 2 minutes on medium speed. Place a piece of bread at the bottom of each mason jar. Drain

the peaches and add a few slices to each jar. Pour the batter over the bread and peaches.

Bake for 30 minutes. The top should be bubbling. Eat warm. To prevent the ingredients from sticking to the mason jars, generously grease them prior to use.

### **Banana Kiwi Breakfast Yogurt**

6 mason jars, 4 ounces each

Granola:

1 cup organic gluten-free oats

½ cup coconut, shredded

2 tablespoons organic brown sugar

A pinch of cinnamon

3 tablespoons coconut oil

2 tablespoons raw honey

Yogurt:

2 cups organic vanilla yogurt

2 cups organic strawberry yogurt

1 organic banana, chopped

2 organic kiwis, chopped

Mix all of the ingredients together to make the granola mixture. In a separate bowl, mix the yogurt and the fruit. Layer the granola and yogurt in the mason jars. Refrigerate for a couple of hours before eating.

### **Banana Nut Bread**

8 mason jars, pint-sized

2/3 cup shortening

2 ½ cups coconut sugar

4 free-range eggs  
2 cups organic bananas, mashed  
1 cup water  
3 ½ cups organic all-purpose flour  
½ teaspoon baking powder  
2 teaspoons baking soda  
1 teaspoon himalayan salt  
1 teaspoon cinnamon  
1 teaspoon cloves, ground  
1 cup pecans, chopped

Preheat oven to 325°F. Grease the sides and bottoms of the mason jars. In a mixing bowl, cream the shortening and salt until it is fluffy. Add the bananas, eggs, and water. Mix well and put aside.

In another mixing bowl, sift together the flour, baking soda, baking powder, cloves, cinnamon, and salt. Add the liquid mixture to the dry mixture and stir well. Add the nuts last. Fill each jar ½

full as the mixture will rise as the banana bread bakes.

Bake for 45 minutes or until the banana bread is golden brown on the top. It should also be pulling away from the glass as it firms up. The jars can be sealed and kept in the refrigerator for about a week after making.

### **Breakfast Casserole**

6 mason jars, 4 ounces each



6 free-range eggs

½ cup organic milk

1 can crescent roll dough

1 roll sausage, cooked, crumbled, drained

1 cup grass-fed cheddar cheese, shredded

Place one crescent roll dough piece firmly to the bottom of each mason jar. Cook the sausage and drain all of the grease. You can also make this breakfast casserole with bacon instead of sausage if you prefer.

Mix the eggs and milk together. Pour evenly into the mason jars. Divide the cheese and add to the top of each jar. Bake at 350°F for 20 minutes.

### **Bacon and Eggs**

6 mason jars, 4 ounces each

6 free-range eggs

1 cup grass-fed cheese, shredded

1 lb nitrate-free bacon, cooked, drained, crumbled

Mix the eggs and cheese in a bowl, then pour into the mason jars. Place each mason jar into the microwave for about 2 minutes. This will cause the egg mixture to puff up. However, it will deflate soon.

Mix in cheese and bacon. You can also add some fresh spinach to the mixture if you like.

### **Coco Banana Oatmeal**

**\*\*This recipe is for one mason jar\*\***

¼ cup organic rolled oats, uncooked

1/3 cup almond milk

14 cup organic vanilla yogurt

2 tablespoons chia seeds

1 tablespoon cocoa

½ cup organic banana, chopped

Mix the oats, yogurt, almond milk, and chia seeds into the mason jar. Put the lid on tightly and shake well. Add the cocoa and stir well. Add the bananas. Add 1 tablespoon chopped walnuts and one tablespoon honey to this recipe if desired.

It is best to let this mixture refrigerate for several hours before consuming. Ideally, make it the night before and enjoy in the morning. Make sure you consume this product within 3 days of making it due to the dairy ingredients it includes.

### **Miniature Cinnamon Rolls**

4 mason jars, 4 ounces each

2 cups organic all-purpose flour, unbleached

2 tablespoons coconut sugar

¼ teaspoon baking powder

½ teaspoon himalayan salt

¼ cup grass-fed butter, cut into pieces

¾ cup organic buttermilk

Mix all of the dry ingredients in a large mixing bowl. Cut in the pieces of butter and mix in well.

The dough should be crumbly. Add the buttermilk and mix. The dough should start to form. Add some flour to the countertop and knead for 2 minutes. Roll into a large rectangle about ¼" thick.

¼ cup grass-fed butter, softened

1 cup organic brown sugar

1 teaspoon cinnamon

Mix the ingredients well and spread over the rectangle dough. Roll the dough away from you.

Cut in half, in half again, and then into thirds. You will have 12 even sized slices.

Grease the bottom of the mason jars and place them on a cookie sheet. Add 3 of the slices to each mason jar. Bake at 350°F for 18 minutes. The tops should be golden brown. Allow them to cool before eating. While they are cooling, you can make the icing.

2 cups organic powdered sugar

¼ cup organic heavy cream

1 tablespoon vanilla

Whisk the ingredients together in a bowl. Add more cream if needed to get the desired consistency. Spoon on top of the cinnamon rolls.

## **Cinnamon Pancakes**

6 mason jars, 4 ounces each

6 cups organic flour, unbleached

1 tablespoon baking powder

3 tablespoons coconut sugar

2 tablespoons cinnamon

1 tablespoon himalayan salt

Mix all of the ingredients well in a mixing bowl. Use a wire whisk, not an electric mixer. Add an even amount of the batter to each of the 6 mason jars. Bake at 350°F for 10 minutes.

### **Strawberry Banana Chewy Oats**

\*\* Ingredients are per mason jar\*\*

½ cup organic rolled oats

½ cup organic Greek yogurt

2/3 cup organic milk

1 tablespoon chia seeds

1 organic banana, mashed

2 tablespoons organic strawberry jam

Mix all the ingredients together well. Place into the mason jar and put a lid on it tightly. Allow it to refrigerate overnight.

### **Banana & Almond Smoothie**

\*\* Ingredients are per pint-size mason jar\*\*

1 cup almond milk

1 tablespoon organic almond butter

1 organic banana

1 tablespoon flaxseed, ground

Blend all of the ingredients and then pour them into the mason jar. Refrigerate for a couple of hours before consuming. Can be made the night before for a delicious and nutritious smoothie to drink in the morning.

## **Chapter 5**

### **Lunch Recipes**

Getting a great tasting lunch while you are at work or just busy around the house is important.

Otherwise, you may skip lunch or grab something that isn't very nutritious. Here are some great mason jar lunch recipes to try!

#### **Sushi in a Jar**

\*\* Ingredients are for 1 mason jar\*\*

½ cup organic short grain, brown rice, cooked

1 teaspoon coconut sugar

2 teaspoons soy sauce

1 Nori sheet, cut into ¼" pieces

½ cup mixture of organic cucumbers and carrots, shredded

¼ cup organic avocado, diced

1 tablespoon lime juice

1 tablespoon ginger, pickled

¼ cup wasabi paste

In a small saucepan, heat the sugar and soy sauce. Heat until the sugar is dissolved. Heat the brown rice and pour this mixture over the top of it while it is still warm.

Coat the avocado with the lime juice so it won't turn brown. Mix in the rest of the vegetables

with the avocado. You are ready to start layering your ingredients. Place half of the Nori at the bottom and the half at the top.

### **Mediterranean Quinoa**

6 or 8 mason jars, 4 ounces or larger each

1 cup organic red or white quinoa, rinsed

2 cups water or organic vegetable broth

½ cup vinaigrette

2 teaspoons whole grain mustard

3 tablespoons lemon juice, fresh squeezed

1 tablespoon white wine vinegar

2 cloves organic garlic, minced

¼ teaspoon crushed red pepper flakes

½ cup olive oil, extra virgin preferred

1 cucumber, diced

2 cups whole kernel corn

1 pint organic cherry tomatoes, halved

1 organic red onion, sliced

½ cup organic parsley, finely chopped

Boil the quinoa and water or broth over high heat. Reduce the heat to simmer once it is at a full boil. Allow it to simmer for about 15 minutes, until the quinoa is tender. Remove from heat and cover. Allow it to sit for 5 more minutes. Use a fork to fluff. The quinoa can be prepared the day before.

Mix all of the vegetables together. Then mix in the remaining ingredients, including the quinoa.

Place the mixture generously into the mason jars. It can be stored for up to 3 days as long as it is refrigerated.

## **Corn Dogs**

12 mason jars, at least ½ pint in size

3 cups yellow corn meal, self rising

6 free-range eggs

1 ½ cup organic milk

½ cup organic sour cream

¼ cup grape seed oil

¾ cup coconut sugar

6 organic hot dogs, cut in half

Preheat oven to 375°F. Mix all of the ingredients except the hot dogs. The mixture should be smooth. Generously grease the bottom and sides of each mason jar. Add the mixture evenly to each jar.

Stand a hot dog upright in the center of the batter in each mason jar. Bake for 20 minutes. The corn bread should be golden brown. Allow them to cool down completely. Use a knife to loosen the corn bread from the sides of the mason jars.

You can eat immediately or refrigerate until you are ready to eat. To reheat, remove the lid and microwave for 45 seconds to 1 minute. You can enjoy it alone or with mustard and ketchup.

Chili and cheese can be added for additional flavors, too.

### **Layered Burritos**

4 large mason jars

1 cup organic quinoa, cooked

1 ½ cups organic black beans

4 cups organic lettuce, chopped

1 cup organic kale, chopped

1 cup sunflower sprouts

2 cups organic salsa

1 cup organic Greek yogurt, plain

Cook quinoa and allow it to cool. Add ¼ cup to the bottom of each mason jar. Add the black beans, lettuce, kale, salsa, yogurt, and then sprouts in that order. Make sure you leave some room at the top. Shake well before eating. Make burritos out of the mixture or eat with tortillas on the side.

## **Chapter 6**

### **Salad Recipes**



A healthy salad is a great way to stay on track with your weight loss efforts or your healthy eating objectives. These mason jar salads will stop you from putting money into the vending machine or going to the local drive-thru to grab something for lunch.

One of the common questions people have when it comes to mason jar salads is how to coat the ingredients well. Most of the recipes tell you to put the dressing at the bottom of the jar. Just make sure to leave space at the top so you can shake it all around before you eat it. Don't pack the mason jar so full that it doesn't move when you shake it.

Another common concern is the lettuce will wilt. However, with many of these recipes, even after sitting in the jars for a few days, the lettuce doesn't have to be wilted. It can stay crisp and delicious. The secret to making sure that happens is to get mason jars with good-fitting lids. An air-tight seal will reduce the risk of such problems.

### **Turkey & Cornbread Salad**

6 mason jars, 3 or 4 ounces each

6 ounces buttermilk cornbread mix

12 ounces organic Parmesan-Peppercorn dressing

¼ cup organic buttermilk

½ cup organic mayonnaise

1 package organic Romaine lettuce, shredded

3 cups organic turkey, smoked and chopped

2 organic bell peppers, any color, chopped

2 organic tomatoes, chopped

1 organic onion, chopped

1 cup organic celery, diced

2 cups organic Swiss cheese, shredded

1 lb nitrate-free bacon, cooked, drained, crumbled

2 organic green onions, sliced

Follow the directions on the packaging to make the cornbread. Allow it to cool then crumble.

Place a layer of the cornbread at the bottom of each mason jar.

Mix the buttermilk, mayonnaise, and dressing together well. Mix the remaining ingredients together. Generously place into the mason jars. Add the dressing to the top. Make sure there is enough room at the top of the jar for you to shake well before eating. For the best results allow this salad to refrigerate for at least 3 hours before eating.

### **Taco Salad**

4 mason jars, 12 ounces each

2 organic chicken breasts, grilled

1 cup organic black beans

1 cup organic corn

1 cup organic tomatoes, diced

1 cup organic romaine lettuce, chopped

For the dressing:

½ cup organic Greek yogurt

½ cup organic goat cheese, crumbled

¼ cup organic cilantro, fresh

1 organic lime, juiced

¼ teaspoon cumin

¼ teaspoon himalayan salt, optional

1 organic avocado

¼ cup water

Add all of the ingredients for the dressing and blend well. Puree until smooth and refrigerate for 30 minutes so it can thicken. Shred the grilled chicken. Place ¼ cup of the dressing at the bottom of each mason jar.

Add the following in this order: corn, black beans, tomatoes, chicken, and lettuce. For best results allow it to refrigerate a few hours before consuming. Shake well and pour over corn chips when ready to eat.

### **Beet & Carrot Salad**

\*\* recipe is per pint-sized mason jar\*\*

½ cup carrots, julienned

¼ cup red wine vinaigrette

½ cup organic beets, quartered

2 ounces goat cheese, crumbled

2 cups organic spinach leaves

Pour the vinaigrette into the bottom of the mason jar. Add the other ingredients and put the lid on tightly. Make sure there is enough room to shake well before eating.

## **Caprese Salad**

2 mason jars, pint-sized

2 organic tomatoes, red or green, sliced

½ cup mozzarella cheese, shredded

¼ cup balsamic vinaigrette

8 organic basil leaves, fresh

Place the vinaigrette at the bottom of the mason jars. Add the other ingredients. Make sure you have enough room to shake it all up before you eat it. This will ensure all of the ingredients are well-coated with the dressing.

## **Asian Noodle Salad**

4 mason jars, 4 ounces each

4 ounces Soba noodles

1 bell pepper, sliced

1 cup edamame, shelled, cooked

2 organic carrots, peeled and shredded

4 organic green onions, sliced

1 cup crunchy noodles

For the dressing:

2 tablespoons organic peanut butter

4 teaspoons rice vinegar

4 tablespoons soy sauce

¼ cup cold-pressed organic olive oil, extra virgin

4 teaspoons Sambal Oelek

1 tablespoon sesame seeds

Boil a pot of water and add the noodles. Cook until they are tender. Rinse with cold water and drain well. Allow the noodles to completely cool.

In a mixing bowl add the ingredients for the dressing. Mix very well. Add the dressing to the bottom of the four mason jars. Add the Soba noodles. Layer the remaining ingredients any way you desire, with the crunchy noodles on top. Make sure you leave enough room in the jar to shake well before eating.

### **Wheat Berry Apple Salad**

4 mason jars, any size

3 cups wheat berries, cooked

1 cup organic apples, chopped

½ cup organic cranberries, dried

1 scallion, minced

1 tablespoon lemon juice

1 tablespoon balsamic vinegar

1 tablespoon cold-pressed organic extra virgin olive oil

2 tablespoons organic parsley, chopped

Whisk the balsamic vinegar, olive oil, and lemon juice well. In another bowl add the remaining ingredients and mix well. Pour the liquid mix over the salad mix. Use your hands to toss it well.

Distribute the salad mixture evenly into the mason jars. Refrigerate for a few hours before eating.

## **Wild Rice Salad**

4 mason jars, 4 ounces each

1 cup organic wild rice

½ cup organic cranberries, dried

½ cup pecans, chopped

½ cup cashews, unsalted, chopped

¼ cup organic celery, chopped

¼ cup organic onion, chopped

Dressing:

⅛ cup red wine vinegar

1 tablespoon lemon juice

1 organic garlic clove, minced

1 teaspoon mustard

1 teaspoon coconut sugar

1/3 cup cold-pressed organic extra virgin olive oil

In a saucepan boil, 4 cups of water and 1 tablespoon salt. Once it comes to a full boil, add the rice. Reduce to medium heat and cover. Simmer for about 45 minutes, the rice should be tender.

Stir occasionally. Allow the rice to completely cool. Drain so there is no water left.

In a blender, mix the lemon juice, garlic, sugar, mustard, and vinegar. Pour in the olive oil last and blend it in well. Allow this to sit while you add the rest of the ingredients to the rice. Next, pour this dressing over the rice mixture. Distribute into jars.

## **Chapter 7**

### **Dinner Recipes**

After a busy day of work, the last thing you want to do is plan and cook dinner. Don't be tempted to order pizza or to grab burgers on your way home from a drive-thru window. Instead, consider these perfect mason jar dinner options!

#### **Chicken Cordon Bleu**

6 mason jars, 6 ounces each

6 chicken breasts

1 tablespoon salt

½ teaspoon black pepper

6 slices ham

6 slices Swiss cheese

½ cup butter, melted, unsalted

2 cups bread crumbs

Preheat oven to 375°F. Salt and pepper chicken. Place each piece into the butter and then cover in the bread crumbs. Grease the bottom of each mason jar before adding the chicken. Place a piece of ham and cheese on top of each piece of chicken.

Bake for about 40 minutes. Check them after 20 minutes and if they seem to be getting too done on the top, you can cover the top with foil. Remove the foil for the last 5 minutes of cooking time.

### **Tex-Mex Shrimp**

2 organic tomatoes, chopped

½ cup organic onion, chopped

¼ cup organic jalapeños, chopped

¼ cup lime juice

1 pound shrimp, cooked and peeled

2 organic avocados, sliced

2 cups organic lettuce, shredded

1 cup organic tortilla chips, crumbled

Mix all the ingredients together except for the lettuce, shrimp, and chips. Place a layer of lettuce on the bottom of the mason jar. Add a generous amount of the mixed ingredients. Add a layer of shrimp and then more of the mixed ingredients. Add the chips to the top.

### **Mini Chicken Pot Pies**

8 mason jars, 4 ounces each

2 packages refrigerated pie crust

1/3 cup grass-fed butter



1/3 organic all-purpose flour

1/2 cup organic onion, chopped

1 teaspoon himalayan salt

1/2 teaspoon pepper

2 cups organic chicken broth, low sodium

1/2 cup organic milk

3 cups organic chicken, cooked and shredded

1 16-ounce can carrots, drained

1 16-ounce can peas, drained

Preheat oven to 425°F. The pie crusts should be cut into 4 quarters each. Place 1 quarter into the bottom of each jar. Melt the butter in a skillet and add the onions. Sauté them for a couple of minutes. Add the salt, pepper, and flour, mixing well. Add the broth and milk slowly and continue to stir. The mixture will thicken.

Bring the mixture to a boil and then reduce the heat to medium. Add the vegetables and heat for a few minutes. Add the chicken and allow it to get hot. Spoon the mixture into the jars, filling them almost to the top.

Place another quarter of the pie crust at the top of each jar. If possible, make a lattice pattern using thin strips of crust. This creates air vents through the dough while the jars are cooking.

Bake for 15 minutes or until the dough on top is golden brown.

## **Pizza**

6 mason jars, 4 ounces each

1 package organic pizza dough

1 16-ounce jar organic pizza sauce

2 cups grass fed mozzarella cheese

Desired toppings, such as pepperoni, bacon, vegetables (nitrate-free/organic) Preheat oven to 375°F. Prepare pizza dough according to the directions on the package. Cook and drain any meats. Cut any vegetables you would like to use.

Place the dough on the bottom of each mason jar, about 1 inch thick. Bake for 15 to 20 minutes.

The dough should be crisp and brown. Add layers of sauce, toppings and cheese. Repeat until you are almost at the top of the mason jar. Then add more dough to the top of the mason jar.

Place the jars in a baking pan with about 2 inches of water. This will prevent the bottom layer of crust from burning. Bake them for about 15 minutes. The top crust should be golden brown.

## **Lasagna**

12 mason jars, 8 ounces each

3 cups wide egg noodles

1 lb ricotta

1 cup Parmesan cheese

2 cups Mozzarella cheese

3 cups organic marinara sauce

2 cups grass-fed ground beef or ground sausage

Boil and prepare the noodles according to the directions on the packaging. Drain and allow them to remain in the pot on low heat. Add 2 cups of the sauce. In a bowl, mix the other ingredients except the Parmesan cheese. Add this mixture to the noodles and sauce and stir well.

Spoon the mixture into well-greased mason jars. Top them with the other cup of sauce. Sprinkle the Parmesan cheese on the top. Bake at 350°F for about 30 minutes.

### **Shepherd's Pie**

6 mason jars, 6 ounces each

Topping:

3 cups organic golden potatoes, cooked and mashed

3 cups organic kale, chopped

1 leek, sliced thin

1 cup organic milk

2 tablespoons grass-fed butter

1 teaspoon himalayan salt

½ teaspoon nutmeg

Filling:

1 lb sausage, cooked and crumbled

2 tablespoons olive oil

½ cup Guinness

1 organic onion, chopped

2 organic garlic cloves, minced

1 cup organic celery, chopped

1 cup organic carrots, chopped

1 cup organic cabbage, chopped

2 tablespoons organic flour

2 teaspoons Worcestershire sauce

½ cup organic vegetable broth, low sodium

1 cup peas, drained

Topping:

1 cup white cheddar cheese, shredded

Preheat your oven to 400°F. Prepare the potatoes and put them aside to cool. In a small pot, mix the nutmeg, salt, butter, leek, kale, and milk. Stir well and allow to simmer for about 10 minutes.

Add the potatoes to this mixture. Heat for a few minutes and then allow it to cool while

preparing the filling.

Heat 1 tablespoon olive oil and add the sausage. Cook until brown and then drain the grease.

Add the other tablespoon of olive oil and the vegetables. Sauté them for about 10 minutes until they are soft. Add the flour and stir well.

Add the Guinness and Worcestershire. Allow mixture to heat until it is thick and bubbling. Add the sausage and peas and continue to cook until everything is well-mixed and heated. Fill the jars and place them on a baking sheet. Bake at 400°F for 20 minutes. Add the

cheese to the top and allow it to melt for a couple of minutes before serving.

## **Chapter 8**

### **Dessert Recipes**

There are plenty of delicious dessert recipes that you can make in mason jars, too. They can be a fun addition to your meal for the family. They can also be a spectacular way to show off a dessert for a special occasion.

#### **Apple Crumble Cookies**

6 mason jars, 4 ounces each

½ cup organic flax seed

1 tablespoon organic maple syrup

3 cups organic gluten-free rolled oats

1 cup almond flour

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon cinnamon

1 teaspoon himalayan salt

½ cup cold-pressed organic raw coconut oil

½ cup coconut sugar

2 teaspoons chia seed, ground

1 teaspoon vanilla

2 cups organic apples, diced

1 cup walnuts, optional

Mix the flax seed and maple syrup in a small bowl. Add the nuts and heat the mixture on a cookie sheet in the oven for 10 minutes at 170°F. In a large mixing bowl, add the cinnamon, salt, baking soda, oats, and baking powder. Combine well.

In another mixing bowl, combine the coconut oil with the sugar. Add the flax mix, sugar, and vanilla. Slowly add the dry wet ingredients to the mixing bowl with the dry ingredients. Stir well then add the apples.

Preheat oven to 350°F. Place 1 inch of water at the bottom of a cake pan and then add the mason jars to that pan. Spoon the mixture into the jars and cook for about 35 to 40 minutes. The cookies should be firm and pulling away from the glass when they are done.

### **Blueberry Crisp**

6 mason jars, 4 ounces each

5 cups organic blueberries, fresh

¼ cup cornstarch

½ cup coconut sugar

Filling:

½ cup coconut sugar

½ cup organic brown sugar

½ cup organic all-purpose flour

1 teaspoon himalayan salt

½ cup gluten-free rolled oats

¼ cup grass-fed butter

1 teaspoon cinnamon

In a saucepan, combine the blueberries, cornstarch, and ½ cup sugar over medium heat. The blueberries will soften and you can mash them as they cook. The mixture is done when it is thick and bubbling. Remove from the heat and let it set.

In a mixing bowl, combine the remaining ingredients. Fill the mason jars 2/3 full with the blueberries. Use the remaining 1/3 of the jar for the filling mixture. Add a bit more blueberry mix to the top if you have room.

Place the mason jars on a baking sheet and bake at 350°F for about 20 to 25 minutes. Allow them to cool for 30 minutes before eating.

### **Irish Whiskey Cake**

10 mason jars, 8 ounces each

Cake:

2 cup organic all-purpose flour

2 tablespoons baking soda

1 teaspoon himalayan salt

2 cups organic coffee, strong brewed

¼ cup Irish Whiskey

1 cup grass-fed butter, unsalted, cut in small pieces

1 teaspoon cinnamon

1 cup cocoa powder, unsweetened

2 cups coconut sugar

3 free-range eggs

1 teaspoon vanilla

Preheat oven to 325°F. Whisk the salt, baking soda, and flour well in a mixing bowl. In a saucepan, add the coffee, butter, cinnamon, cocoa powder, and whisky. Stir well over medium heat and mix until the butter is completely melted. Remove from heat and mix in the sugar. Pour the mixture into a large bowl and allow it to cool.

In another bowl, whisk the vanilla and eggs. Add it to the wet mixture. Add the flour mixture and whisk well. The mixture will be thin but it will thicken later. Don't add more flour!

Place the mason jars on a cookie sheet and fill each one  $\frac{1}{2}$  full with the batter. Bake for 45 to 55

minutes depending on oven variations.

### **Red Velvet Cupcakes**

12 mason jars, 4 ounces each

Cupcakes:

1 cup cake flour

2 tablespoons cocoa powder, unsweetened

1 teaspoon himalayan salt

$\frac{2}{3}$  cups coconut oil

1 cup coconut sugar



1 free-range egg

1 teaspoon vanilla

4 drops red food coloring (beet derived)

½ cup organic buttermilk

1 teaspoon baking soda

1 teaspoon white vinegar

Cream Cheese Icing:

8 ounces organic cream cheese, softened

3 tablespoons grass-fed butter, softened

3 cups powdered sugar, sifted

2 teaspoons vanilla

Preheat oven to 350°F. Sift the cake flour, salt, and cocoa powder in a mixing bowl. Add the egg and oil and mix well. Add the vanilla and food coloring. Add the buttermilk but don't over mix.

Add the baking soda and then the vinegar, mixing after each.

Divide the batter into the 12 mason jars. Don't fill them more than 2/3 full. Bake for 20 to 24

minutes. While they are baking make your cream cheese icing. Mix the butter and cream cheese well. Add the powdered sugar a little at a time and mix well. Add the vanilla.

After the cupcakes are done, use a knife to slice down the middle of each one. Pour your icing into the opening so the icing will reach the bottom of the mason jar. You will get some of the delicious icing with each bite of these amazing red velvet cupcakes.

## **No-Bake Lemon Cheesecake**

12 mason jars, 8 ounces each

Lemon Layer:

7 free-range eggs, yolks only

2 free-range eggs, whole

1 ¼ cup coconut sugar

½ cup lemon juice, fresh

¼ cup lemon zest

A pinch of himalayan salt

4 tablespoons grass-fed butter

3 teaspoons organic heavy cream

Whisk all the eggs well and place them into a saucepan. Add the sugar, lemon juice, zest, butter, and salt. Whisk well while it is heating. It will take about 10 minutes to thicken. Stir often to prevent it from burning on the bottom. Pour the mixture through a sieve and then add the cream.

Whisk well. Cover and refrigerate for at least 2 hours.

Cheesecake Layer:

1 cup organic heavy cream

½ cup coconut sugar

32 ounces organic cream cheese, softened

Mix cream and sugar together on high until stiff peaks are created. Reduce the mixer to low speed and add the cream cheese. Continue to mix until it is smooth.

Graham Cracker Layer:

15 graham crackers

6 tablespoons grass-fed butter, melted

Blend the graham crackers so they are finely crushed. Mix well with the melted butter.

Press the graham cracker mixture into the bottom of each mason jar. Add the cheesecake mixture. Add the lemon layer. Allow the dessert to chill for a couple of hours before serving.

Top with whipped cream if desired.

### **Coconut Cream and Tropical Rum Trifle**

6 mason jars, 4 ounces each

Coconut Cream:

1 cup coconut sugar

¼ cup cornstarch

1 cup organic milk

14 ounces coconut milk, unsweetened

4 free-range eggs, yolks only

Trifle:

4 cups organic mango, pineapple, and strawberries, chopped and well mixed ¼ cup coconut sugar

¼ cup rum

3 cups coconut cream

1 pound cake, cut into pieces

½ cup coconut, shredded

1 cup macadamia nuts, chopped

Whisk both types of milk, eggs, cornstarch, and sugar in a saucepan over medium heat. Cook for about 5 minutes while stirring often to prevent lumps. Pour the mixture through a strainer and refrigerate for at least 2 hours.

Mix the fruit with the sugar and rum. Allow it to sit for 30 minutes. Strain but keep the liquid.

Pour the liquid over the cake chunks. Add pieces of the cake to the mason jars. Add fruit and then a layer of the coconut cream. Chill for at least 2 hours before serving.

### **Flour-less Chocolate Cake**

12 mason jars, 8 ounces each

7 ounces bittersweet baking chocolate

½ stick grass-fed butter, unsalted

1 cup coconut sugar

4 free-range eggs, separated

¼ cup powdered sugar

Preheat oven to 350°F. Lightly grease the jars on the sides and the bottom. Using a double boiler, melt the chocolate. When it is almost

melted add the butter. Continue to heat until the mixture is smooth. Remove from heat and allow it to cool.

In a mixing bowl beat the egg whites until stiff peaks form. In another bowl, add the egg yolks and sugar, mix until they are creamy and thick. Slowly add the melted chocolate mixture to the egg yolk mixture. Fold the egg whites into the mixture.

Place the jars on a baking sheet and fill them up with the cake batter. Don't fill more than 1/3

full. Bake for 25 to 30 minutes. They are done when the top of the cake starts to crack. Remove from the oven and allow the jars to fully cool. Dust the tops with the powdered sugar.

### **Cherry Crisp**

4 mason jars, 8 ounces each

3 cups cherry pie filling

½ cup organic all-purpose flour

½ cup gluten-free rolled oats

1/3 cup brown sugar, packed

¼ cup grass-fed butter, melted

Preheat oven to 350°F. Place the pie filling into the bottom of the mason jars. In a large bowl, mix the other ingredients well. Spoon the mixture on top of the cherries in the mason jars. Bake for 20 to 25 minutes. Serve warm with whipped cream or ice cream if desired.

### **Mini Blackberry Pies**

6 mason jars, 4 ounces each

4 cups organic blackberries, frozen or fresh

1 cup coconut sugar

1 teaspoon lemon zest

¼ teaspoon cinnamon

2 tablespoons organic flour

2 tablespoons grass-fed butter

1 free-range egg, beaten

1 package pie dough

Mix the blueberries, sugar, cinnamon, flour, and lemon zest. If you use frozen blueberries, thaw them before you start. Fill the mason jars with the mixture. The mixture will sink as it bakes, so don't worry if the mason jars look too full.

Add ¼ tablespoon of butter to each jar. Cut the dough into ¼" strips. Make a lattice top with 4

strips one way, 3 strips the other way. Brush the lattice with the beaten egg and place on top of

the blackberry mixture

Bake for 20 minutes at 375 °. Allow to cool slightly and then serve while still warm. Add whipped cream or ice cream if desired.

### **Chocolate Strawberry Parfait**

\*\* This recipe is per mason jar\*\*

1 cup organic plain yogurt

2/3 cup gluten-free granola

6 organic strawberries, sliced

2 ounce chocolate bar, broken into pieces

Add half of the yogurt to the bottom of the mason jar. Add half of the granola. Add three strawberries and half of the chocolate. Repeat for a second layer.

## **Conclusion**

Mason jar breakfasts, lunches, and desserts are a fun and classy way to bring some excitement back into your eating. Now that you know what it takes and you have some amazing recipes to try, what are you waiting for? Once you try it out, you won't go back to your normal methods of preparing food again.

There are so many benefits to making meals in mason jars:

Less food is wasted.

Portion control is easier and visual.

The jars allow you to see what's inside your meal.

The colors and layers are visually appealing.

Mason jars keep the refrigerator cleaner and more organized.

Glass jars are easier to clean than plastic containers and are less damaging to the environment

Trial and error are a part of any cooking adventures. With that in mind, don't be shy about giving mason jar food options a try. You will love the way they turn out. Search for recipes that have ingredients that you and your family will really enjoy.

You don't have to invest a ton of money in the mason jars or the foods you need to eat healthier.

It is going to cost you far less to make mason jar salads to take for lunch than to go to a fast food place every day. It is also going to be

better for your overall health.

You can get your entire family looking forward to meals once again with mason jars. They are going to enjoy the change. During the warmer season, bypass the paper plates! Serve dinner in mason jars on the back porch. You can also eat dinner in the house but have a relaxing dessert in

the family room.

Mason jar meals can also be a terrific way to help out others. Maybe you know someone who had surgery or just had a baby. Taking them dinner is a common practice, but taking them dinner and dessert in mason jars is going to be remembered!

They will really appreciate the special effort you have made, too. Of course you don't have to tell them how quick and easy they were to put together. That can be your secret!

You can also dress them up for gifts for special occasions or the holidays. People love to get mason jars filled with cocoa mix or the ingredients to make cookies from scratch. You can add colorful bows or decorate the jars. It can be fun to allow your creative side to flow as you make them.

Giving them as gifts may also inspire others to try out mason jar meals. Once they eat what you've given them, they can clean and reuse the jars. Perhaps that is all the motivation they need to try one of the recipes. Once they do, they will be hooked and it will become a common venture in their kitchen as well.

There really are limitless possibilities when it comes to foods in mason jars. This book offers you only a sample of them so you can get started on the right foot. Be creative and come up with your own ideas. Mason jar preparation is here to stay. It is only going to continue to evolve and that is something you will want to be a part of.



You'll also know with confidence that your family will love some of these recipes, and they will ask for them again and again! There will be no more groaning that they are tired of eating the same foods you just made last week. It's a winning situation for everyone.

Leptin Resistance

*The Ultimate Leptin Resistance Diet Guide For Weight Loss*

*Ella Marie*

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## **Introduction**

What do you do when you have been obese for all of your life? You've been teased, ridiculed, and tormented for your big size, and you feel like there is nothing you can do about it. You have tried on numerous occasions to lose some of the weight; you've experimented with countless numbers of diets and even enrolled in a few exercise programs at the gym but alas, nothing has worked in the long run because you are still obese. You feel despondent now because you feel like nothing can help your plight. You believe that it is your fault; you believe that your gluttony has caused your corpulence, and you believe that you will be fat forever. What if I told you that maybe it isn't your fault at all? What if I told you that maybe a hormonal imbalance has been the cause of your obesity and that you may be Leptin-resistant?

This hormone that was discovered in 1994 has revolutionized the way many scientists and experts alike look at the condition of obesity. Instead of looking at this disease through censoring lens, scientists are finally looking at obesity in an unbiased manner and realizing that Leptin, often dubbed as the satiety hormone, may contribute to this debilitating disease similar to the way insulin contributes to diabetes.

Read on if you are finally ready to let go of all your self-pity and self-loathing; if you are ready to learn about obesity and take effective steps to lose the weight forever, then this is the book for you.

### **First Things First: What is Leptin?**

To fully understand what Leptin is and its function in the body, we have to go way back in the day. We have to go back to the time when the human race knew nothing about farming. We have to go back to the days when we were hunters and gatherers. Back then, when the summer was in, many fruits were in season and many edible animals were running about—we would have a feast! We would eat a lot of food in preparation for the winter because that season brought with it nothing but starvation. During the winter, the

fruit trees stopped producing their wonderful fruit and most animals hibernated, so there wasn't much food to go around. Yet, we had to be careful during our summer feasts to not overeat because if we did, we would get fat, and being obese was just as bad in those times as starving because both conditions made it more difficult to survive in the natural environment. Both conditions, obesity and starvation, were two extremes to be avoided, and the hormone Leptin was produced in our bodies to ensure that the delicate balance between the two was maintained. It caused us to get hungrier and eat when our fat stores were being used up (i.e. when we were starting to starve), but it also forced us to stop eating when our fat stores were getting too large (i.e. when we were putting on too much weight) and bordering on the line of obesity.

Therefore, Leptin tells the hypothalamus of our brains when we have enough energy stored in our bodies. When we have enough energy stored, that means that we do not need to eat extra food to build up those energy stores, it means that we can burn calories at a normal rate, and it also means that we can engage in energy-expensive processes like pregnancy and puberty.

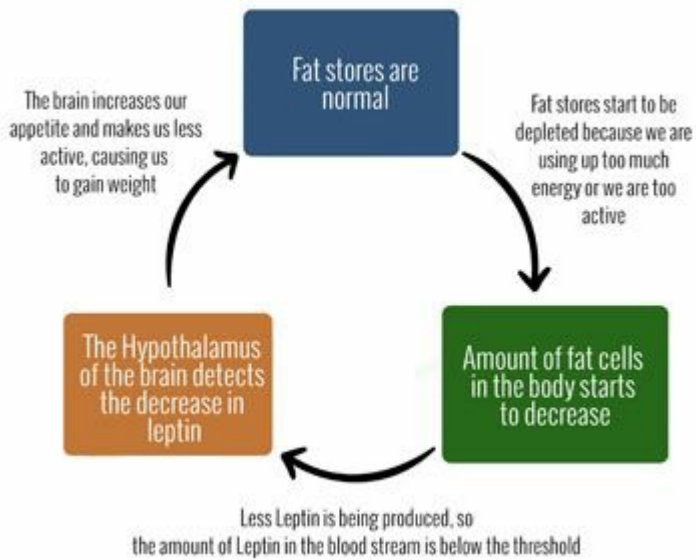
Energy is stored in our bodies in the form of fat, so it makes sense that the fat cells are the ones that produce Leptin. As you can imagine, each of us has our own specific energy thresholds because everyone's body is different and everyone has their own specific needs.

Therefore, when we are at a normal weight, our fat cells will be producing a certain quantity of Leptin, and our brains (specifically our hypothalamuses) will register that amount as the threshold—the normal and healthy amount to be produced. When we start to lose weight, however, it means that we will have less fat cells in our bodies and hence less producers of Leptin. With less Leptin being produced, that means that we will be below our threshold and the

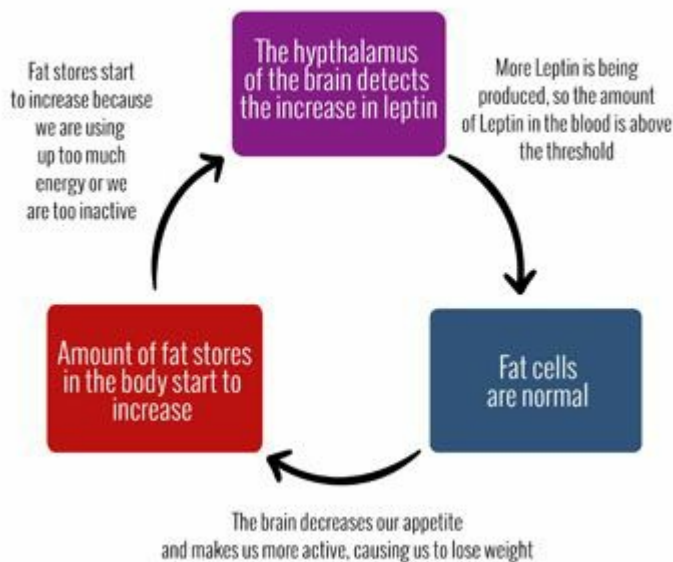
brain will set mechanisms in place to have us eating more food to replenish those fat stores and also have us using up less energy so that less fat will be burned. This will help to prevent starvation.

In the same way, if we are eating too much food, then the amount of Leptin in our bodies will be above the threshold. To prevent obesity, our brains will decrease our appetite and make us engage in more energy-expensive activities so that we can lose the extra fat and be back to the normal balance again.

These concepts can more easily be understood by consulting the diagrams on the following pages.



## When We Lose Weight and Go Below the Optimum Weight/Threshold



## When We Gain Weight and Go Above Our Optimum Weight

In people who are Leptin-resistant, something else happens: instead of detecting the quantities of Leptin in their blood, their hypothalamuses are “blind” to it and do not make the necessary changes to reduce the appetite and increase bodily activity. This will be explained further in the next section.

## What is Leptin Resistance and How it Works

Before we go into an in-depth explanation of what Leptin resistance really is, let us summarize what we have learned so far:

Leptin is the hormone that controls energy expenditure in humans. It tells the hypothalamus of the brain when we have enough energy stored, and this causes the brain to decrease our appetite until we are back to normal. It also tells the hypothalamus of the brain when we have too little energy, and our brains will increase our appetite and make us eat more so that we can replenish our energy stores.

Leptin is produced by the fat cells of our bodies. The more we gain weight, the more fat cells we have, and therefore the more Leptin we produce. The more we lose weight, the less fat cells we have, and the less Leptin we produce.

In Leptin-resistant people, the hypothalamus of their brains are “blind” to the quantity of Leptin in the blood, so Leptin is unable to produce its normal effects on the hypothalamus, which is therefore unable to make changes to our appetite and/or activity to cause us to lose the excess weight.

I’m sure you’re wondering exactly what I mean when I say the brain is blind, and it is time I tell you. Our bodies are filled with receptors that help us to detect certain changes and substances in our internal and external environment. There is a receptor for blood pressure, a receptor for blood glucose levels, and a receptor for blood Leptin levels. During Leptin resistance, something blocks these blood Leptin receptors and makes them less receptive to the stimulus of Leptin.

Therefore, the Leptin receptors erroneously report back to the brain a lesser amount of Leptin than what is actually present in the blood.

The Leptin receptors can be so defective that the amount of Leptin that they report back to the brain is similar to the amount that would be reported if the body were in starvation mode. This causes the brain to put mechanisms in place to prevent starvation because, as you already know, starvation can be one of the most dangerous things to befall the human body. This is exactly

what happens in people who are obese. They have excessive amounts of fat cells in their bodies, and these fat cells are producing excessive amounts of Leptin, but the receptors are not detecting the correct quantities of Leptin floating around in the blood and are reporting an erroneous figure back to the brain. Hence, the bodies of Leptin-resistant obese people are reporting that they are obese, but the brain believes that it is starving.

When the brain receives these low Leptin reports from the Leptin receptors, it frantically tries to save the person by increasing the appetite so that more fats can be stored, and it also makes the person less active so that less energy can be expended. This action of the brain is the exact reason why obese people have such huge

appetites and why they are usually so inactive and sleepy too. It is their brains' desperate attempts to save themselves from starvation and ultimately death.

Obese people, therefore, find it very hard to override the commands of their brains by going on diets or exercising and, in fact, this can actually make the situation worse. Remember that the brain is getting an erroneously low figure for the amount of Leptin floating around in the blood.

When an obese person starts to exercise or go on a diet, they are actually causing more fat cells to be depleted, so an even lesser amount of Leptin is being reported back to the brain! The brain, therefore, launches a panic attack and puts all of its energy into regaining that lost energy, i.e. fat.

Therefore, the obese person's appetite will double, maybe even triple, as the brain tries to save the person from what it believes to be the last lap of starvation before death occurs. The person will also feel more tired and sleepy, and instead of wanting to exercise, they will feel like just lying down and sleeping—this is the brain's attempt to get the body to move less so that less energy will be expended.

“But what could cause the Leptin receptors to be so unresponsive in the first place?” you might ask; after all, if they weren't making erroneous reports to the brain, no one would have this problem. Read on to the next section where we shall explore the reason behind such unresponsive Leptin receptors.

## **Causes of Leptin Resistance**

To fully understand what causes Leptin resistance, it makes sense to call to memory a story you may have heard some time ago when you were a child—the story of the boy who cried wolf. The first time he cried wolf, he got the attention of all the villagers, but the more he continued to do this, the less attention he got from the villagers, until one day all the villagers became totally unresponsive to his calls because they got used to his silly pranks.

It is a similar case with Leptin resistance. The Leptin receptors are so used to being bombarded by so many Leptin molecules that they become overwhelmed and shut down to protect themselves. It is like the body is crying, "Leptin, Leptin, Leptin!" but the receptors have gotten so used to detecting that high amount of Leptin in the blood that they become desensitized and do not transmit the signal to the brain. The signal does not get to the brain to tell it to stop eating so much, so the problem of Leptin resistance develops. Therefore, an obese and Leptin-resistant person has to eat more and more food to feel satiated, and the more food he or she eats, the more fats get stored and the more Leptin gets produced, and this greater quantity of Leptin floating around in the blood will cause even more of the Leptin receptors to lose their sensitivity. As you can imagine, this forms a vicious cycle of an increased appetite and constant hunger, increased weight gain due to more fat storage, and a decreased sensitivity to the hormone Leptin.

## **Diets**

There are other factors that can affect the Leptin receptors in the body. Diets that are high in fats and simple carbohydrates can greatly affect the Leptin receptors and hinder them from doing their jobs. The Western diet is filled with foods that have been sweetened by simple sugars (usually sucrose and fructose) and unhealthy fats. You would be surprised to realize that even foods that have been marketed as being healthy and good for you have been stuffed with large amounts of saturated fats, high fructose corn syrup, and other dangerous sweeteners that are high in energy but low in everything else.

One molecule of sucrose is made up of one molecule of glucose and one molecule of fructose.

Both sugars have the same chemical formula, but fructose is metabolized in the body in a completely different way than glucose. When glucose is ingested, it can be utilized by any cell in the body directly for energy. It is used to make other sugars that are needed in your genetic material, and it can also be used to make protein-sugar



complexes that constitute your lubricating fluids and connective tissues. When there are excess amounts of glucose in the body, some of it is converted to glycogen, and when the glycogen stores have been filled, the rest of the glucose is converted to fats.

When fructose is ingested, it takes a completely different route. It is metabolized only by the cells of the liver and converted to triglycerides, free radicals, and uric acid. Having high levels of free radicals and uric acid in the blood can have dangerous repercussions on various systems of the body, but when there is a high concentration of fructose molecules, they can actually block the Leptin receptors directly, thereby preventing the message of satiety from being carried to the brain. This contributes to even more Leptin resistance. The triglycerides that are produced when the fructose is broken down can also interfere with the Leptin receptors, and even if they do not do that, when they are stored, they still become a part of the body's fat cells and help to produce even more Leptin which further desensitizes the Leptin receptors.

In summary, large amounts of sugars like sucrose raise the quantity of glucose which floats around in the blood; this may lead to insulin resistance, which is another related complication that will be discussed further down in the book. The excess glucose that is in the blood may also be converted to bodily fats (also called triglycerides) which will help to produce even more

Leptin and make the body more Leptin-resistant than it already is. Fructose molecules block the Leptin receptors directly, and when they break down, they form triglycerides which also interfere with the Leptin receptors and help to make up fat cells which will produce even more excess Leptin, further contributing to the problem of Leptin resistance.

High fat diets, especially those high in saturated fats, also pose this same risk of causing Leptin resistance because they add so much extra triglycerides to the body.

## **Hormones**

The hormone insulin is also cited as a culprit in the Leptin resistance saga, but this is still linked to a high sugar intake. Whenever we ingest large quantities of sugars, our blood insulin levels rise as the hormone removes excess sugars from the blood. It aids body cells by helping them to absorb glucose from the blood and also signals the liver to take up some of the glucose and store it as glycogen. When the glycogen stores have been filled, insulin signals the fat cells to take up the glucose and store it as triglycerides; this thereby adds more fats to the body.

Insulin and Leptin resistance are related because the high sugar levels that cause the Leptin receptors to be unresponsive also cause the insulin receptors to be unresponsive. Therefore, a large quantity of glucose is left in the blood, and a large quantity of insulin is being produced by the body as well because the glucose is not being absorbed. High levels of insulin prevent us from burning body fat and, in fact, induce even more fat storage. This extra fat produces even more Leptin hormone which further aggravates the Leptin resistance and leads to further overeating, raising blood glucose levels even more. Insulin may also help to block the Leptin receptors and render them unresponsive to relaying the message of satiety in the brain. A vicious cycle of overeating and weight gain then ensues.

## **Stress**

The hormone cortisol is the hormone released during times of stress. In the short term, it causes blood glucose levels to rise and causes fat to be converted to energy, leading to a decrease in the amount of fat cells. This means that Leptin levels will decrease during times of stress in the short term. People usually increase their food intake in relation to stress when the stress factor is prolonged; therefore, in the long term, stress causes us to gain more fat and, therefore, produce more Leptin. If the stress continues to rise and is not dealt with, it will continue to raise the blood Leptin levels and Leptin resistance will follow suit shortly after.

## **Signs of Leptin Resistance**

The first and most obvious sign of Leptin resistance would definitely be being overweight.

Scientists agree that if someone is obese, then there is almost a 100% chance that they are Leptin-resistant. Constant fatigue is also another common symptom in people who are Leptin-resistant.

Having a big appetite and carbohydrate cravings, especially at night, is also another common sign that someone is Leptin-resistant. This huge appetite usually leads to overeating, so if you see someone who is always over-eating, then it is very much likely that they are Leptin-resistant.

Having a high level of stress, being irritable, or having mood swings may also be a sign that someone is Leptin-resistant. Having high blood sugar, coupled with high triglycerides and high cholesterol, may also mean that you are Leptin-resistant.

Thyroid problems, liver problems, and reproductive problems are also very common in people who are Leptin-resistant.

## **Treating Leptin Resistance Naturally**

Habits and Actions to adopt and avoid:

### **Proper Stress Management**

You have seen the effect that unhealthy and prolonged stress has on the hormonal balance in the body. It leads to a myriad of complications which all work in unison to make the Leptin resistance worse. So, to reduce your Leptin resistance and eventually eliminate it, you need to take steps to reduce or remove the stress factors in your life. A few minutes each day of meditation can go a long way in easing anxiety or any other stress factors that may be getting you down. Simply close your eyes and repeat a positive mantra like “I love myself” or “I am at peace” and let any distracting thought float away with each breath you exhale. Taking five minute breaks to breathe in deeply can also help you relax. Deep breathing helps to

negate the effects of stress by lowering your blood pressure and slowing your heart rate. Talking with close friends and family can also help to remove some stress and anxiety. Give them a shout, find out about their days; just being in the company of someone you care about can go a long way in reducing your stress and anxiety and thereby reducing your Leptin resistance.

### **Exercise the right way**

Have you ever wondered why your appetite decreases over time with moderate physical activity?

Yeah, that right! Your appetite decreases because exercise mitigates the effect that cortisol has on your body and reduces your Leptin resistance.

Start slowly when you decide to add exercise to your regular routine because the body would consider strenuous exercise to be a form of stress on the body, and this would only make your Leptin resistance worse. Avoid cardio when you just start exercising; instead, opt for resistance (weight) training. Remember if you are Leptin-resistant, your brain is in starvation mode, so it will refuse to burn its “low” energy stores to feed your muscles—even if you need it. So, doing cardio which demands a lot of energy would not have any positive effects on your body when you have just started. Resistance training will cause your body to produce growth hormones, which would restart your metabolism and cause your body to start burning energy to supply your muscles. After you have started losing weight and your cravings have started to decrease, then you can add cardio to your exercise routine because that would mean that your metabolism is up and running and your body is willing to burn fat. You should also consider working out in the mid-afternoon or evening to support hormone levels.

### **Get adequate amounts of sleep**

Sleep is critical for general health and metabolism but it is extremely important for the reversal of Leptin resistance and here is why: sleep

helps you lose weight, sleep improves your performance at everything you do, and sleep helps to restore and rejuvenate your tissues.

Consistently getting less than six hours of sleep nightly makes it harder for you to lose weight.

This is because during sleep, your body secretes hormones that regulate your blood sugar levels and your appetite. Insufficient sleep decreases the hormone Leptin and increases cortisol; this thereby increases the amount of sugar circulating in the blood. Constantly having a high concentration of sugar in your blood will inevitably lead to weight gain because insulin will cause the excesses to be converted to fat. It may eventually lead to poor blood sugar control and even diabetes.

Getting adequate amounts of sleep will also improve your performance in everything you do.

When we are awake, a substance known as adenosine (a by-product of neuronal activity) is produced in our bodies and builds up until we sleep. It leads to us feeling drowsy, and everyone knows that you are less efficient when you are drowsy than when you are fully rested. Therefore, with proper rest you will be better able to complete your weight training and eventually your cardio; this will help you lose the weight and keep it off. You will also do better at every other activity in your life, and this will boost your confidence and reduce your stress levels as well.

Finally, sleep helps to restore your tissues and rejuvenate them too. While most physiological activities are decreased during sleep, the release of growth hormone into the blood stream isn't.

Growth hormone helps to repair tissues, especially muscles, from the wear and tear of everyday life. Stronger muscles mean that you will be better able to undertake more physical activity which will help to get your metabolism back up and running again. Restoring your normal metabolic rate is one of the most important things that you

can do to reduce your Leptin resistance, so ensure that you get adequate sleep at night.

### **Eat every three to four hours**

You should try to space out your meals so that they are at least three to four hours apart. This includes drinks that have calories, but tea without sugar or cream, coffee, water, and herbal teas are fine. You should also ensure that you have three meals a day, and there should be no snacking in between meals. This will help to get your hormones balanced again. When you constantly eat throughout the day, your liver doesn't get a chance to rest so that your hormonal levels can go back to normal again, so avoid snacking at all costs. You can safely lower your Leptin levels by engaging in intermittent fasting if you like.

### **Avoid very low calorie diets**

By now you should know that very low calorie diets should be avoided if your aim is to reduce your Leptin resistance. Low calorie diets would be those that restrict you to one thousand calories or less daily. This would only put stress on the body, raise your cortisol levels, and cause you to gain even more weight; your body would go into overdrive as it tries to protect you from

“starvation.” Low calorie diets would cause hormonal surges in your body, and that would only lead to uncontrollable hunger, so ensure that you stay away from those very low calorie diets.

### **Avoid MSG (monosodium glutamate) and aspartame**

Monosodium glutamate and aspartame will lead you down a path of obesity, metabolic syndrome, and diabetes, and it will make your appetite spiral out of control. Monosodium glutamate and aspartame are added to 80% of all flavored foods. They excite the area of your brain that is responsible for fat metabolism and fat storage, and experiments have even proven that they can scar the hypothalamus and lead to what is known as hypothalamic obesity. By scarring your

hypothalamus, monosodium glutamate and aspartame disrupt your fat metabolism and cause you to gain weight. This extra fat thereby produces more Leptin which eventually leads to Leptin resistance, and with a defective hypothalamus and excess Leptin at play, your weight will inevitably spiral out of control. Monosodium glutamate and aspartame are also known to raise blood insulin levels. This also leads to insulin resistance, diabetes, and a myriad of problems after that.

### **Take in more omega-3 fatty acids and reduce your omega-6 fatty acids**

Leptin resistance, insulin resistance, and other complications resulting from hormonal imbalances are simply inflammations in the body. You can reduce these inflammations by increasing the amounts of omega-3 fatty acids that you consume and by reducing the amounts of omega-6 fatty acids that you consume. Omega-3 fatty acids help to support healthy Leptin levels by helping to repair Leptin receptors that have been desensitized. Omega-6 fatty acids do the opposite and help to make the Leptin receptors even more desensitized. Therefore, eat foods that are high in omega-3 fatty acids. These foods include kale, summer squash, flax seeds, chia seeds, trout, mackerel, sardines, anchovies, salmon, walnuts, and grass-fed meats. Foods to avoid are vegetable oils, conventional meats, and grains because they contain a substantial amount of omega-6 fatty acids.

### **Eat more proteins**

It is recommended that you eat proteins at every meal, especially at breakfast. It is very effective at improving Leptin sensitivity, and it also takes a longer time to digest. Therefore, it will keep you feeling full for a long period of time. Proteins also slow down the release of glucose into the blood stream, so they will lessen the great hormonal surges that occur when we eat and help to control and reduce the onset of diabetes. Another thing about protein is that it increases your metabolism by as much as 30% for half a day or less. This is the calorie-burning equivalent of a two- or three-mile run. Restarting

your metabolism and getting it back to normal is one of the most important things for you to achieve if you want to regain Leptin sensitivity. Proteins can really help you to achieve your goal and get you back into perfect health.

### **Cut back on those high carbohydrate foods, refined foods, and sugary foods**

You may think that the easiest way to rectify your Leptin resistance would be to cut carbohydrates out of your diet completely, but that sort of thinking is wrong! Cutting carbohydrates out of your body would only make you less healthy; your muscles would weaken, your digestive system would be compromised, growth hormone would not be released properly, your heart would become stressed, your electrolytes would become unregulated, your fat would not burn efficiently, and your thyroid gland would shut down! Avoiding carbohydrates completely would not be the answer at all because carbohydrates themselves are not bad. It is just the quantities and types of carbohydrates that we consume that cause problems.

Most overweight and obese people eat double or even triple the amounts of carbohydrates that their bodies need. As such, their bodies store the excess carbohydrates as fats and these ever-increasing fat stores produce more Leptin and lead to Leptin resistance. To accurately determine how many carbohydrates you should be ingesting, you should look at the food on your plate and use the 50/50 technique. You should have a palm-sized portion of proteins (six to eight ounce portion for men or a four to six ounce portion for women), and you should also see a palm-sized portion for carbohydrates. That is the 50/50 technique. You should also have lots of fiber-rich vegetables and moderate amounts of fruits.

You should endeavor to eat large quantities of foods high in fiber at every meal. That includes vegetables and some fruits. Fiber-rich foods will help to fill up your tummy quickly and make you less likely to overeat. You will feel fuller, and what's more, those high fiber foods usually do not have too many calories either. This will help to



stabilize your hormones, and, over time, it will help to reduce your Leptin and insulin sensitivity and bring you back to normal health.

You should cut back on refined foods and sugary foods because more than likely they contain fructose and other sweeteners that will only damage your hormonal balance even more. In fact, you should avoid fructose and those other sweeteners like the plague! You already know the effect that high fructose ingestion has on the body and the reasons why it damages your Leptin sensitivity. Fruits are also a source of fructose, but fruits often contain antioxidants, fiber, and other helpful substances that will slow down the release of fructose into the blood and also help

to reverse any damages that it may cause. Fruits usually do not contain such large concentrations of fructose anyway, so eating some fruit should not be a major concern; just do not overdo it.

Twenty-five grams or one piece of fruit of fruit per day would be fine. You should also be concerned about the fructose content in fruit juices and dried fruits, which are often modified to raise their sugar content and make them more palatable.

## **Take Supplements**

There are many supplements out there that will help to reduce your Leptin resistance; you just have to choose the right one. Fucoxanthin is a carotenoid that has been used for ages to reduce inflammation, and it has shown positive results in reducing Leptin resistance too. It can be found in brown seaweed, but you can also take fucoxanthin supplements and reap the same benefits.

Zinc has also proven useful in the fight against Leptin resistance. It has been proven to bolster the performance of Leptin and help it work at optimal levels in the body. Some major sources of zinc include lamb, pork, beef, fish, chicken, and yeast. Another supplement to consider is one that heals your intestines and therefore helps to control your body weight and your appetite. It has been used to treat the intestines because of its healing properties. I

am talking about probiotics. Probiotics are the beneficial bacteria that live inside our digestive tract. They can also be found in many food sources. Doctors have realized that when the ratio of probiotics falls below 85% along the intestinal tract, many health issues arise, including Leptin resistance.

Probiotics have been shown to reduce Leptin concentrations in the body and have been used to help gut disorders such as colitis. So, eat bone broths and take probiotics to heal your intestinal walls. Some good sources of probiotics include sauerkraut, miso, kimchi, tempeh, kombucha, kefir, pickled/fermented vegetables, sourdough bread, natto, soft cheeses, and yogurt. You can also take probiotic supplements. Foods that contain inulin, including bananas, sun-chokes, artichokes, leeks, onions, and garlic, feed the good gut bacteria and promote their replication and are therefore just as effective as taking probiotic supplements.

Extracts of the *irvingia gabonensis* plant have also been making headway in helping obese people lose and keep off weight, even without other lifestyle altercations. It has also shown promising results in helping people regain Leptin sensitivity and reverse the effects of cellular inflammation. It has had a positive impact on other hormonal systems, including that of adiponectin and insulin.

This plant extract was used in many experiments to inhibit the action of the digestive enzyme that is used to break down complex carbohydrates into simple sugars. This thereby slows down the rate at which glucose enters the bloodstream and hence prevents the rapid hormonal surges that would have occurred without the *irvingia gabonensis*. It also helps to inhibit the hormone

that facilitates the conversion of blood glucose into triglycerides or bodily fat. This reduces the amount of glucose in the blood that is converted to fats, and you can see how this benefits Leptin resistance. If you could get some of the fruit of the *irvingia gabonensis* plant or extracts of it, it would go a long way in reducing your Leptin resistance and helping to get you healthy again.

## **Avoid lectins**

Cereal grains such as rye, barley, and wheat contain a substance known as wheat germ agglutinin, or WGA, which is a type of lectin. Lectins are substances that plants produce to protect themselves from diseases and insects. This substance actually binds to the Leptin receptors directly and so prevents the Leptin hormone from binding to them and stimulating them. This obviously contributes to Leptin resistance. Therefore, avoid cereal grains, legumes, soy, and peanuts as much as possible, until you regain your Leptin sensitivity, because they contain large quantities of lectin.

## **Meal Ideas**

After reading so many of the do's and don'ts for reducing Leptin resistance, you may feel overwhelmed and may think that you may never be able to plan the right meals that will adhere to the rules given above. Some of you may think that the meals you will have to prepare will be boring and bland, but you are wrong! You can still make marvelous meals that are healthy and delicious. Try out the following recipes and make adjustments to them as you like; reversing your Leptin resistance will be as easy as one, two, three with these ambrosial meals.

## **Breakfast**

### **Paleo Pancakes with Pureed Strawberries**

“This Paleo-friendly, flourless pancake recipe is topped with pureed strawberries.”

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Ready In: 30 Minutes

Servings: 10

## **Ingredients**

2 eggs

1 ½ cups almond flour

½ teaspoon ground cinnamon

½ teaspoon vanilla extract

¼ teaspoon baking powder

½ cup applesauce

¼ cup coconut milk, or more as needed

1 teaspoon olive oil, for frying

Topping

1 cup strawberries

## **Directions:**

1. Mix together the eggs, almond flour, cinnamon, vanilla extract, baking powder, applesauce, and coconut milk in a bowl.
2. Lightly oil a griddle and put it over medium-high heat.
3. Drop large spoonful of the batter onto the griddle and cook until the pancake edges become dry and bubbles form.
4. Flip the pancake and allow the other side to cook until it is browned
5. Repeat the procedure with the remaining batter.
6. Puree the strawberries until they become smooth in a food processor.
7. Top the pancakes with the pureed strawberries.

## **Nutritional Information:**

Servings Per Recipe: 10

Calories: 112

Amount Per Serving

Total Fat: 5.9g

Cholesterol: 42mg

Sodium: 29mg

Total Carbs: 8.4g

Dietary Fiber: 0.7g

Protein: 8.2g

## **Bacon Pancakes (Paleo)**

“Start your day off right by making your pancakes with a bacon-twist because you know what they say: ‘everything’s better with bacon!’ ”

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ready In: 40 Minutes

Servings: 2

## **Ingredients:**

3 slices bacon

1 banana, chopped

2 eggs

1 teaspoon vanilla extract

1 pinch baking soda

2 tablespoons coconut flour

1 pinch salt

1 pinch baking powder

**Directions:**

1. Place the slices of bacon in a large skillet and cook them over medium-high heat for about 10

minutes whilst turning them occasionally until they are evenly browned.

2. Drain the bacon slices on paper towels and then pour the drippings from the bacon into a glass bowl.

3. Crumble the bacon

4. Beat the banana and eggs in a bowl with an electric mixer until the mixture becomes smooth and foamy.

5. Beat 1 1/2 tablespoons of the bacon drippings and also the crumbled bacon pieces with the vanilla extract, and then stir it into the egg mixture.

6. Whisk baking soda, coconut flour, salt, and baking powder into the egg mixture until the batter is just combined.

7. Allow the batter to stand for 2 minutes.

8. Lightly grease a griddle with the bacon drippings and heat it over medium-high heat.

9. Drop large spoonful of the batter on to the griddle and cook them until the edges become dry and bubbles start to form in them; this will take 3-4 minutes.

10. Flip the pancakes and cook the other sides for 2-3 minutes or until they are browned.

11. Repeat the procedure with the rest of the batter.

### **Nutritional Information:**

Servings Per Recipe: 2

Calories: 264

Amount Per Serving

Total Fat: 12.3g

Cholesterol: 226mg

Sodium: 766mg

Total Carbs: 24.5g

Dietary Fiber: 7.5g

Protein: 13.9g

### **Paleo Oatmeal (Not Really Oatmeal at All)**

“This Paleo-friendly, hearty, hot ‘oatmeal’ is filled with walnuts, pecans, raisins, and apples.”

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Ready In: 20 Minutes

Servings: 2

**Ingredients:**

1/2 teaspoon pumpkin pie spice

1/2 teaspoon ground cinnamon

1 teaspoon coconut oil

1/2 cup raisins

1 apple, diced

1 splash vanilla extract

1 tablespoon almond butter

1/4 cup almond milk

3 eggs

1 banana

1/4 cup ground pecans, or to taste

1/4 cup ground walnuts, or to taste

1 tablespoon maple syrup, or more to taste

**Directions:**

1. Stir the pumpkin pie spice, cinnamon, coconut oil, raisins, and diced apple together over medium heat in a saucepan.
2. Bring the mixture to a simmer and cook it for about 5 minutes to blend flavors.



3. Blend the vanilla extract, almond butter, almond milk, eggs and the banana together in a food processor.
4. Add the pecans and walnuts to banana mixture and blend them together.
5. Stir the banana mixture and the maple syrup into the apple mixture; bring it to a simmer and cook it for 5-10 minutes or until the mixture becomes thick.

**Nutritional Information:**

Servings Per Recipe: 2

Calories: 615

Amount Per Serving

Total Fat: 35.9g

Cholesterol: 317mg

Sodium: 168mg

Total Carbs: 66.8g

Dietary Fiber: 7.8g

Protein: 16.4g

**Paleo Greek 'Rice'**

"A delicious Paleo cauliflower 'rice' that is steamed with bell peppers, onions, and tomatoes and then topped with a lemony dressing and mint."

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Ready In: 1 Hour

Servings: 6

**Ingredients:**

1/4 cup fresh lemon juice

1/2 yellow onion, diced small

1 head cauliflower, cut into large florets

1/2 cup grape tomatoes, halved

1/2 red bell pepper, diced small

3 tablespoons chopped fresh mint

1/4 cup extra virgin olive oil

Ground black pepper, to taste

Salt, to taste

**Directions:**

1. Stir the lemon juice and onion together in a bowl and allow the mixture to rest for half an hour or until the onion flavor mellows.
2. Drain the onion but save the lemon juice.
3. Shred the cauliflower in a food processor until it is the size of small rice grains.
4. Put the cauliflower over medium heat in a skillet.
5. Cover the skillet and cook the cauliflower whilst stirring occasionally for 8-10 minutes or until the cauliflower is fully steamed.

6. Remove the lid from the skillet and stir in the grape tomatoes and the red bell pepper.
7. Cook the mixture whilst stirring occasionally for about 3 minutes or until it is fully heated through.
8. Add the mint and the onion to the cauliflower mixture; stir and cook for about 3 minutes or until the mixture is fully heated through.
9. Whisk 3 tablespoons reserved lemon juice, the olive oil, the black pepper and the salt together in a bowl.
10. Pour the lemon juice mixture over cauliflower mixture and toss it to coat it.
11. Finally, season the Greek rice with black pepper and salt to taste.

### **Nutritional Information:**

Servings Per Recipe: 6

Calories: 120

Amount Per Serving

Total Fat: 9.5g

Cholesterol: 0mg

Sodium: 95mg

Total Carbs: 8g

Dietary Fiber: 2.9g

Protein: 2.3g

**Lunch**

## **Paleo Salmon Burgers**

"Salmon burgers made with parsley and gluten-free bread crumbs can fit into any Paleo or gluten-free diet."

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Ready In: 20 Minutes

Servings: 8

### **Ingredients:**

1/4 teaspoon garlic salt

2 teaspoons lemon juice

1 tablespoon fresh parsley, chopped

3 tablespoons mayonnaise

2 eggs, beaten

1/2 cup onions, chopped

1 cup gluten-free bread crumbs

1 can (14 ounce) salmon, drained and flaked

1 tablespoon olive oil, or more as needed

### **Directions:**

1. Mix the garlic salt, lemon juice, parsley, mayonnaise, eggs, onions, bread crumbs, and salmon together in a bowl.
2. Form the mixture into patties.

3. Heat the olive oil over medium heat in a skillet or a grill-pan.
4. Cook the patties for about 5 minutes per side or until they are browned.

**Nutritional Information:**

Servings Per Recipe: 2

Calories: 556

Amount Per Serving

Total Fat: 53.6g

Cholesterol: 0mg

Sodium: 9mg

Total Carbs: 17.6g

Dietary Fiber: 7.2g

Protein: 11.2g

**Paleo Banana Bread**

"This gluten-free, Paleo-friendly banana bread is moist and dense."

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Ready In: 1 Hour

Servings: 12

**Ingredients:**

1 serving cooking spray

1 teaspoon baking soda  
1 tablespoon ground cinnamon  
2 cups almond flour  
2 eggs  
1/2 cup water  
1 teaspoon almond extract  
1/4 cup agave syrup  
2 bananas, ripe and mashed  
1/2 teaspoon vanilla bean paste, optional

**Directions:**

1. Preheat the oven to a temperature of 350°F (175°C).
2. Spray the loaf pan with some cooking spray.
3. Mix together the baking soda, ground cinnamon, and almond flour in a bowl.
4. Beat the eggs in a bowl
5. Mix in the vanilla bean paste, mashed bananas, agave syrup, almond extract, and water.
6. Mix the banana mixture into the almond flour mixture until no dry areas remain.
7. Pour the batter into the loaf pan that you prepared before.
8. Bake the banana bread in the preheated oven for about 45 minutes or until the bread is brown and crisp around the edges.

## **Nutritional Information:**

Servings Per Recipe: 12

Calories: 127

Amount Per Serving

Total Fat: 4.3g

Cholesterol: 31mg

Sodium: 117mg

Total Carbs: 15.8g

Dietary Fiber: 1.1g

Protein: 8.6g

## **Italian Paleo Chicken Meat Loaf**

"This Italian-inspired chicken meatloaf makes a tasty yet simple lunch, and it is Paleo-friendly too."

Prep Time: 15 Minutes

Cook Time: 2 Hours

Ready In: 2 Hours 35 Minutes

Servings: 8

## **Ingredients:**

1 teaspoon ground black pepper

1 tablespoon Italian seasoning

2 garlic cloves

1/4 large onion

1 celery stalk

6 carrots

7 chicken tenderloins

4 eggs

1 can (8 ounce) tomato sauce, no-salt-added and divided

**Directions:**

1. Preheat the oven to a temperature of 350°F (175°C).
2. Grease a 9x5-inch loaf pan.
3. Put the black pepper, Italian seasoning, garlic, onion, celery, and carrots in a food processor and mince them.
4. Take the vegetable mixture out of the food processor and put it in a large bowl.
5. Place the chicken tenderloins in the food processor and process them until they are grounded.
6. Use a fork to mix the eggs into the vegetable mixture until they are fully incorporated.
7. Then add half the tomato sauce into the mixture and mix again.
8. Fold the chicken into the vegetable-tomato sauce mixture and pour it into the prepared loaf pan.
9. Bake the batter in the preheated oven for one and a half hours.
10. Spread the rest of the tomato sauce over the meatloaf.



11. Bake the meat loaf for about half an hour more or until the meatloaf is cooked through. An instant-read thermometer inserted into the center of the meatloaf should read at least 165°F

(74°C).

12. Let the meatloaf cool in the loaf pan for 20 minutes before you attempt to slice it.

### **Nutritional Information:**

Servings Per Recipe: 8

Calories: 123

Amount Per Serving

Total Fat: 3.3g

Cholesterol: 134mg

Sodium: 110mg

Total Carbs: 8.1g

Dietary Fiber: 2.3g

Protein: 15.3g

### **Paleo Spicy Shrimp Stir-Fry**

"This flavorful stir-fry shrimp recipe is Paleo-friendly and flavored with ginger, lemon, and garlic."

Prep Time: 20 Minutes

Cook Time: 10 Minutes

Ready In: 8 Hours 30 Minutes

Servings: 4

**Ingredients:**

1/2 cup lemon juice

1 small onion, finely chopped

1/2 cup olive oil

3 cloves garlic, minced

1 tablespoon lemon zest

1 tablespoon grated ginger

1 teaspoon ground turmeric

24 large shrimp, peeled and deveined

1 tablespoon coconut oil, or as needed

**Directions:**

1. Mix together the turmeric, ginger, lemon zest, garlic, olive oil, onion, and lemon juice in a bowl.
2. Put the shrimp in the marinade you created in the step above, cover it, and refrigerate it overnight.
3. Remove the shrimp but save the marinade.
4. Heat a skillet or wok over medium-high heat and melt the coconut oil in it. Stir-fry the shrimp in the heated coconut oil for 5 to 10 minutes or until they are pink and opaque.
5. Add the reserved marinade and bring it to a boil and ensure that you stir the mixture constantly.

## **Nutritional Information:**

Servings Per Recipe: 4

Calories: 388

Amount Per Serving

Total Fat: 31.7g

Cholesterol: 192mg

Sodium: 222mg

Total Carbs: 5.9g

Dietary Fiber: 0.8g

Protein: 21.1g

## **Dinner**

### **Paleo Chicken Stew**

"This chicken stew is made with spinach and sweet potatoes, and you can adjust the amounts of chicken broth that you use to change its consistency."

Prep Time: 15 Minutes

Cook Time: 35 Minutes

Ready In: 50 Minutes

Servings: 6

## **Ingredients:**

2 teaspoons olive oil

2 garlic cloves, minced

1 small red onion, chopped

2 chicken breast halves, boneless, skinless, and cut into cubes

2 sweet potatoes, peeled, and chopped

1 cup fresh spinach, or to taste

1 pinch crushed red pepper, or more to taste

1 pinch paprika, or more to taste

Sea salt, to taste

1/2 cup chicken broth, or more to taste

**Directions:**

1. Heat the olive oil over medium-high heat in a saucepan.
2. Sauté the garlic and onion for about 5 minutes in the heated olive oil until they soften.
3. Stir sea salt, paprika, crushed red pepper, spinach, sweet potatoes, and chicken with the onion and garlic in the saucepan.
4. Pour out as much chicken broth into the saucepan to make the mixture as stew-like or as soup-like as you desire.
5. Bring the broth to a boil, reduce the heat to medium-low and the mixture to simmer for half an hour or until the sweet potatoes are tender and the chicken is no longer pink in the middle.

**Nutritional Information:**

Servings Per Recipe: 6

Calories: 144

Amount Per Serving

Total Fat: 2.5g

Cholesterol: 21mg

Sodium: 207mg

Total Carbs: 20.8g

Dietary Fiber: 3.2g

Protein: 9.6g

### **Paleo Tilapia Dipped in Coconuts**

"Tilapia fillets which have been dipped in coconuts are Paleo-friendly, tasty, and pan-fried in coconut oil. You can serve them with some tasty green vegetables!"

Prep Time: 15 Minutes

Cook Time: 10 Minutes

Ready In: 25 Minutes

Servings: 4

#### **Ingredients:**

2 tablespoons coconut oil

Sea salt to taste

1/2 cup coconut flour

3/4 cup coconut, flaked and unsweetened

3 eggs, beaten

4 (4 ounce) tilapia fillets, or more as needed

**Directions:**

1. Heat coconut oil over medium-high heat in a skillet.
2. Mix the salt, coconut flour, and unsweetened coconut together on a plate.
3. Brush the beaten egg over each tilapia fillet.
4. Press each fillet into coconut mixture so that it is evenly coated.
5. Gently toss the fillets between your hands so that the excess coconut pieces can fall off.
6. Place the coated fillets onto a plate and bread the rest but do not stack the fillets.
7. Fry the fillets in the hot oil for 5-7 minutes per side or until the fish flakes easily with a fork and until the fillets are golden brown.

**Nutritional Information:**

Servings Per Recipe: 4

Calories: 462

Amount Per Serving

Total Fat: 26.5g

Cholesterol: 200mg

Sodium: 189mg

Total Carbs: 24.7g

Dietary Fiber: 15g

Protein: 32.9g

## **Spaghetti Carbonara-Paleo Style**

"This Paleo-friendly Carbonara replaces pasta with spaghetti squash with tomatoes and bacon. "

Prep Time: 10 Minutes

Cook Time: 50 Minutes

Ready In: 1 Hour

Servings: 4

### **Ingredients:**

1 spaghetti squash, large, halved, and seeded

1/4 cup extra-virgin olive oil

8 slices bacon, diced

1 teaspoon ground black pepper

1 teaspoon salt

1 large tomato, diced

4 large egg yolks

3 sprigs fresh basil

### **Directions:**

1. Preheat the oven to a temperature of 400°F (200°C).
2. Place the squash on a baking sheet cut side up.

3. Bake the squash in the preheated oven for 45-60 minutes until it becomes tender.
4. Scoop out the flesh of the squash and use a fork to shred it into strands.
5. Heat the olive oil over medium-high heat in a large skillet
6. Place the bacon in the hot oil and cook it and stir it for 5-10 minute or until it browned and thoroughly cooked through.
7. Add the shredded squash to the skillet and cook and stir it for 3-5 minutes or until the squash is softened.
8. Stir the pepper, salt, and the tomato into squash mixture and then remove the skillet from the heat.
9. Mix the egg yolks into the squash mixture until the mixture becomes creamy but do not allow the egg yolks to touch the skillet.
10. Transfer the squash Carbonara to a serving bowl and garnish it with the three fresh basil sprigs.

**Nutritional Information:**

Servings Per Recipe: 4

Calories: 428

Amount Per Serving

Total Fat: 28.7g

Cholesterol: 225mg

Sodium: 1091 mg



Total Carbs: 34.4g

Dietary Fiber: 0.7g

Protein: 12.9g

## **Paleo Broccoli Rabe and Sausage**

"This Paleo-friendly recipe is a simple pan-frying of broccoli rabe and sausage which has been seasoned with lemon and garlic in some olive oil."

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Ready In: 30 Minutes

Servings: 2

### **Ingredients:**

3 tablespoons divided olive oil, or more to taste

4 (3.5 ounce) links Italian sausage, sliced

2 large garlic cloves, minced

2 bunches broccoli rabe, trimmed

1 pinch lemon zest, or to taste

1 pinch ground red pepper, or to taste

Sea salt to taste

1/2 lemon

### **Directions:**

1. Coat the bottom of a skillet with a thin layer of olive oil.
2. Heat the skillet over medium heat.
3. Cook and stir the sausage slices for 3-5 minutes in skillet until they are browned 4. Add the garlic and continue cooking for an additional minute or until the garlic becomes fragrant.
5. Add the broccoli rabe to the skillet and season it with the sea salt, red pepper, and lemon zest.
6. Drizzle the olive oil over the broccoli rabe and toss it to coat it.
7. Cook the broccoli rabe whilst stirring occasionally for about 15 minutes or until it is completely wilted
8. Squeeze the lemon half all over the broccoli rabe and sausage mixture.

### **Nutritional Information:**

Servings Per Recipe: 2

Calories: 688

Amount Per Serving

Total Fat: 54.6g

Cholesterol: 72 mg

Sodium: 1743 mg

Total Carbs: 18.7 g

Dietary Fiber: 6.4 g

Protein: 32.4g

## **Other Ways of Treating Leptin Resistance**

### **Acupuncture**

Acupuncture has been used in Traditional Chinese Medicine (TCM) for a very long time to treat a variety of disorders, but it has most recently proven useful in the treatment of Leptin resistance.

It does this by aiding in weight loss.

Acupuncture helps to promote the release of endorphins, which are hormones in the body which make you feel calmer and more positive. It also helps to lessen the release of cortisol into the blood stream. This hormone disrupts digestion, contributes to depression, and may encourage emotional eating. When its concentration is reduced your body, you are less likely to put on weight and hence gain more fat cells which secrete even more Leptin into the blood.

In a study conducted by Turkish researchers on forty obese women, it was found that five weeks of acupuncture decreased the levels of Leptin and insulin in the blood, and this resulted in significant weight loss. Other studies conducted on other species yield the same results, so acupuncture can be a solution for many who are Leptin-resistant and overweight.

### **Intermittent Fasting**

Intermittent fasting is a form of dietary restriction in which people alternate between periods of eating and periods of consuming nothing. It has been a part of some spiritual practices for ages, but recent studies have confirmed that there are numerous benefits that you can derive from fasting.

Intermittent fasting lowers your triglyceride levels and, therefore, helps you to lose weight

Intermittent fasting lessens the damage done by free radicals to your body and also reduces inflammation

Intermittent fasting promotes human growth hormone (HGH) formation. Human growth hormone plays an important role in fitness, health, and slowing down the aging process.

Intermittent fasting also helps to normalize Leptin levels in the body and, therefore, helps to improve Leptin sensitivity and reduce Leptin resistance

Intermittent fasting helps to protect you from heart disease, diabetes, and even cancer because it helps to normalize blood insulin levels and improve your Leptin sensitivity.

Intermittent fasting also increases catecholamines, which increase your resting energy expenditure while decreasing your insulin levels. This allows stored fat to be more easily burned as fuel.

Before you can understand how intermittent fasting helps you lose weight, I have to explain to you the difference between the fed state and the fasting state that your body goes through.

During the fed state, your body digests and absorbs food. This usually begins when you start eating and then lasts for three to five hours after the meal because your body continues to break down and absorb the food that you just ate. When you are in this state, it is very hard for you to lose weight by burning fat because your blood insulin levels are high.

After the three to five hours have elapsed, your body enters the post-absorptive state. This state lasts for eight to twelve hours after your last meal, and it is simply the state where your body is not processing a meal.

After this state, your body enters the fasting state. In this state is very easy for you to burn fat and lose weight because your blood insulin levels would be low and your body would easily use fat as an energy source. This is the reason why so many people who start to fast intermittently will lose body fat without changing their diets or their exercise habits.

Since we do not enter the fasting state until at least twelve hours after a meal, it is very rare that we will enter this state while we are on our normal eating plans without any direct efforts being made. Fasting helps to put our bodies in the state where it is optimized for burning fats as an energy source.

This reduction in fat will therefore reduce the quantity of Leptin being pumped into the blood, helping to increase Leptin sensitivity. After a while, you will find that fasting helps to normalize your Leptin levels and your blood glucose levels.

There are many different forms of intermittent fasting; you just have to choose the one that is right for you. Some of the more common forms include Leangains, Eat Stop Eat, The Warrior Diet, Fat Loss Forever, and The Alternate Day Fasting.

The Leangains diet demands that women fast for fourteen hours each day and men fast for sixteen hours. The rest of the time can be spent eating your normal food. You should not consume any calories during the fasting period however, but sugar-free gum, diet soda, calorie-free sweeteners, and black coffee are permitted. Most people fast through the night and then about six hours after they wake up. They then break the fast after this six-hour period has elapsed. Most people find this fasting program to be very flexible, but even though there is flexibility, the fasting program has very specific guidelines for what to eat. This strict nutrition plan may make this program harder to adhere to.

The Eat Stop Eat fasting plan demands that you fast for twenty four hours one or two times weekly. During the twenty-four-hour fasting period, you should not consume any calories, although calorie-free beverages are allowed. After you have completed your twenty-four hours,

you may go back to your normal eating plan.

This fasting plan is also flexible, and there are no restrictions on what you can and cannot eat.

Going twenty four hours without food can be very hard for some people, especially when they just start the dieting plan. This dieting plan may also cause fatigue, headaches, and anxiousness at first and it may also make some people cranky. The long fasting period may also make more people binge after the fast.

In the Warrior Diet fasting plan, you fast for about twenty hours daily and then eat a large meal at nighttime. There are guidelines on specifically what you should and should not eat during that large meal for the night, and there are also specific guidelines on the order in which you eat specific food groups. You should start with vegetables and then proteins and then fats. If you are still hungry after you finish those food groups, then you can consume some carbohydrates.

During the twenty-hour fast, you are allowed to eat raw vegetables or fruits, a few servings of protein, or freshly squeezed juice. Many people like this fasting program because they are still allowed a few snacks during the fast, but there are specific guidelines to follow and strict schedules that can make it harder for some.

The Fat Loss Forever fasting plan takes the best part of the Leangains, Warrior Diet, and the Eat Stop Eat plan and combines them all to make one plan. With this fasting plan, you get one cheat day weekly, and that cheat day is followed by a thirty-six-hour fast. The rest of the seven-day cycle is split up between the different fasting plans. This plan is great for some because you get one whole cheat day, but this can pose a problem for many who may overeat on the cheat day.

This plan may also be a bit confusing for some.

The Alternate Day fasting is pretty easy and self-explanatory: You eat very little one day and then eat normally the next day. More specifically, you eat one fifth of your normal calorie intake on the fasting day. This method has shown very impressive results where weight loss is concerned; some people have lost two and a half pounds per week by cutting their calories by 20%-35%. Many people

may be tempted to binge on their normal eating day, however, so this can be disadvantage of this diet.

## **Other Functions of Leptin in the Body**

Leptin is also an important hormone which helps to regulate the onset of puberty. It has been observed that undernourished and very thin females take longer to reach puberty than girls with more weight. In addition, very thin girls may not ovulate during their menstrual cycles, and some may never reach puberty, with their bodies remaining pre-pubescent for the rest of their lives.

Leptin also plays an important role in immunity, cardiovascular function, and bone metabolism.

It has been shown that during an infection, Leptin levels rise drastically and then it decreases after the body returns to normal. It has been shown that persons with heart failure and certain other heart problems, such as cardiac cachexia, have low levels of Leptin circulating in their bloods. Leptin has been proven to promote bone formation in humans and other species. It stimulates the cells that make bones and aids in the formation of new blood vessels so that they can deliver nutrients to the newly-formed bone.

## **Conclusion**

Leptin resistance is a serious complication that can escalate and lead to many other problems. It is caused by an excess of the Leptin hormone in the blood so that after a while the receptors for the Leptin hormone become unresponsive to its signal. There are many factors that can increase your resistance to Leptin, but that does not mean that it cannot be corrected. With the right behavioral and dietary changes, you can reverse your resistance to Leptin and many other hormones and get back your health, your fitness, and your life.

Homemade Body Butter

# *29 DIY Body Butter & All Natural Recipes For a Softer, Healthier, and More Radiant You*

*Ella Marie*

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## **Introduction**

In a world full of crazy schedules and less-than-perfect eating habits, we are all guilty of neglecting our skin. Every day, we face a constant barrage from cosmetics companies telling us about the best way to gain radiant, healthy, younger-looking skin: buy their products. And we do.

The cosmetics industry rakes in billions of our hard-earned cash in our efforts to look younger.



But is all that really necessary? What exactly is in the “miracle serums” the companies tout? Do they work?

In this book, I expose the cosmetics companies and their mystery ingredients: a veritable chemical cocktail guaranteed to make anyone cringe in horror. No, I am not trying to be melodramatic. There is a secret to beautiful skin, sure. But you don't have to earn a Ph.D. in biochemistry to figure it out. Pick up your favorite bottle of moisturizer. Can you identify all the ingredients? Can you even pronounce half of them? That's the problem. We spend so much time trying to “fix” our skin that we never give it a chance to fix itself. That is what this book is all about.

You will learn how the skin works and how it maintains adequate moisture and oil balance *itself*... and what we do to mess it up. You will learn the truth behind the cosmetics industry.

You will be able to make a more informed decision about how to help your skin care for itself.

You will also learn about one more thing: what you can do to help your skin look its very best!

Yes, DIY is all the rage now, from remodeling your bathroom to building water features and pergolas in your backyard. DIY has also made its way to skincare. I will give you the tools you need to create some beauty products that will leave your skin hydrated, radiant, soft, resilient, and youthful.

Your skin is a wonderful organ that also needs some TLC. You will find recipes for creating body butters, which are just as nourishing as lotions, but only use ingredients that YOU choose.

Body butters also have a smooth, spreadable consistency that makes them easy for your skin to absorb. You will learn about the ingredients and how to turn a gob of solid white plant oil into a luxurious product that will nourish and transform your skin. And because the recipes call for

organic ingredients, you know *exactly* what you are putting on your skin (and in your body... see Chapter 2). This book will show you how to make your own handcrafted DIY body butters, and why you should make them!

## **Chapter 1:**

### **Your Skin—The First Line of Defense**

In our modern world, we are constantly bombarded by ads promising “youthful, glowing skin”

and a “radiant complexion.” Look at any magazine, TV commercial, or store sale paper and you will find an assortment of lotions, potions, tonics, moisturizers, and concoctions that boggles the mind. We are so obsessed about having our skin *look* healthy that we completely ignore actually making it healthy!

So, what is healthy skin? The cosmetics industry will have us believing that any blemish, dryness, oiliness, or discoloration is a problem that should be immediately treated with one of their products. The truth is that all the conditions we encounter with our skin are perfectly normal. There is no such thing as dryness and T-zones. Those are just signs that something in your skin's system is out of balance. But, how do you fix it? That is not a simple answer because the skin is a very complex organ. To understand why you may have an imbalance (and skin imperfections), you need to know what the skin is and how it functions.

### **Skin Talk**

The first thing to know is the actual function of your skin. It performs a variety of jobs for us: stores fats and water, helps to maintain a constant body temperature, converts energy from the sun into vitamins, absorbs harmful UV radiation, helps eliminate some waste products, and helps to transmit sensations.

How can a layer only a few millimeters thick do all that? It is a complex organ made of three distinct layers, blood vessels, nerve endings, hair follicles, and sweat glands. All of these elements combine to create our skin.

While most people believe that skin requires constant hydration, that simply is not true. Skin is perfectly capable of renewing itself and keeping itself hydrated. It uses different types of substances to achieve this.

Sebum is a waxy substance made from fats and is one of the skin's main homegrown moisturizers. Sebum helps to keep hair, skin, and nails waterproofed, preventing drying and cracking. It also helps to inhibit the growth of various microorganisms on the skin. Sebum is produced throughout the year, although the amount can vary from season to season and can also be predetermined by genetic factors. Those of us who have perpetually "oily" skin actually have a healthy amount of sebum! And even people who feel like their skin is just dripping with oil produce only about 2 grams of sebum per year.

Skin will produce sebum as needed, although we usually try to intervene by applying some other oily lotion intended to "lock in" moisture. And many cosmetics companies tell us that we need to deep clean our skin to prevent clogged pores which are caused by, as they say, sebum, dead skin cells, and microorganisms. Ew. So, we become convinced to use harsh chemicals on our skin.

Unfortunately, these chemicals interfere with the skin's natural ability to normalize. Squeaky clean is absolutely fabulous for our toilets, but not for our skin!

While sebum helps to retain moisture, another combination of natural substances known as NMF

(natural moisturizing factor) keeps skin hydrated and supple by attracting and holding water.

Skin cells also have fats and fatty acids that help prevent water loss through evaporation.

As we age, our skin loses some of the fatty acids from our cells, leaving our skin feeling dry.

Instead of slathering on the aforementioned oily films, we should use substances that resemble the skin's natural oils, like essential fatty acids. Normal skin is composed of about 30% water, but that percentage can increase depending upon other factors. Some substances, like hyaluronic acid (humectant, which will be described later), actually increase the amount of water the skin can hold.

## **What Are Natural Moisturizers?**

To put it simply, natural moisturizers are supposed to work with your own skin's moisturizers, sebum, and NMF to help keep your skin in top condition. A good moisturizer will raise the water content of the skin, slow the loss of water, and make the skin look young and healthy. Some can even add moisture directly to the skin.

But, what are moisturizers made of? Any good moisturizer will contain five groups of ingredients:

Emollients, which lubricate and protect the moisture content of the skin  
Humectants, which attract moisture

Penetration enhancers, which improve the skin's absorption of the ingredients  
Emulsifiers, which keep the ingredients mixed

Active ingredients, which are added for other special purposes

### **Emollients**

The largest group, emollients, perform many jobs in a moisturizer. They help to maintain water content of the skin, they heal and hydrate, and they soften. Emollients actually seep into and fill any cracks between dead skin cells. The best natural emollient sources

are lecithin (from eggs or non-GMO soybeans), olive oil, castor oil, jojoba oil, and coconut oil.

One of the “miracle” substances used as an emollient is petroleum jelly, or mineral oil.

Petroleum jelly is a petroleum product. Essentially, smearing petroleum jelly on your skin creates a watertight plastic film on your skin that keeps all the dead skin cells, sebum, and other gunk (including bacteria and sweat) in your skin. While many people tout the wonders of petroleum jelly, the bitter truth is that it is not absorbed, it does not heal, soften, soothe, or hydrate your skin: it just covers up your skin’s imperfections.

## **Humectants**

Humectants attract moisture from the air by chemically combining with it and keeping the moisture on the skin. They slowly release the water as the skin requires it, almost like an extended-release plant watering system.

The best natural humectants are glycerin and sugar alcohol (sorbitol). Glycerin is a natural substance derived from plant oils. It is also a by-product of the commercial soap industry (they remove this wonderful substance), or it can be purchased at any soap crafting supply store or website. Humectants work in two ways: they help the skin absorb moisture from the air and they assist water absorption into the deeper layers of the skin (the epidermis).

Another petroleum product often used as a humectant is propylene glycol (PG). It is a known skin irritant and it can even cause inflammation of the eyes. Propylene glycol should never be used on the skin, let alone on dry or damaged skin.

## **Penetration Enhancers**

Penetration enhancers assist the ingredients in penetrating the skin. Water is one of the best penetration enhancers, as are some

essential oils like chamomile and peppermint. But, some other great penetration enhancers include cod liver oil, squalene (from olive oil), and fatty acids like linoleic, oleic, and arachidonic acids.

## **Emulsifiers**

We all know that oil and water do not mix. But moisturizers are made of oils and water!

Emulsifiers will keep the oil and water combined in a smooth consistency, without separating.

The best-known emulsifier is beeswax. Heated beeswax will bind oil and water together. Other natural emulsifiers include lecithin (which works double-duty as an emollient), waxes from plants including cetearyl alcohol, cetearyl glucoside, cetearyl olivate, coco caprylate/caprinate from coconuts, cholesterol, and algae extracts.

## **Active Ingredients**

Active ingredients are the added bonuses and specialty ingredients in moisturizers. They are added for a specific purpose such as sun-blocking, anti-aging, anti-inflammatory, antibacterial, and antioxidant functions. Many of these substances do multiple jobs and can assist in other functions. For example, green tea not only provides anti-aging properties, it also helps to improve the protective properties of mineral sunscreens.

## **Chapter 2:**

### **The Truth About Commercial Moisturizers,**

#### **a.k.a. “Petrochemical Cocktails”**

In the first chapter, we mentioned some of the petroleum products commonly used in moisturizers. But, there are many more chemicals from various sources used in commercial moisturizers that are known to be irritants (of the eye, skin, nose, or respiratory system),

carcinogens, reproductive toxins, neurotoxins, respiratory toxins, immune system toxins, and environmental toxins. Some are banned in the European Union. Some are banned in Canada and Japan. And some are banned in the United States.

The problem is that most moisturizers do not contain one or two ingredients: there are many ingredients which combine to create a toxic cocktail, which is complete with penetration enhancers to ensure that all these chemicals are readily absorbed into your skin. But, moisturizers are not the only products we apply to our bodies, right? What about lotions, soaps, body washes, shampoos, conditioners, shaving creams, cosmetics, deodorants, perfumes, colognes, and so on?

Look at all these personal care products: we are multiplying the effects of the toxic cocktails!

Each one of these toiletries is loaded with ingredients! Do you see why your skin is screaming for relief?

Just for fun, I grabbed a bottle of name-brand moisturizer out of my mother's bathroom. These are the ingredients and their possible effects. Keep in mind that this is marketed to soothe and heal dry skin. The bottle even says "Dermatologist Tested for Beautiful Skin."

*Water*: natural penetration enhancer (a good ingredient)

*Glycerin*: natural humectant (another good ingredient)

*Stearic Acid*: natural emulsifier from plant (preferred) or animal source (good)

*Glycol Stearate*: made from stearic acid; may cause irritation in sensitive individuals *Mineral Oil*: can cause blood and skin cancer in animals; skin/eye irritant; petroleum product; non-biodegradable environmental toxin

*Triethanolamine (TEA)*: can cause lymph or kidney tumors in animals; skin/eye irritant even in small doses; often contaminated with 1,4-Dioxane

*Glyceryl Stearate*: weakens skin; eye and lung irritant

*Dimethicone*: petroleum product; environmental toxin

*Petrolatum*: petroleum product; lung irritant if inhaled; non-biodegradable environmental toxin *Cetyl Alcohol*: skin and eye irritant

*Magnesium Aluminum Silicate*: aluminum salt (see below); mild skin/eye irritant *Fragrance*: (see below)

*DMDM Hydantoin*: contains formaldehyde; carcinogenic; skin, eye, and lung irritant; environmental toxin; may be contaminated with 1,4-Dioxane; banned in Canada and Japan *Carbomer*: mild skin/eye irritant

*Tetrasodium EDTA*: contains formaldehyde; cytotoxic, lung irritant, genotoxic in animals; strengthens skin; most widespread toxin in waterways

*Methylparaben*: skin and eye irritant; endocrine disruptor linked to breast and ovarian cancer; environmental toxin

*Iodopropynyl Butylcarbamate*: contains DEA (diethanolamine, linked to brain abnormalities in animals); allergic dermatitis; gastrointestinal and liver toxin; may be contaminated with 1,4-Dioxane; restricted use in Japan

*Stearamide AMP*: no known toxicity; made from stearic acid

*Aloe Barbadensis Leaf Juice*: natural aloe (good)

*Cucumis Sativus Fruit Extract*: cucumber (good)



*Titanium Dioxide*: recently reclassified as potentially carcinogenic if inhaled

## **Breaking It Down**

Reading the ingredients of that moisturizer, do you see what I meant by a “combined effect?”

Look at all of the skin, lung, and eye irritants. How many of the ingredients are associated with tumors and cancers? How many are environmental toxins? And this was only from *one* product!

One thing to keep in mind here is that *any* personal care product, regardless of whether it is called “organic,” “eco-friendly,” “hypoallergenic,” or “natural,” can still contain these chemicals.

Be sure to check baby products and any cleaning products, too. Many times, their ingredient lists are just like the one above.

## **Risks Multiply Through Absorption**

While cosmetics industry gurus assure consumers that their products are safe, the truth is that these “safe” products may be fine on the surface of your skin. But, aren’t moisturizers supposed to soak into the skin to make it soft? And what of the toxic cocktail included in the moisturizer?

Where does it go?

When the products are absorbed into the skin, all the harmful stuff goes right in with it. Skin contains blood vessels and lymph nodes. The chemicals are absorbed into the lymph system and is transported throughout your body. Now, the chemical cocktail loaded with carcinogenic and harmful chemicals is circulating in your bloodstream and can affect every part of your body!

That soothing lotion can now poison you from the inside. This is a revelation. Keep it in mind when you learn about some of the worst

offenders.

## **The Worst Offenders**

Many of the commercial products include ingredients like the ones listed above. But, there are some substances which are prevalent and pose a potentially greater health risk than others. I will list the most commonly-found offenders so that you can become familiar with the names, their risks, and where they are found. In time, you will be able to spot them in a jiffy!

Although the products are sold to be used on humans, almost all of the testing is done on animals

—rats, usually. And, cosmetics manufacturers are responsible for making sure their products are safe. But, unlike drugs, the actual safety of cosmetics is discovered after they are already on the shelves.

While there have been substances removed from cosmetics for toxicity, most of the time, the manufacturers will reformulate the “offending” product. This shows that they are well aware of the potential dangers of the chemical cocktails they are manufacturing. In fact, in 67 years, the United States has only banned 9 ingredients used in personal care products.

And because the chemicals are not always efficiently eliminated by the body, the dangers tend to accumulate. Cosmetics industry spokespeople complain that the media sensationalizes any claims about unsafe products. But, scientific evidence to the contrary is mounting.

For example, medical research has shown that synthetic fragrances (usually made of alcohols, petroleum products, and a whole host of chemicals) can trigger asthma. Chemicals in hair dye are known to cause lymphoma and bladder cancer. Ingredients in shampoo damages eye tissues.

Phthalates (petroleum products) are found in human urine. Breast cancer tissue has harbored antibacterial chemicals (like Triclosan) and parabens. A chemical known to disrupt hormones used commonly in “fragrances,” xylene, is found in human breast milk!

## **1,4-Dioxane**

The problem with this chemical is that it is never included in an ingredients list. Why? It is actually a by-product of the manufacturing process which ethylene oxide (a petroleum product) to produce mildness from harsh ingredients. The process is called *ethoxylation*, and it is basically a cheap shortcut used by personal care product manufacturers.

The FDA and the U.S. Department of Agriculture are fully aware of the astonishing presence of 1,4-Dioxane in personal care products. The state of California listed it as probably carcinogenic and mutagenic. Federal regulations assess the potency of 1,4-Dioxane to be equal to or higher than the risk imposed by many pesticides! Because of this, the FDA has been monitoring the levels of 1,4-Dioxane since 1979.

But, how do we find it? You need to be like Sherlock Holmes and read your labels. Since the process that creates 1,4-Dioxane is “ethoxylation,” look for chemicals that have the “-eth” suffix: *laureth*, *oleth*, *ceteareth*, etc. Most likely, these chemicals will test positive for 1,4-Dioxane.

## **Phthalates**

Phthalates are petrochemical compounds manufactured and sold worldwide. They are everywhere. Many products around us are made of phthalates including rubber ducks, shower curtains, clothing, furniture, electronic headphones, and a dizzying array of personal care products like perfume, nail polish, and hairspray. That “new car smell?” Yep, that’s from phthalates! Phthalates are known to be reproductive toxins and can cause sexual dysfunction, birth defects, and other illnesses, including polycystic ovarian syndrome,

decreased sperm counts, testicular cancer, male insulin resistance, abdominal obesity, infertility, and breast cancer.

“Phthalates” are also not mentioned in ingredient lists. They are usually listed as di-n-butyl phthalate (shortened to DBP) and di(2-ethylhexyl) phthalate (shortened to DEHP). Usually, however, they masquerade as a ghost ingredient under the ambiguous name “fragrance.”

The European Union has banned the use of two types of phthalates, but cosmetics companies still use all the others. Some European manufacturers like Louis Vuitton Moët-Hennessy (LVMH) are voluntarily removing all phthalates from their cosmetics. The United States-based cosmetics companies are not so eager to remove phthalates from their products, saying that the European ban is “unnecessary.”

## **Aluminum**

While there is nothing worse than funky and sweaty underarms, our antiperspirants may pose other and more severe problems. Almost all commercial antiperspirants contain some salt of aluminum, up to a concentration of 25%. Aluminum promotes dryness through applying aluminum ions (the form found in salts) to the skin. These ions cause the cells to absorb water and to swell. The swelling effectively closes the pores, preventing sweat.

So, what’s so bad about that? Our armpits don’t stink, so aluminum antiperspirants do their jobs very well. Yes, but aluminum is a very strong neurotoxin. It also gets absorbed by the lymph nodes and travels throughout the body. Aluminum affects the blood-brain barrier and toxin elimination (from the sweat it blocks). Aluminum in antiperspirants, especially when combined with aluminum-containing antacids, is now known to contribute to the development of breast cancer and Alzheimer’s disease!

**Propylene Glycol (PG) and Polyethylene Glycol (PEG)** Both of these substances are petrochemicals very often used in personal

care products—from baby wipes to personal lubricants. They are easily biodegradable, which is probably their only redeeming quality. Although they are considered safe to be used in cosmetics, both are also used as food preservatives.

They can cause severe contact dermatitis, but that's not all. Both can be contaminated with 1,4-Dioxane. Both are also often contaminated with heavy metals like lead, cobalt, iron, nickel, and arsenic. Polyethylene glycol often contains small amounts of another glycol, diethylene glycol, which is toxic to animals and plants.

While most people do not have problems with propylene glycol and polyethylene glycol, the risks dramatically increase when a person has damaged skin, especially burns. Both propylene glycol and polyethylene glycol can cause severe reactions if used on burned skin. And, polyethylene glycol can worsen eczema and acne because it can actually rupture skin cells.

## **Synthetic Fragrances**

In a world where we can buy nearly anything scented, we are constantly in contact with synthetic fragrances. There are more than 5,000 chemicals used in the fragrance industry, but only about 1,300 have been tested for safety. Fragrance crafting has become an art, and the secrets are closely guarded. Rarely will manufacturers divulge their fragrance formulas, even to health officials! After all, scents trigger chemical reactions in our brains, so why would a manufacturer reveal their secret recipes?

The problem is that, while synthetic fragrant compounds can cause a host of sensitivities and allergies, many perfectly natural and organic compounds (like oils from roses and cinnamon) can cause just as many problems.

There is a huge list of chemicals that comprise “fragrance” and “*parfum*.” Most are moderate to severe allergens and can cause everything from rashes to respiratory distress and decreased blood pressure! No scented product is immune from containing any

number of these compounds. And, as I mentioned earlier, many of the naturally-derived chemicals from fruits, flowers, and plants can be just as bad!

### **Chapter 3:**

## **Take Charge and Revitalize Your Skin the**

### ***Right Way***

After the last chapter, you are probably wondering about healthier alternatives. If the products you buy cause many more problems than they solve, is there a way to reap the intended benefits without all the garbage? Can we customize a moisturizer that actually has the yummy ingredients our skin needs without all the toxins and chemicals included?

Yes! That is the beauty of DIY! You can put anything you want into the formulation. You can choose how much of and what kind of substances to add. You can use standard materials or you can go all organic. You can tweak the percentages of ingredients to suit your own needs. It is entirely up to you!

In the first chapter, we described what skin is made up of and the best types of substances to use.

You can adopt your moisturizer to your own taste and preferences. And, you can change the moisturizer as your skin changes.

Now that you know you can eliminate a lot of nasty chemicals from your skin care products, you probably want to get started. You want to know where to find the materials. And you want to know what equipment you will need to make your own moisturizer.

Those questions will be answered in this chapter. Since the book is about body butters, I will list the necessary tools of the trade and a description of the most common ingredients. These elements will allow you to create your own, bonafide, skin-softening body butter.

## Equipment

All of the recipes in this book can be made with a few pieces of equipment. You probably already have most of it like pots and pans, a double boiler (or a sufficient equivalent), wooden spatulas, measuring spoons, measuring cups, etc. There is some specialty equipment that may not be necessary, but it will make your life easier... and get the job done quicker.

Here are some things that I will recommend. I will list them by item and add the intended use(s).

Many of the things can serve multiple purposes in the procedure. I will also make a note about materials. Because you'll be using essential oils and heating the ingredients, prudence would dictate paying attention to warnings and remaining on the safe side. For example, for bowls and pots, I would recommend using enamelware, stainless steel, or glass/pyrex. These materials are very easy to clean, they will not react with the essential oils, the scents from the oils will not linger (plastic is notorious for holding smells), and these materials can withstand heat well.

Bowls: various sizes from larger to smaller; for mixing and whipping.

Small scale: for measuring materials by weight.

Whisks: for mixing and whipping; stainless steel is best.

Mixer: stand alone, hand mixer, or stick blender for mixing and whipping.

Mortar and pestle: Marble seems to withstand the crushing, pulverizing, and grinding of hard seeds and sugars better than those made of china or porcelain.

Eyedroppers: glass or disposable work best; glass will not hold scent and you can throw away the disposable ones after measuring drops of vitamins or essential oils.

Food processor: for blending, pureeing, and mixing ingredients.

Pastry bags: for transferring whipped body butters into containers without the mess of using a spoon.

Jars with lids: containers for your butters.

It is also advisable to heat the oils on the stove instead of using a microwave. Microwaves tend to overheat the oils or heat them unevenly. Never heat the oils over direct heat: always use a double boiler for a gentler warming. You want to warm the oils only to melt and blend the solids, not to boil them.

## **Basic Ingredients**

In any body butter (or skin care product) recipe, there are several different ingredients. Of course, the most obvious ingredients are oils. There are also other substances that can be added as bonus ingredients, such as antioxidants (preservatives), emulsifiers, and scents. As listed in the previous chapter, avoid synthetic fragrance oils—they are almost never organic or good for your skin. Pure essential oils are better choices, with organic essential oils being the best choice.

I must also stress the importance of buying ingredients that are organic and non-GMO

(genetically modified organisms). These general rules apply: *only buy from reputable sources that clearly label their products; fresher is better; organic is best for minimizing possible contamination by chemicals like pesticides; pay attention to the shelf-life!* Yes, ingredients and the body butters themselves all have shelf-lives.

If you use water in a recipe, distilled or filtered is best. Tap water and mineral water are loaded with impurities that you certainly do not want in your skin care products.



In the recipes for body butters, I have made a list of some of the more common ingredients and I have described them in this section. It explains why these ingredients are good for your skin and why you should use them. They are listed by type. This is by no means an exhaustive list: just the most common ingredients used in the body butter recipes I am giving you. The last chapter will serve as a resource guide to websites where you can purchase the ingredients, as well as some buying tips about how to save money when you order (e.g. small quantities versus bulk buys).

## **Oils/Butters**

**Shea butter** comes from the nut of the African Shea Tree. It has a very high concentration of unremovable fatty acids that have been used for many years to soothe, nourish, heal, rejuvenate, and moisturize. Shea butter comes in two forms: refined and raw (unrefined). Refined shea butter has no scent, while raw shea butter has a nutty smell. If properly stored, shea butter has a shelf life of many years.

**Coconut oil** (or butter) is a solid at room temperature which readily melts at body temperature. It has a strong scent that is wonderful in body butters. Coconut oil is a heavier oil that does not absorb into the skin as easily, and thus it can clog pores in some people. It adds substance to lighter oils in body butter recipes to balance out the consistency. There are different types (fractionated or non-fractionated), grades, and melting temperatures of coconut oil. Any of the types would probably be suitable in body butters, but do a little reading to determine the type that best suits your needs.

**Sweet almond oil** (or just almond oil) is a very light oil rich in Omega-6 and Omega-9 fatty acids. It is used extensively in skin care products because it is also a wonderful source of Vitamin E. It hydrates skin by minimizing water loss due to evaporation and is excellent for use on all skin types. Be aware that it is a nut oil and can cause allergic reactions in people allergic to nuts!

**Cocoa butter** is a very stable fat due to its amazing concentration of antioxidants. It is often used in combination with other oils in skin care products to prevent the mixture from turning rancid. It has wonderful emollient properties coupled with the strong scent of chocolate! However, it also comes in a deodorized form. It is solid at room temperature but melts at body temperature.

**Olive oil** is also used extensively in skin care products because of its fatty acid (oleic) concentration and antioxidant properties. There are different forms of olive oil that can be used in skin care products. The most common form is as extra virgin olive oil. This type is unrefined and has a characteristic strong aroma. It is also of food-grade quality. Olive oil pomace is actually the refined form. It retains the nutrients and yet has a very bland scent. Both types are various shades of greenish-yellow in color.

**Jojoba oil** is actually a fatty wax very rich in Vitamin E. It has a nearly indefinite shelf life.

Jojoba oil resembles the oils normally found in human skin, so it is readily absorbed without feeling greasy. Jojoba oil does not clog pores and, in fact, is used to treat acne. Sebum is produced more extensively on the face and scalp, which can cause everything from acne and blackheads, to dandruff, oily skin, and enlarged pores, none of which are attractive. Studies have shown that regular use of jojoba oil can train your sebaceous glands to actually produce less sebum and shrink pores! Jojoba oil is naturally golden in color, but can be refined into a clear oil.

**Apricot kernel oil** is a fairly light oil with a slight nutty scent that is extremely rich in Vitamin A and oleic/linoleic fatty acids. It also absorbs well into the skin, hair, and scalp without leaving any greasy residue. Apricot kernel oil is also often substituted for sweet almond oil for people with nut allergies. It is also very suitable for use on irritated or dry skin.

**Avocado oil** is used extensively in skin care products because it tends to penetrate the skin deeply while providing a hearty dose of

Vitamin E and oleic acid. Avocado oil is often used to treat very dry skin and skin that has been damaged by the sun. Not only does it contain Vitamin E and oleic acid, it also contains linoleic acid, potassium, and minerals.

**Grapeseed oil** is a by-product of the commercial production of wines. The oil is rich in linoleic acid, Vitamin E, and a very exciting set of compounds called OPCs (oligomeric proanthocyanidin complexes). OPCs are antioxidants considered to be much more effective than Vitamins C and E.

In skin care products, grapeseed oil is light, penetrating, and nourishing without leaving a greasy residue. For people who use blow-dryers, straighteners, curling irons, or other heating devices, grapeseed oil can help protect your hair from heat damage because of its high heat resistance.

|                                 |                      |                     |
|---------------------------------|----------------------|---------------------|
| <u>Argan oil (Moroccan Oil)</u> | <u>Babassu oil</u>   | <u>Camelina oil</u> |
| Castor oil                      | Evening primrose oil | Hempseed oil        |
| <u>Meadowfoam seed oil</u>      | <u>Neem oil</u>      | Pumpkin seed oil    |
| Safflower oil                   | Sunflower oil        | Wheat germ oil      |

## Specialty Oils/Butters

**Mango butter** is rich in antioxidants and is used to target irritated, damaged, dry, or aging skin.

It is a solid at room temperature but melts at body temperature.

**Nut oils** that are not used as often can still be wonderful to add to body butters. Some of the more common nut oils are considered to be luxurious additions: kukui nut oil, macadamia nut oil, tamanu nut oil, walnut oil, and hazelnut oil are some excellent examples. Nut oils

contain Vitamin E and fatty acids. Many have a characteristic nutty scent, and some can be quite strong.

The oils can be expensive, but are only used in small proportions to other oils and butters in a recipe. They add silkiness to the recipes.

There are also **other plant-derived oils** that can add vitamins, minerals, fatty acids and nutrients to your skin care products. Because there are so many examples, I will make a table instead of listing them individually.

## **Beeswax**

Beeswax is an emulsifier, as described earlier, but it wears many hats. It works tirelessly in skin care products on a variety of levels. It seals moisture into the skin and helps to heal damaged skin. It does not clog pores. Because it contains Vitamin A, anti-inflammatory, anti-allergenic, and antioxidant properties, is it ideal for people with inflamed, irritated skin.

## **Essential Oils**

Essential oils add more than just a scent to your skin care products. Many essential oils offer a variety of healing, soothing, nourishing, revitalizing, and rejuvenating properties to the product.

Because essential oils are vastly different, it is impossible to list them by type or even by property. But I will give some general guidelines on choosing essential oils.

Even though essential oils are natural, they can still cause allergic reactions or other issues in people who are sensitive to them. They can be adulterated by some companies. Some essential oils are organic. Some essential oils are toxic. The best rule for considering an essential oil is to read about it first.

The first thing to determine is whether the oil is pure essential oil or if it has been “doctored”

with other substances or with those pesky “fragrance” oils. Many reputable suppliers will describe the oil, place of origin, manufacturing process (pressing, distillation, etc), shelf-life, and any other pertinent information. The best tool for choosing essential oils is your nose. Does the scent smell true? Does it smell funky? Does it smell fresh or stale? Do you actually *like the smell?*

Once you determine the oils you wish to use, be sure to store them properly. This will ensure the best quality throughout the suggested shelf-life. Essential oils are very strong and should never be applied directly to or handled directly by bare skin. Some essential oils can stain. Some essential oils can weaken plastic, so I always use stainless steel or glass/pyrex. Essential oils may vary in strength, scent, and color depending upon origin (French lavender smells different than Bulgarian lavender), manufacturing process (ylang ylang I essential oil is very different than ylang ylang III essential oil), and type (rose essential oil is different from rose Damascus essential oil). Also, some essential oils should not be used by pregnant women. Arming yourself with information is always a good idea, especially when it comes to essential oils.

## **Other Additives**

There are a number of other substances that can be added to improve the effectiveness of your skin care products. Some may add healing and soothing properties (such as honey), or antioxidant properties (such as green tea). Additives can be from flowers, herbs, fruit, nuts, seaweed, spices, or other natural sources. They are added to boost the nutrient and moisturizing properties of your finished product. Additives also include any colorant you wish to add.

While body butters usually acquire their value from the oils and butters used, the addition of a special ingredient may provide that extra customization factor your product needs. Sometimes, a body butter may need extra sunblock power, so you can add a metal designed for that purpose, such as magnesium or titanium dioxide. (Remember to avoid aluminum products!) Perhaps you wish to achieve a dry, silky feeling to your body butter. The addition of

cornstarch may provide the texture you desire. Cornstarch is a natural, plant-derived powder that can be used as a thickener as well. Cornstarch has a slippery feel and can absorb excess moisture as well as talcum powder. Aloe vera gel is another wonderful addition to body butters for its cooling and healing properties.

But, this book also discusses other personal care products in Chapter 5. The list of additives for that chapter, will be much longer than the list for body butters. This is because you may require different substances for revitalizing your tired, achy feet than you would to heal your dry elbows!

So, that chapter will have its own lists and descriptions.

Again, you want to keep your additives in line with the rest of your product. You do not want to create a fully organic product and then add a few drops of artificial food color into it! There are plenty of natural colorants available from plant and natural sources. Being Sherlock Holmes and investigating the best colorant for your product is the best way to ensure the highest quality and safety. Some natural pigments can be just as toxic, so be sure to read about them. And many times, you will have to prepare the colorant by adding the substance to oil, boiling, or by some other means. Be aware of anything else you add at this point! The scenting and coloring are the final additions to your product, so don't be in a hurry to add whatever you can find. Remain diligent.

## **Chapter 4:**

### **Give Yourself a Pat—Recipes for Your**

#### **Homemade Body Butters**

While many recipes state that the body butter is creamy and not whipped, there is nothing to say that any recipe for a body butter cannot be whipped. It is a matter of preference: do you like the smooth, dense texture of cream or do you like the light, airy texture of whipped butter? As in everything else with DIY, you decide what

you want and how you want it. You do not have that choice when it comes to pre-made, pre-packaged products. You get it the way it comes, like it or lump it. In this chapter, I will provide both the recipe and any additional, pertinent information about the recipe, such as purposes, sun-blocking ability, soothing properties, and even edibility!

Many body butter recipes do not call for the use of water. This is not a problem and eliminates the need for additional emulsifiers. Making body butter is almost like making cake icing: cake icing is made from fats, sugar, and flavoring with possible additions of milk or water to thin it out. Many icings need to be whipped for a light texture, but who doesn't like that thick, creamy fudge icing on a butter cake? Texture is all a matter of preference. So, as far as I can tell, if you prefer the whipped texture, then whip the recipe. By the same token, if you prefer the creamy texture, then do not whip the recipe, even if it calls for whipping.

For whipping, you can use mixers, blenders, whisks, or whatever you have available. It is like icing because the temperature has to be correct or you will get a very different resulting texture .

*A word of caution: oils must be cooled before whipping! Hot oils will not whip into a light and fluffy texture!*

Also, just as a procedure hint, coconut oil (especially 76 degree) melts very quickly so it should be added AFTER the other solid butters have been melted. The addition of essential oils, vitamins (like Vitamin E), and any colorants should be added after the other oils and butters have melted and cooled slightly. Some colorants require heating or boiling before the dye is released... make sure the contents are cooled before adding it to the oil and butter mixture. Some of these substances, especially essential oils, change properties if heated. Some oils also may

lose nutrients if heated too much. As I said earlier, you want to gently melt the butters and oils, not boil them!

One way to ensure your mixtures will set and whip up properly is to chill them in the fridge or the freezer for a few minutes for a quick cool-off. If you use the freezer, allow the mixture to chill for about 20 minutes. If you forget and the mixture freezes, no problem: let it sit at room temperature for a little while until it softens up a bit again. If you want to use the refrigerator, let the mixture stand for about 45 minutes to an hour to set. Be sure to add and mix all other ingredients *before* chilling the mixture.

Also, let me say a few things about the essential oils. If a recipe calls for a scent that you absolutely despise, then don't use it! Use what you like! These recipes are 100% customizable! I personally do not care for patchouli, and I will not use it under any circumstances. If I see a recipe calling for patchouli, I will substitute it with a different scent. And who is to say that you have to use an essential oil at all? If you love the smell of the cocoa butter in a recipe and do not want to add an essential oil to cover it up, then do not add it. Sometimes, essential oils are added for nutritive or healing properties specific to that oil. But, if you do not wish to add the essential oil, then don't add it. It's that simple.

Many of the recipes can be stored at room temperature but will keep better in the refrigerator.

Plus, if the body butter remains chilled, it will retain the whipped consistency. At room temperature, the product will be more dense and creamy.

## **Body Butter Recipes**

### **Basic Coconut Oil Whipped Body Butter**

With only 3 ingredients, this is a true beginner's recipe!

2 c. coconut oil  
1 tsp essential oil of choice

2 tsp Vitamin E oil



Gently heat coconut oil in a double-boiler just until melted. Let it cool slightly before adding the essential oil and vitamin E. Once it begins to set (coconut oil is a solid at room temperature), beat the mixture with a whisk or mixer until stiff peaks form. Transfer the body butter into a container for storage.

### **Basic Shea Whipped Body Butter**

½ c. raw shea butter

¼ c. sweet almond oil

¼ c. coconut oil

Heat shea butter and almond oil until melted. Add coconut oil and allow to cool until set (can use the freezer or fridge as described above). Whip until stiff peaks form. Transfer to a container for storage.

### **Whipped Body Butter 1**

¼ c. shea butter

¼ c. sweet almond oil

¼ c. coconut oil

15 drops essential oil of choice

¼ c. cocoa butter

Heat all ingredients except for essential oil in a double-boiler just until mixed and melted.

Remove from heat and cool slightly. Add essential oil. After mixture has set (at room temperature or in the fridge), whip until fluffy and stiff peaks form. Transfer to a container for storage.

### **Whipped Body Butter 2**

¼ c. shea butter

¼ c. jojoba oil

¼ c. coconut oil

15 drops essential oil

¼ c. mango butter

Heat all ingredients except for essential oil in a double-boiler until melted. Remove from heat and cool slightly. Add essential oil. Allow mixture to set. Whip until fluffy and stiff peaks form.

Transfer to a container for storage.

### **Body Butter 1**

1 c. shea butter

½ c. sweet almond oil

½ c. coconut oil

20 drops essential oil

Heat all ingredients except essential oil in a double-boiler until melted. Allow to cool slightly before adding essential oil. Allow the mixture to cool completely. Whip the mixture to lighten the texture. If you want to whip it until stiff peaks form, you can. Transfer to a container for storage.

### **Lavender Body Butter**

This body butter is intended to be very soothing. It would also be good for skin that has been damaged by the sun due to the addition of aloe vera gel.

1 c. coconut oil

$\frac{3}{4}$  c. aloe vera gel

6 Tbsp Olive oil

4 Vitamin E capsules

$\frac{1}{2}$  c. beeswax

$\frac{1}{2}$  tsp lavender essential oil

4 tsp Honey

Heat olive oil and beeswax until melted over a double-boiler. Remove from heat. Add coconut oil and honey. Allow mixture to cool slightly and add aloe, Vitamin E, and essential oil. Whisk well to mix. Cool the mixture until set. Add to container for storage.

### **Cocoa Crazy Whipped Body Butter**

$\frac{1}{2}$  c. cocoa butter

$\frac{1}{4}$  c. sweet almond oil

$\frac{1}{4}$  c. coconut oil

Heat all ingredients in a double-boiler until melted. Freeze mixture about 20 minutes to set. Beat with the mixer or whisk until fluffy and stiff peaks form. Transfer to a container for storage.

### **Uplifting Rosemary Mint Body Butter**

$\frac{1}{2}$  c. shea butter

20 drops spearmint essential oil

$\frac{1}{4}$  c. cocoa butter

10 drops rosemary essential oil

¼ c. kukui nut oil

Heat all ingredients except essential oils in a double-boiler until melted. Remove from heat and allow to cool slightly before adding essential oils. Allow mixture to cool until set. Whip mixture until fluffy and stiff peaks form. Transfer to a container for storage.

### **Tropical Paradise Whipped Body Butter**

1 c. shea butter

¾ c. cocoa butter

1/3 c. beeswax

¾ c. mango butter

½ tsp sweet almond oil

4 Vitamin E capsules

15 drops mango essential oil

15 drops lime essential oil

20 drops sweet orange essential oil

Heat all butters and beeswax in a double-boiler until melted. Remove from heat and allow to cool slightly before adding all essential oils. Allow the mixture to cool until set. Beat with a mixer or whisk until fluffy and stiff peaks form. Transfer to container for storage.

### **Magnesium Sunscreen Body Butter**

This body butter will help thwart damage from the sun because of the addition of magnesium flakes. Magnesium is highly reflective and is considered to be generally safe when used as a sunblock.

½ c. unrefined coconut oil

¼ c. shea butter

¼ c. beeswax pastilles (pellet form)

1 c. magnesium flakes plus 6 Tbsp boiling water

Add the boiling water to the magnesium flakes and stir to dissolve. Allow it to cool to room

temperature. Meanwhile, in a double-boiler, melt the coconut oil, beeswax, and shea butter.

Remove from heat and allow to cool to room temperature. Transfer the oils into a separate bowl for mixing. Begin to blend the mixture with a mixer while very slowly adding the magnesium liquid a few drops at a time. Continue to mix until all the magnesium has been added. Place the mixture in the refrigerator for 20 minutes to set. Mix again to the consistency of a thick creamy body butter. Transfer to a container and store in the fridge up to 2 months.

### **Healing Body Butter**

The addition of tea tree oil adds healing and antiseptic qualities to this body butter recipe.

1 c. coconut oil

3 drops tea tree oil

½ c. shea butter

essential oils as desired (optional)

Heat the coconut oil and shea butter in a double-boiler until melted. Allow mixture to cool slightly before adding tea tree oil and essential oil. Allow the mixture to set before whipping to either a creamy consistency or to a whipped consistency. Transfer to a container for storage.

## **Silky Smooth Whipped Body Butter**

1 c. shea butter

3 Tbsp grapeseed oil

1 c. cocoa butter

8 capsules Vitamin E oil

½ c. apricot kernel oil

1 tsp essential oil of choice

Heat all ingredients except Vitamin E oil and essential oil in a double-boiler until melted. Cool slightly and add Vitamin E and essential oil. Allow mixture to cool until set. Beat with a mixer until mixture is fluffy and stiff peaks form. Transfer to a container for storage.

## **Velvety Rose Body Butter**

1 c. shea butter

½ tsp cornstarch

¼ c. jojoba oil

20 drops rose essential oil

½ tsp natural colorant infused oil (such as alkanet root in jojoba oil)

Heat shea butter and jojoba oil until melted in a double-boiler.

Remove from heat and cool

slightly. Add remaining ingredients and blend well. Allow mixture to set. Beat slightly with a mixer or whisk until mixture has a smooth and creamy texture. Transfer to a container for storage.

## **Smooth Legs Whipped Body Butter**

This recipe targets skin that has been irritated from shaving. It has soothing and emollient properties to help soothe the skin. There are no essential oils listed to keep the risk for irritation to a bare minimum.

1 c. coconut oil

¼ c. jojoba oil

¾ c. cocoa butter

4 capsules Vitamin E

Heat all oils and butters except Vitamin E in a double boiler until melted. Let the mixture cool a bit before adding the Vitamin E. Mix well. Place the mixture in the fridge until set. Beat with a mixer until it is light and fluffy and stiff peaks have formed. Transfer to a container for storage.

### **Sensual Milk Chocolate Edible Body Butter**

Yes, this body butter is actually edible as long as you use food-grade ingredients! What a yummy idea! Think of the possibilities!

1 ½ c. coconut oil

½ c. cocoa powder

2/3 c. agave nectar

2 Tbsp pure vanilla extract

Melt the coconut oil in a double-boiler and remove from heat. Let cool a bit before adding the rest of the ingredients. Mix well. Place in the refrigerator until the mixture is set. Beat the mixture until it has a creamy texture. Transfer to a container for storage.

### **Orange Creamsicle Whipped Body Butter**

For those who love the old-fashioned orange creamsicle ice cream bars, I have created this delectable body butter!

$\frac{3}{4}$  c. coconut oil

2 Tbsp Vitamin E oil

$\frac{1}{2}$  c. cocoa butter

$\frac{1}{2}$  tsp sweet orange essential oil

Melt the coconut oil and cocoa butter in a double-boiler. Allow the mixture to cool slightly before adding the Vitamin E and essential oil. Blend well and place in the fridge until set. Beat the mixture with a mixer until it is fluffy and stiff peaks form. Transfer to a container for storage.

### **Vanilla Dream Whipped Body Butter**

2 c. cocoa butter

1 c. sweet almond oil

1 c. coconut oil

2 whole vanilla beans

Grind the vanilla beans in a food processor or coffee grinder until very fine. Melt cocoa butter and coconut oil in a double-boiler. Remove from heat. Allow to cool a bit before adding the almond oil and vanilla. Place in the freezer for about 20 minutes until set. Beat with a mixer until stiff peaks form. Transfer to a container for storage.

## **Chapter 5:**

### **Why Stop There? Additional Recipes for**

### **Rejuvenating the Rest of You!**



This chapter will be devoted to recipes for caring for your skin in other ways. Do your feet need a pick-me-up? Do you want to make your own perfume? Would you like to make a safe, aluminum-free deodorant? You will find these recipes and more in this chapter.

But, before we jump into the recipes, let me give a brief word about ingredients. Again, we wish to avoid the nasty stuff as described in chapter 2. We also would like to keep the recipes organic.

Bear this in mind when you look through the recipes. The same rules apply here as they did with body butters: these recipes are 100% customizable. If you do not like an ingredient, substitute it.

If you like a different essential oil, use that instead. There are no hard and fast rules with DIY

skin care. It is for your skin. I am giving you some suggestions. Take them, change them, add to them, subtract from them. Make them your recipes. That is what DIY is all about: making what works for you.

## **Recipes for the Rest of You**

### **Oatmeal Facial Cleanser**

1 c. steel-cut oats (not instant)

1 egg

2 Tbsp whole milk

1 Tbsp brown sugar

1 tsp sweet almond oil

Grind the oatmeal in a food processor or with a mortar and pestle. Add the remaining ingredients and mix well. It should be a thick paste. If it is too thick, thin it down with a little water. Massage the

cleanser into your face for a couple minutes. Rinse with a washcloth and warm water.

### **Green Tea Antioxidant Toner**

Even as adults, we sometimes wake up with blemishes that appeared overnight. This toner provides a powerful boost of antioxidants to soothe and calm the skin and to help eliminate the blemishes.

3 bags green tea

1 mg acai extract

5 drops tea tree oil

2 drops geranium essential oil

1 mg green tea extract

1 drop eucalyptus essential oil

Place the tea bags in a jar that can be sealed. Pour boiling water over the tea bags and steep for about 10 minutes. Cover the tea bags as they steep to preserve any volatile ingredients in the steam. Allow the liquid to cool to lukewarm temperature and then carefully remove the tea bags.

Add the remaining ingredients to the liquid and mix well. Cover and keep in the refrigerator for up to a month.

### **Bees Knees Acne Fighter**

2 Tbsp honey

20 drops tea tree essential oil

2 Tbsp aloe vera juice

1 g Vitamin C (preservative)

Mix all ingredients together in a bowl. Transfer to a lidded jar and store in the refrigerator for up to 6 months.

### **Stimulating Katmandu Tea Soak**

This is a delightful bath salt recipe to wake up your senses and get the blood flowing. Make sure the salts have dissolved before entering the tub, unless you don't mind exfoliating your behind!

1 c. epsom salts

2 Tbsp baking soda

2 c. green tea (brewed strong)

2 drops lavender essential oil

2 c. grapeseed oil

2 drops frankincense essential oil

Combine all ingredients in a bowl and blend well. Place mixture in an airtight jar until needed.

To use, add ½ cup of the salts to a hot bath and allow the salts to dissolve.

### **Mint Citrus Bath Bag**

This recipe is for an herbal bath. Putting herbs in a bath will make a mess and clog your drain, so use a muslin or cotton drawstring bag to hold the herbs (which can be washed and reused!) to scent your bath.

2 c. dried lemon peel

¼ c. dried peppermint leaves

1 c. dried lemongrass

¼ c. bay leaves

½ c. green tea leaves

1 drawstring bag, 3"x4"

Combine all ingredients in a bowl and mix well. Store the mixture in an airtight jar. For a bath, fill the bag with the mixture, close the bag, and place it under the running bath water to infuse the water with herbal goodness! Allow the contents of the bag to dry, empty it, and wash your bag for another time.

## **Hand Revitalizer and Cuticle Repair**

### *Part 1: Cuticle Repair*

1 c. brown sugar

4 drops lavender essential oil

1 c. grapeseed oil

2 drops sandalwood essential oil

10 drops vanilla extract

Mix all ingredients in a wide-mouthed jar. Seal until needed. Place fingers into the mixture and move it about to massage the mixture into the cuticles and knuckles. Rinse hands immediately to remove any excess oil. Dry. Apply Hand Revitalizer Cream.

### *Part 2: Hand Revitalizer Cream*

1 oz beeswax

2 Tbsp sweet almond oil

2 lemons (need the juice)

4 drops lavender essential oil

10 drops lemon essential oil

Heat the beeswax in a pan just until melted. Add the remaining ingredients and stir well. Add mixture to a jar. Shake the jar occasionally until the mixture has a smooth and creamy texture.

Store until needed.

### **Tired and Achy Foot Soak**

This is a fizzy bath bomb recipe to relieve and deodorize hard-working feet. The basic recipe will

not change, so the essential oils and salts can be altered to create any number of combinations for smaller bombs (like these) or use a bigger mold for a bath fizzy.

1 c. baking soda

½ c. filtered or distilled water

½ c. cornstarch

10 drops peppermint essential oil

¼ c. epsom salts

10 drops tea tree oil

Mix all ingredients in a large bowl. Squash the mixture into a plastic or silicone ice cube tray and let dry. Store the cubes in an airtight container until needed. If you want a pick-me-up, use 1

cube in your foot bath. If you want a fizzy soak, then use 3 cubes in your foot bath.

## **Oily Hair Rescue Conditioner**

This is for people like me who have perpetually oily hair. The recipe can be altered to your hair color: blond or redhead (or brunettes who would like it lightened a little) can use lemon juice; brunettes or darker haired people can use apple cider vinegar as listed.

2 c. jojoba oil

10 drops rosemary essential oil

1 c. apple cider vinegar

10 drops sage essential oil

4 tsp brown sugar

19 drops tea tree oil

Mix all the ingredients in a glass jar and stir or shake well until all the sugar dissolves. Store until needed.

To use, apply to dry hair, starting at the scalp and working your way to the ends of the hair.

Massage the mixture into the scalp to help unclog pores and slough away dead skin cells. Comb your hair thoroughly. Do not rewet your hair, just add a mild shampoo and only add water when the oil has dissolved in the shampoo. Lather and rinse.

## **Basic Perfume**

This is the simplest recipe for a DIY perfume. It can be any scent you wish; I am leaving it up to you. There are fancy recipes involving herbs and spices, but this is the basic recipe.

½ oz vodka

5 drops essential oil of choice

1 Tbsp distilled water

Add the vodka and essential oil to a dark glass bottle and shake to blend well. Leave the mixture in a dark place for two days for the oil and vodka to mix properly. After 2 days, add the water to the mixture and shake well again. Place it back in the dark location for 2 more days (or, if you want a stronger perfume, a few days more). Pour the perfume into a spray bottle for use.

### **Herbal Deodorant**

This invigorating scent can be worn by men or women. Be sure to shake the bottle well before each use. It can also be used as a refreshing facial splash.

2 c. vodka

2 drops juniper essential oil

4 Tbsp witch hazel

2 drops lemon essential oil

6 drops tea tree oil

Sterilize a pump bottle. Add all ingredients to the bottle and shake well.

### **Herbal Insect Repellant**

This spray should keep even the peskiest critters away!

2 c. vodka

10 drops thyme essential oil

20 drops citronella essential oil

10 drops catnip essential oil

20 drops eucalyptus essential oil

Mix all of the ingredients in a spray bottle and shake well. Spray generously on clothing and skin, but avoid the eyes.

\*If you want to use this as an insect repellent in oil burning lamps, replace the vodka with 1 oz of grapeseed or other light oil.

## **Chapter 6:**

### **What Happens If...? And Where Can I Find**

#### **the Materials?**

While these recipes have been tried and true, something may go wrong. Do not fret. Body butters are pretty forgiving. This chapter will give you tips on how to salvage a body butter that didn't whip or some other issues you may encounter. And where do you find the ingredients? There is a section devoted to suppliers of the raw ingredients for your convenience.

#### **Troubleshooting**

The biggest problem you may encounter is that a batch of body butter will not whip up correctly.

The main cause of this is that the oils are too warm. Warm oils will not whip. You may salvage the batch by putting the mixture in the refrigerator for about an hour to ensure the oils are cold.

Then, try whipping it again. If you do not get the nice fluffy whipped body butter, you will probably end up with a creamy body butter instead.

Another problem is a funky smell or odd growth on the butter. Both of these issues should cause you to throw the batch in the trash. A bad smell is that at least one of your oils turned rancid, perhaps from keeping it too warm or not adding enough preservatives (like Vitamins E or C). A growth is microorganisms. Again, the storage



temperature may have been too warm, allowing bacteria or mold to grow.

What about odd reactions to ingredients? Your skin may become red or itchy. Do not use that recipe any more! There is an ingredient in it that your skin does not like. If you feel it could be from a nut oil or from an essential oil, change the formulation to exchange the offending oil or omitting the essential oils altogether. Your skin is the best judge. Listen to it.

## **Suppliers**

Your local farmer's market may be a way to find some organic ingredients. Your supermarket or health food store may be another source. But what about buying in bulk? Or finding essential oils? Or glycerin? For many of the ingredients used in the recipes in this book, some online retailers may be your best friend. Many of them offer organic alternatives and will list the necessary information about essential oils to help you make decisions.

### **Mountain Rose Herbs**

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

Mountain Rose Herbs offers a wide variety of products for DIY skin care crafting. They carry essential oils, carrier oils, botanicals, and many other products.

### **Skin Actives Scientific**

[www.skinactives.com](http://www.skinactives.com)

Skin Actives is a supplier for specialty skin care ingredients and offers reasonable pricing and shipping.

### **Organic Infusions, Inc.**

[www.organicinfusionswholesale.com](http://www.organicinfusionswholesale.com)

Organic Infusions offers a full range of certified organic, wild-crafted, pesticide-free, select farm, and GMO-free essential oils and hydrosols. They claim that their sources all conform to a strict code of sustainability, no child labor, no animal products, and no animal testing.

### **Source Vital**

[www.sourcevital.com](http://www.sourcevital.com)

Source Vital offers essential oils, hydrosols, and essential oil blends for aromatherapy and holistic healing. They are 100% holistic, organic, all-natural, with no animal products.

### **Eden Botanicals**

[www.edenbotanicals.com](http://www.edenbotanicals.com)

Eden Botanicals offers organic essential oils and absolutes. They carry hard-to-find, rare, and unusual oils (I saw a butter essential oil, for example).

### **Bulk Apothecary**

[www.bulkapothecary.com](http://www.bulkapothecary.com)

Bulk Apothecary is a full-spectrum supplier for DIY skin care crafters. They offer organic essential oils, botanicals, carrier oils, jars, etc.

### **Bramble Berry**

[www.brambleberry.com](http://www.brambleberry.com)

Bramble Berry is also a full-spectrum supplier for DIY skin care products including organic essential oils, carrier oils, botanicals, jars, colorants, additives, etc.

### **Conclusion**

Now that you know the ins and outs of DIY body butters, you can begin crafting your own recipes, or branching out and creating other types of products. This book gave you the basics and a foundation to build upon. One way to reduce the amount of toxins in your body is to be more diligent about what you put on your skin, in the form of moisturizers and skin care products.

While this book gave recipes for body butters and some other skin care products, it doesn't end there. This is just a starting point. All it takes is a little creativity and a willingness to experiment.

If you create your own DIY skin care products (moisturizer, perfume, makeup remover, soap, deodorant, etc.), think of all the chemicals that will no longer be posing a hazard to you. Plus, you will have the added bonus of using scents you like. You have complete control over what you use. Because of this flexibility, you can create exactly the products you want when your skin needs them. You can alter them at any time. Most of the recipes are small batches, so you will eliminate waste when a big bottle loses its potency (or you find out it does not work well with your skin). A smaller batch will also be more conducive to experimentation: you will not be wasting lots of ingredients if a batch turns out to be a bust.

Once you begin crafting your own skin care products, your body will thank you by glowing radiantly. My hope is that it will spur you on to bigger and better things: creating all your own products. Let the cosmetics companies keep their toxic cocktails.

And it all boils down to money, doesn't it? With these recipes, the cost may appear to be a little steep at first, but how many of the recipes call for a pound of shea butter? Every ingredient you purchase can be used in a multitude of products. Add up the costs of all the products you can make from any set of raw ingredients you purchase. Then, add up the cost of the same amount of commercial products. Your wallet will thank you because, let's face it: chemicals and petroleum are expensive while renewable plant products are not. Then, factor in the safety and true nourishment from the DIY

products versus the commercial products. DIY products come out way ahead!

In short, this book is just to get your feet wet and to give explain why you're better off making

your own skin care products. Once you nail down the basics, the rest will come very easily. DIY

skin products can give you the youthful, gorgeous skin you want. And body butters are a very good start to creating an organic skin care regimen that will transform your skin. And it will do that without breaking the bank. I would much rather use jojoba oil on my face instead of a \$300

cream loaded with carcinogenic and toxic chemicals. What about you?

Coconut Oil Hacks

*19 Life Changing Coconut Oil Hacks for Weight Loss, Radiant Health &*

*Beauty Including Amazing Coconut Oil Recipes*

*Ella Marie*

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## **Introduction**

Coconut oil has a well-deserved reputation as a superfood, with health benefits such as fat loss, enhancements in blood cholesterol and improved brain function.

If you are curious as to whether it's possible for all of these claims to be true, then I am happy to tell you that the facts are valid!

Throughout this book I am going to explain some amazing ways that you can use coconut oil to lose weight and improve your overall health. You're going to learn how to boost your energy naturally, curb your junk food cravings and improve your skin—all thanks to this very abundant, incredible natural oil!

I'm not going to just teach you the theories that surround coconut oil either; I'm going to give you tips, tricks and recipes that you can use

right away to start gaining all the benefits that coconut oil offers! And it will all happen very fast.

So, if you've spent years asking if there is an easier way to lose weight and increase your energy... Yes, there is! And this book will explain it all.

If you've spent years wondering whether there are ways to care for your skin without medications or dangerous chemicals... Yes there is!

If you've looked at coconut oil and have always wondered how this natural oil can produce so many versatile and amazing health benefits, then read on and let me tell you!

## **The Science Part**

If you're anything like me, you will have purchased many books in the past which tell you, "look at this super food, it has all of these benefits!" But even if you try and try to find proof of these claims, you can't find anything—a much too common outcome.

This book won't be like that. It's important for me that you can read through this publication with the confidence that what I'm telling you is based on facts.

## **Saturated Fats**

The first thing to make clear is that coconut oil is high in saturated fats; it is one of the richest sources of saturated fats known to man!

Many people immediately shy away from saturated fats due to research carried out in the 1950's by Dr. Ancel Benjamin Keys, which linked saturated fats to higher blood cholesterol and heart disease. At the time, it was convincing evidence.

These findings came about at a time when Americans were looking for answers as heart disease, which had once been very rare, had suddenly become the country's number one killer. People wanted

answers to this problem and unfortunately, saturated fat became the scapegoat.

Dr. Keys carried out the “Seven Countries” study in 1958, which was the biggest nutrition study to date. This study examined the relationship between lifestyle, diet, coronary heart disease and stroke. Key points were made, but not all the theories put forth were valid.

Prior to the study, it was often thought that heart disease was just a natural part of getting older, but Dr. Keys' study appeared to prove that nutrition could also be a contributing factor—a true statement, as diet is directly tied into health and overall quality of life.

The findings from this study formed the foundation of the Mediterranean diet, which was publicized by Dr. Keys in a book in 1975.

In 1961, Dr. Keys landed a position on the nutrition committee of the American Heart Foundation, and in that same year, the AHA issued guidelines targeting saturated fats.

This is when it all started...

The US Department of Agriculture followed suit in 1980. Politics greatly influenced these actions, a fact that any health skeptic should assess.

Further trials were carried out in the 70's, including some which pitted diets high in vegetable oils against diets high in saturated fats. The findings seemed to back up Dr. Keys' hypothesis. It was all sounding very legitimate.

Then in 1977, Mark Hegsted, a nutrition professor at Harvard, persuaded the US Senate to recommend the Mediterranean diet to the entire nation, saying that the benefits were clear for everyone to see and that there were no identified risks.

All of this seems to be sound information, right?

Unfortunately, there were a lot of flaws in the studies—too many to list.

### **Flaws With the Studies**

The flaws started with the Seven Countries study. The countries in the study were not chosen at random, as would be the appropriate, scientific thing to do, but they were specifically selected because they would likely back up Dr. Keys' beliefs. When influential factors aren't chosen at random, results will be very one-sided.

Countries like France, Switzerland, Sweden and West Germany, where people consumed a lot of fat but don't suffer from high levels of heart disease, were excluded from the study. These are some countries which should have been looked at more thoroughly.

Our understanding of the Mediterranean diet came from the people studied in Crete. These people appeared to live long into old age following a diet which included a very low intake of saturated fat.

However, these findings were flawed, as Dr. Keys visited Crete following World War II when the country was suffering extreme hardship and he measured their diets during lent. In other words, at a time when a lot of people on the island had given up meat and cheese; this meant that he vastly underestimated their consumption of saturated fats.

This was not the best time to conduct a fair and balanced assessment for a case against saturated fat.

Worst of all, his findings relied on data taken from only a few dozen men—hardly enough to make such strong claims. When studying a population, hundreds should be assessed, at a minimum.

These flaws were only revealed in 2002 in a report by scientists investigating the research from Crete, a long time after the



misinformation had been used to recommend the diet which many of us follow today. This means that for nearly half a century, people have been following flawed advice.

On top of that, the studies carried out in the 70's were incredibly faulty; they did not account for people's smoking habits and there was very little regulation of the participants throughout the experiment.

Worryingly, people had already been warned about the unintended consequences that could be caused by this diet, and these claims appear to have been correct because we are facing a lot of these issues today!

Saturated fat has been cut out from the Western diet, but we as a people are staying sick—

something does not add up here.

## **Unintended Consequences**

For a start, keeping a diet lower in saturated fats has led to us eating at least 25% more carbohydrates since the early 1970's. This is a factor that should be looked at and assessed.

Evidence dating back to the 1950's suggests that excessive amounts of carbohydrates can lead to obesity, type II diabetes and heart disease. Over time, this theory has proven true and correct.

Another aspect that should be changed and will be explained in this book is the consumption of vegetable oils, as the amount of vegetable oils in our diets has risen substantially in the last 100

years.

This is the single biggest increase in consumption of any type of food over the past century.

Early clinical trials found that people following diets involving a lot of vegetable oils were found to have higher rates of cancer and gallstones. Surely, no person wants to deal with these types of health issues.

## **The Data Doesn't Lie**

If you aren't completely convinced by everything explained above, let's talk about why you should reassess your views.

A study performed by Cambridge University which was published in the *Journal Annals of Internal Medicine* in March, 2014, came out with two significant findings: To begin with, they said, "Saturated fat does not cause heart disease." This statement sounds crazy, right?

This is a significant claim, but the figures back it up! The study focused on data from over 600,000 participants from seventy-two countries, and it found that the subjects' total consumption of saturated fat was not correlated with heart disease.

The second big finding is that polyunsaturated fats, which we have assumed are important in keeping our hearts healthy, have adverse effects.

In a different study in February, 2015, led by University of the West of Scotland, researcher Zoë Harcombe discovered that this link was never proven.

Professor Iain Bloom from Douglas Gordon University followed this up by saying that the advice to stop eating clean, fatty foods should never have been given.

So, as you can see, saturated fats are not evil substances that need to be eradicated from your diet. In fact, excluding saturated fats from your diet could put you at risk of heart disease! Once again, this is a claim that shatters all that society has been taught for the past sixty years.

Put plainly and simply, saturated fats are an important part of a healthy diet.

## **Why You Need to Stop Cooking with Olive**

### **Oil Today!**

Olive oil is a fat obtained from the olive, a fruit found in most of Europe and Africa, that provides a wide array of benefits.

This oil is most often used for cooking, especially as part of the Mediterranean diet, but is using it as such a good idea?

Not really...

The main reason to recommend this particular oil is because it is made up of unsaturated fats, but when heated, this can alter the structure of the oil.

Olive oil actually does have a lot of health benefits; for example, the monounsaturated fats and polyphenols can help improve insulin resistance and help fight cancer. This has been proven.

### **Why Heating Olive Oil is a Bad Idea**

The big problem with olive oil is that the components that produce the health benefits are destroyed in the cooking process. All that is good is pretty much lost when heated.

Monounsaturated fats, polyphenols and omega fatty acids are all damaged or destroyed at high temperatures. The reason that this happens is because of the molecular structure—once heated, it changes.

Unsaturated fats contain double bonds—double bonds are chemical bonds between two different atoms—and they are unstable at high temperatures. Coconut oil maintains this structure at high temperatures.

What this means is that if you want to receive the health benefits promised by olive oil, you shouldn't be cooking food with it. You must consume it raw. Cold-pressed organic olive oil shines in salads!

## **Why Cooking With Coconut Oil is Better**

As stated previously, coconut oil is made up of saturated fats, which are a lot better for use in cooking because of their molecular structures. They do not contain double bonds and they are not sensitive to heat, which means the molecular structure will remain intact after cooking. These structures are much stronger!

So, if you want to receive the many health benefits from the oil that you use to cook your food, use coconut oil.

## **Need an Energy Boost?**

I'm sure that being tired and exhausted is an aspect of life that a lot of us could do without. So, if you often feel lethargic and sluggish, you will be happy to know that you can get yourself a nice, quick energy boost with coconut oil. It's very simple to do.

## **How Does Coconut Oil Boost Energy?**

The reason you get an energy boost from coconut oil is because it is made up of lauric acid—a medium-chain triglyceride otherwise known as "MCT." MCTs act like instant energy.

Unlike long-chain triglycerides, which are found in other saturated fats, MCTs are not stored as fat. Instead, they are sent directly to the liver where they are converted into energy at a very quick pace. Think of it as consuming an energy drink but without all the preservatives and sugars.

In recent years, MCTs have been used as an alternative energy source by athletes on high-protein, low-carb diets. Tests have been carried out on mice to see the effects MCTs have on energy and endurance, and the results have been encouraging. These tests

compared mice fed a diet containing MCTs, to mice fed a diet containing LCTs. Researchers found that the mice fed MCTs outperformed the mice fed LCTs, and they showed higher levels of productivity as well.

## **How Can the Energy Boost Help Weight Loss?**

If you can obtain an energy boost just before a workout, then your athletic performance will be improved. This, in turn, will help with weight loss. It really can improve metabolic function.

Remember, MCTs cannot turn into fat, so if you don't engage in any exercise after consumption, you won't put on any further fat. This is a great alternative to eating high-carb foods or sugar-rich drinks. Sugar is stored as fat and will add pounds to a person, but the consumption of fat does not.

Another characteristic to note is that the energy boost gained from MCTs does not result in a crash afterwards. How's that for a productivity booster?

## **Conclusion**

This information makes it clear that coconut oil should be recommended for any person who wants to increase their energy. This may include people recovering from major surgery, people wanting to enhance their athletic performance, or people just wanting to stay productive for a long day of work.

All you need to do to benefit from this energy boost is add two tablespoons of coconut oil to your daily dietary regimen. This will boost your energy levels by 5% for a full twenty-four hours! It truly works, so try it today!

## **Curb Those Cravings With Coconut Oil!**

If you often find yourself feeling hungry or craving food throughout the day like most people, then you know how difficult it can be to

stick to a strict diet when you want to lose weight.

The worst thing about these cravings is that most of the time, when you have an urgent feeling for food, you don't choose the healthiest food available, but the most convenient. This happens far too often.

So it's true that less hunger will allow you to maintain your healthy, nutritious meal plan, and you will therefore lose weight quicker.

But, unfortunately, saying that you want to feel less hungry is a lot easier than actually feeling less hungry. Unless, of course, you have coconut oil on hand!

So how does it work?

### **Fighting Sugar Cravings with Coconut Oil**

Coconut oil is a great supplement to help make you feel full faster, avoid overeating, and curb cravings—especially sugar cravings. Saturated fat has that effect on the human body.

The reason that we crave sugar is because it is a rich source of energy. Back in early human history, calories were not something our ancestors could easily obtain. So their bodies developed cravings for sugar so that they would be compelled to go out and find more caloric foods. This is the “hunter/gather” era of our human history.

Today, it is a lot easier to obtain and consume sugar, and it is estimated that our consumption has increased from 4 to 8 pounds per year during Paleolithic times, to over 100 yearly pounds of sugar today. Imagine yourself eating 100 pounds of pure sugar per year.

This has obviously had an impact on the rise of diabetes and the fact that heart disease is the leading cause of death in the United States. This is one of the big reasons why many people are so unhealthy today.

### **How Does it Work?**

The MCTs in coconut oil that we spoke about earlier help you feel full and curb your cravings.

When the MCTs are processed by your body, they form ketone bodies that help reduce hunger.

These ketones are great for curbing one's appetite.

So, simply by cooking your food in coconut oil, you'll find that you will become full much quicker than you usually do. Just this simple swap can combat those nasty sugar cravings.

These MCTs also boost our energy (as discussed in the previous chapter), which means that coconut oil can be used to replace sugar as a source of energy. So MCTs not only make you feel full quicker, but they also help fight the sugar cravings. It's a win-win situation.

### **How to Use It**

The simplest way to use coconut oil to help you feel full and curb your cravings is simply to add two to three servings into your diet every day. This could simply be accomplished by taking a nice big spoonful in the morning.

There are also two extra special ways to use coconut oil for curbing cravings and giving you an energy boost. The first is just to eat two tablespoons (on its own, straight off the spoon) of coconut oil—this will immediately give you an energy boost and it will keep you from feeling hungry for up to four hours!

The second is by using the awesome recipes in the recipe section at the end of this book. Don't forget to check them out!

### **Burn Calories While You Sleep!**

In the modern world, most of us don't live the kind of lifestyle that helps us naturally stay fit or sleep well. Most of us sit at a desk at

work all day and then come home to watch TV or stare at a computer. It's a very sedentary way of living.

Unless we have healthy diets or we use our own time to exercise, we will probably start to put on weight. Unfortunately, this is all too common.

With our current lifestyles, we need to find other ways to keep ourselves in shape, and what better way to keep in shape than to eat a food that will burn calories when you're resting?

Imagine that—keeping fit as you sleep!

### **How Does it Work?**

The reason coconut oil burns calories while you're resting is because it causes an increase in your metabolism. Metabolic function is crucial to maintain and coconut oil can help you keep it efficient.

When your body is digesting and processing food, it usually burns 10% of the calories you consume. So if you consume 250 calories, 25 of them will be used to turn the food into energy to fuel your body.

However, if you eat a 250-calorie meal and replace the vegetable oil or butter with coconut oil, your metabolism will speed up and burn around 15-20% (37.5-50 calories) of what you've consumed. That's a dramatic increase!

This is due to the way our bodies digest the molecular structure of this oil, and it all relates to the MCTs we discussed earlier and how they are directly routed to the liver and burned for fuel.

In a study carried out using oil made up of MCTs, they had thirty-one overweight men and women follow a diet that included just over a tablespoon of oil for women and just under 2

tablespoons for men. Some of the group had olive oil, and some of the group had the MCT oil.



After four months, the olive oil group lost around three pounds, but the MCT oil users lost an average of seven pounds—that's more than double! Seeing as the group with MCT oils lost 233% more weight than the olive oil group, I'd say that's pretty convincing.

The researchers suggested that the boost to the metabolism produced by MCT played a role in the weight loss.

### **How to Use It?**

You can use coconut oil to boost your metabolism simply by cooking with it in your daily meals.

And yes, this means you may have to cook more often.

Simply replace the vegetable oil that you usually use to cook your food with coconut oil for a nice boost to your metabolism.

Another great way to make use of this metabolism boost is to add it into smoothies, as well. Not only will this give your smoothie a nice coconut flavor, but it will help to curb your cravings and boost your energy.

If you consume a lot of energy drinks then this can be a nice, natural replacement which will help cut all of those chemicals, sugars and caffeine out of your diet. This is something that more people should be doing anyway.

There is a delicious smoothie recipe for you to try at the end of this book.

So, if you're going to be sitting around at work all day—simply add some coconut oil to your meals and you will be able to burn those extra calories.

Why not give this a try?

### **Lose That Belly Fat!**

Belly fat is a tough one.

One of the biggest problems when you are trying to lose weight is that the fat never seems to drop off in the places that you want it to. The midsection is a difficult area of the body to maintain.

If you are trying to drop the weight from your waist, you will probably find that it will come off your face or arms first! No matter how much you diet or exercise, it will never disappear in quite the way you want it to.

It's vital to look at the potential causes of belly fat if you want to lose it correctly.

### **How is Belly Fat Caused?**

One cause of belly fat can be anxiety and stress; this is because anxiety and stress cause a number of side effects, one of which is weight gain.

When you suffer from anxiety and stress you are likely to eat more foods of poor quality, which are high in sugar and refined carbohydrates. It is also known that the fat seems to build more around the abdominal area when you are suffering from stress. This has been proven.

Thankfully, along with the energy increase, metabolism boost and appetite suppression, coconut oil has mood boosting qualities to!

### **How Can Coconut Oil Boost Your Mood?**

The MCTs (there they are again!) inside coconut oil help to balance the hormones that reduce stress and anxiety. It's like an extreme endocrine equalizer!

They also help to fuel the brain's production of serotonin, which is a big contributor to feelings of well-being and happiness. More serotonin equals a happier person.

**How Eating Coconut Oil Will Help Lose Your Belly Fat** If stress and anxiety help cause belly fat, then the best way to help reduce belly fat is to find a way of reducing your stress and anxiety.

If this becomes part of your daily routine, it will also help reduce the chances of you suffering from stress and anxiety in the future, which may cause you to put the belly fat back on. It's all about balance.

Another reason why coconut oil will help reduce belly fat is because of its qualities for curbing sugar cravings. Sugar helps build belly fat, and when you cut down on your sugar intake, you will find that your belly fat will quickly start to go away.

Additionally, if you are more energized you will perform better when you work out, and this will directly impact the results of your workouts.

So, it isn't just one feature of coconut oil that helps you lose the belly fat, but all of the qualities combined that will start to burn off your belly fat and keep it off for life. It's like a giant puzzle that needs to be put together.

A great way to use coconut oil for stress reduction is to apply coconut oil to your head and to massage it in a circular motion. You can either use the coconut oil by letting it melt on your fingers, or you can melt it first and apply it to your skin while it is a little warm. By using it to massage your head, it will soothe you and it help lower your stress levels.

Of course, the most effective way of using coconut oil is to consume more of it in your diet, so make sure you are consuming at least one tablespoon of coconut oil per day.

You can eat it right off the spoon and you can use it to cook your food. Both will give you all of the benefits as discussed so far in the book, and will help you get rid of that stubborn belly fat!

Trust me, this works!

## **Combat Heart Disease With Coconut Oil**

Heart disease is still a major problem in developed countries.

I know that you have probably heard people saying that all saturated fats are bad throughout your entire life and it's hard to believe otherwise, but science has pretty much disproven that theory by now. Saturated fat is not the problem.

The saturated fats in coconut oil are great at increasing the good form of cholesterol and, accordingly, reducing the bad type. In other words, by consuming saturated fats, a person can actually help fight heart disease.

Sounds crazy, right? Eating fat to fight heart disease?

### **Understanding the Different Types of Cholesterol**

It can all be a bit confusing...but let's break it down simply.

There are two different types of cholesterol:

One is called HDL, and the other is called LDL.

LDL cholesterol is also known as the "bad" cholesterol, and has been deemed this way because it is known to block the arteries and cause heart disease. This is, at least, what Western medicine preaches.

In reality, there is only one "cholesterol," but the different variations do different functions.

Now HDL cholesterol acts in a way which can reduce the risk of heart disease by removing LDL

cholesterol. It also converts the cholesterol in the bloodstream into a usable form, which in turn helps reduce the plaque buildup in the arteries and circulatory system. It's quite an amazing arrangement.

HDL cholesterol helps in maintaining the inner walls of blood vessels and circulatory system overall. What people must understand is that damage to the inner walls is the first step in the process of atherosclerosis. Atherosclerosis is actually what causes heart attacks and strokes, and is still all too common today.

HDL cleans the walls of the arteries and helps to keep them healthy and functioning efficiently.

## **How MCTs Can Fight Heart Disease**

Yes, I'm talking about MCTs again because their abilities are quite extensive!

I'm specifically talking about the fatty acids found in MCTs, which are called medium-chain fatty acids (MCFAs). What's great about MCFAs is that they are able to kill dozens of disease-enabling organisms, and this can be very useful in the fight against heart disease and keeping your overall circulatory system healthy.

In the 1970s, scientists discovered that chickens infected with the herpes virus began to develop atherosclerosis—a strange outcome.

In the 1980s, these same discoveries were found in humans who were infected with different bacteria (e.g. *Chlamydia pneumoniae*) and certain herpes viruses.

A study carried out at Baylor College of Medicine found that close to 70% of patients undergoing surgery for atherosclerosis carried antibodies relating to cytomegalovirus (CMV), a respiratory infection. These were alarming results, to say the least.

Studies have continued to be carried out on animals, which has provided more convincing evidence that bacteria contribute to chronic inflammation and plaque formation. Inflammation is a real killer, and more people need to understand it as such if they are to get healthy.

## **How Does Coconut Oil Fight Heart Disease**

To start, coconut oil is incredibly high in HDL cholesterol, so when you consume it you will be helping to clear the LDL cholesterol from your system and you'll be protecting your heart. HDL

is great at cleaning things up.

As you can imagine, if you aren't consuming much in the way of saturated fats at the moment, you may be clogging up your arteries and you won't have anything to help break this down.

There is a balance to attain here.

Also to note, the liver is mostly responsible for controlling cholesterol levels, so maintaining a healthy liver can drastically improve your cholesterol numbers.

As stated previously, coconut oil contains a lot of MCTs. This means that consuming coconut oil can bring out all of the infection-busting properties contained in the MCFA's.

Remember as we discussed earlier, how places like Sri Lanka used to eat coconut oil as their primary dietary fat and their death rate from heart disease was one of the lowest in the world?

This finding makes sense, and demographic studies have proved it time and time again.

Over the past few years, coconut oil consumption has dipped in Sri Lanka, being replaced by vegetable oils and margarine like Western countries, and consequently, heart disease rates started to rise. Similar trends have begun to occur in areas of India as well. These numbers don't lie.

So, if you want to avoid dying from heart disease, the answer is to add coconut oil to your diet as soon as possible! Start today!

## **How to Use Coconut Oil to Fight Heart Disease**

The first step in using coconut oil to fight heart disease is simply by using it in any way possible!

Follow the recipes I have listed at the end of this book and start consuming coconut oil today.

Your body will feel the benefits almost immediately.

It doesn't matter how you get coconut oil into your diet, either; you can cook with it or eat it right off the spoon, both methods are equally as effective.

## **Coconut Oil Cosmetics**

It is also true that coconut oil can provide great improvements to the skin and hair.

Science claims that you can use this superfood for anti-aging benefits, hair care and to clear up acne. Many studies have shed light on this topic.

In this chapter, I'm going to run through all of the different cosmetic benefits that coconut oil can provide and explain the science behind such great beauty advantages.

### **Anti-Aging**

The first of the cosmetic benefits provided by coconut oil is the way that it can be used to heal the skin from acne and reduce wrinkles. This applies to sun-damaged skin as well.

The antibacterial and anti-fungal properties of coconut oil aid skin healing and can especially help heal damage caused by overexposure. Coconut oil is also rich in antioxidants and other vitamins, which if you didn't already know, helps the skin to heal effectively.

The wrinkle-reducing nature of coconut oil is the most exciting of its anti-aging properties—it reduces wrinkles in the following ways:

Coconut oil's natural moisturizing properties are brilliant for preventing skin dryness—all you need to do is simply rub it into your skin daily. The recommended frequency is twice a day, morning and night.

Coconut oil also contains an essential emollient—an emollient is an agent that helps to soften the skin—and this can help you minimize wrinkles and keep your skin nice and soft. Softer skin is better skin. Who wouldn't want softer skin anyway?

The antioxidant properties I spoke about earlier help prevent aging caused by free radicals.

Evidence shows that we age because our cells accumulate free radical damage over time, and this is proven to be true.

Antioxidants slow the aging process by stopping the free radicals from oxidizing and by preventing them from forming. This is why a hearty intake of antioxidants is recommended for those looking to age well. Organic vegetables help in this process substantially. In combination with coconut oil, vegetables will add nicely in combating the effects of aging.

## **Acne**

Extraordinary improvements have been found in acne sufferers using coconut oil. If you've never looked into acne before, it is caused by an infection in the openings of sebum glands.

These glands secrete oils to keep the skin from drying up and cracking, and they're necessary for skin health so their maintenance is very important.

They can become clogged up bacteria, and when this happens, the area begins to become inflamed, red, swollen and painful. This is acne!



Coconut oil can provide fantastic improvements for acne sufferers, whether used on its own or alongside other treatments. And don't be concerned—as most people are—about using something oily on acne-prone skin. Remember, this oil is good for the skin.

One of the biggest reasons that coconut oil helps is because it includes capric and lauric acid, which are two of the most powerful antimicrobial agents in the world. Many studies have shed light on these antimicrobial agents.

When these acids are applied to the skin, microbes on the skin convert it into monocaprin and monolaurin, which have antibacterial, antiviral, and anti-fungal properties. It's a reaction with amazing benefits and acne sufferers should try this out as soon as they can!

These compounds kill the bacteria which cause acne and have the ability to restore the natural pH balance of the skin, which in turn, reduces the chances of the acne-causing bacteria to survive in the first place. Consider it the ultimate acne fighter!

Coconut oil can also create improvements just by adding it to your food—but you will get the best results by applying it directly onto your face if you are looking to combat acne by any degree.

## **Lip Balm**

Coconut oil can be used as a lip balm, and it is very effective at treating cracked lips. The best part is that just a jar will last you a very long time.

Coconut oil is, in fact, just as effective as the chemical lip balms that you can buy from the shops, but it's a much healthier option if you must use something. It's cheaper too, in the long run, as one jar will last more than a year.

You should always choose a healthy option for lip care, because you consume a good portion of whatever you apply there. The lip balm that you constantly put on your lips doesn't just stay on the outside of

your body, as you do consume it to some degree. Accordingly, you only want to put things on your lips that you would be happy eating as part of a meal.

Some lip balms include ingredients like petroleum (you put this in your car), which isn't entirely safe to consume, or oxybenzone, which is a chemical compound that may become carcinogenic on the skin. Carcinogenic means that it could cause cancer.

So, would you rather have a chemical cocktail or the completely natural coconut oil on your lips?

The answer is simple.

I think you'd agree that coconut oil is a better option for treating dry and cracked lips. It's all-natural, plus it will keep your lips moisturized for much longer than petroleum. Start using it today!

## **Hair Care**

Coconut oil provides a number of benefits for your hair, and if you are looking for a way to keep your hair shiny and beautiful, then you will want to use coconut oil quite often. You can do it in the mornings or before bed.

An awesome benefit of using coconut oil on your hair is that it treats dandruff better than any commercial anti-dandruff shampoo—in fact, regular application of coconut oil will get rid of dandruff forever! I've seen this happen to people that I know personally and have worked with.

It's amazing!

The best way to use coconut oil on your hair as hair conditioning for health and longevity. It is better for your hair than any synthetic hair conditioner on the market, as you don't want all of those nasty chemicals on your head.

You can make a great home-made hair conditioner by mixing henna with coconut oil and warm milk to make a paste.

Apply the paste to your hair for 20 minutes and then fully rinse. It's a great way to stay natural and healthy within your hair regimen.

This recipe for hair conditioner is very effective, especially for dry hair, and has no side effects whatsoever. If it's natural, it's great to use.

Another way to use coconut oil for hair conditioning is to apply warmed oil to your hair overnight and then to rinse it off in the morning. Repeat this once every few days for healthy, strong, conditioned hair. Only a little amount is necessary.

## **Coconut Oil For Dental Health?**

Do you feel as though you could use some help with your teeth and gums?

Have you found that conventional dental products aren't helping you as much as they say they should? Oral health is extremely important for overall health, and not many people realize this.

If this is your case, you might want to try the age-old method of oil pulling.

## **What is Oil Pulling?**

Oil pulling is a natural remedy, which uses harmless substances (like coconut oil) to clean and detoxify the teeth and gums.

There is evidence to suggest that it will naturally whiten your teeth, and it is also known to improve the health of your gums and remove harmful bacteria. Science has shed light on these claims.

## **What Benefits Can Oil Pulling Provide?**

The idea of oil pulling is to swish the oil in your mouth for a short time each day. Put it in your mouth, and swish and gargle it as you would mouthwash. The oil will remove toxins without disturbing the teeth or gums. Please make sure you do not swallow the oil when finished.

Oil pulling can be carried out using any kind of food-grade organic oil. The science behind oil pulling is very simple: the oils bind to the bad plaque on the teeth and reduce the number of bacteria in the mouth. It neutralizes these threats.

One such bacteria is *Streptococcus mutans*, which has been studied for its role in tooth decay and gum disease. Oil pulling with coconut oil has been shown to reduce the number of *Streptococcus mutans* bacteria in the mouth.

## **How to Oil Pull**

**To start oil pulling today, all you have to do is:**

Put 1 table spoon of coconut oil in your mouth.

Swish for 10-20 minutes (the oil should be creamy white when spat out).

Spit into the trash can (do not swallow as it should be full of the bacteria).

Rinse with warm water.

Brush well to ensure all remaining bacteria is removed.

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Brush well to ensure all remaining bacteria is removed.

## **RECIPES**

### **Coconut Roasted Sweet Potatoes**

#### **Ingredients:**

3 tablespoons of raw cold-pressed certified organic coconut oil

2 1/2 pounds of organic sweet potatoes

1/4 teaspoons of fine himalayan salt

Ground black pepper

Grated lemon zest

#### **Instructions:**

Cut the sweet potatoes into small chunks

Preheat the oven to 400 degrees F

Melt the coconut oil in a saucepan over a medium heat

In a large bowl toss potatoes with oil, salt and pepper

Spread potatoes in a single layer on a baking sheet with oil

Roast for about 45 minutes, stirring occasionally

Transfer to a serving bowl and toss with lime zest again

Serve! :)

## **Coconut Oil Chocolate Energy Bars**

### **Ingredients:**

1/4 cup of cocoa butter

1/3 cup of raw cold-pressed certified organic coconut oil

1/3 cup of raw honey

1/3 cup of cocoa powder

2 cups of shredded coconut

Stevia to taste (don't put too much...)

### **Instructions:**

Melt cocoa butter in a pan on low heat

Add coconut oil into the pan to melt

Add raw honey into the pan and stir well

Add cocoa powder into the pan and mix

Add shredded coconut into the pan and mix

Add stevia into the pan and mix

Pour the mixture into a baking dish lined with baking paper and place in a refrigerator until hardened.

Enjoy! :)

**The Sugar Buster**

**Ingredients:**

Raw cold-pressed certified organic coconut oil

Nut butter

Raw honey

**Instructions:**

Melt the coconut oil

Mix equal parts nut butter and coconut oil

Mix in raw honey

Transfer to a jar that you can carry around with you

Eat whenever you feel cravings for sugar!

This works!

**Banana Colada Coconut Smoothie****Ingredients:**

1 cup of organic coconut milk

1/3 cup of organic pineapple juice

2 frozen organic bananas

1/2 cup of pineapple chunks

1/2 cup of organic Greek yogurt

1 1/2 of teaspoon vanilla extract

Pinch of himalayan salt



Dried coconut flakes

**Instructions:**

Combine everything except the dried coconut in a blender

Puree until smooth

Garnish with coconut flakes as desired

**Coconut Roast Chicken**

**Ingredients:**

1 whole organic free-range chicken

Himalayan salt and black pepper

1 organic yellow onion

1 stalk organic celery

3 garlic cloves—cut in half

1/4 cup of melted grass fed butter

1/4 cup of melted coconut oil

1/2 cup of chicken stock

1 1/2 tablespoons of corn starch

2 tablespoons of water

**Instructions:**

Preheat oven to 425 degrees F

Remove the giblets

Season the cavity with salt and pepper

Stuff the chicken with onion, celery and garlic

Brush coconut oil and melted butter on chicken

Season with salt, pepper and garlic powder

Placing in a roasting pan

Roast for about 12 minutes

Reduce the heat to 350 degrees and baste the chicken

Roast for 1 hour

Baste chicken with pan juices every 10 minutes, apart from the last 15 minutes Pour pan juices into small saucepan add chicken stock

Add more or less stock/water to adjust the richness

Add the corn starch to the water to make a slurry and whisk into the gravy to reach the desired consistency

Whisk and boil until the gravy has thickened

Serve with the roasted chicken! :)

## **Healthy Coconut Cookies!**

### **Ingredients:**

4 large bananas, make sure they are well mashed

1/4 cup of melted coconut oil

1 cup 1/2 teaspoon of vanilla extract

2/3 cup of almond meal

2 1/2 cups of rolled oats

1/3 cup of coconut, shredded/unsweetened

1/2 teaspoon of cinnamon

1/2 teaspoon of Himalayan salt

6-8 ounces of chocolate chips

1 teaspoon of baking powder

### **Instructions:**

Preheat the oven to 360 degrees F

Combine the bananas, coconut oil as well as the vanilla extract in a bowl Set aside

Use another bowl to whisk together the almond meal, oats, cinnamon, shredded coconut, salt, and baking powder

Add all the remaining dry ingredients and combine them.

Fold in the chocolate chips

Place small “dollops” of dough onto a parchment lined baking sheet

Bake for 12-15 minutes

Enjoy :)

## **Soy & Honey Chicken With Coconut Brown Rice**

### **Ingredients:**

5 teaspoons of raw honey

5 teaspoons of soy sauce

1 lb boneless, skinless chicken thighs

5 oz of organic brown rice

Pinch of Himalayan salt

1 teaspoon of coconut oil

1 teaspoon of black sesame seeds

Handful of fresh coriander leaves

1 teaspoon of pumpkin seeds, chopped

### **To serve**

1 tablespoon of sesame oil

2 heads of bok choy, halved

### **Instructions:**

Mix together honey and soy sauce in a bowl

Add the chicken thighs and mix into the marinade until completely coated Place the chicken thighs into a deep saucepan

Place the pan onto medium heat and cook until the honey and soy coating has thickened and the chicken is cooked.

While the chicken is cooking add rice, 10 ½ oz water and salt to a separate pan and bring to the boil

Reduce heat and simmer the rice, covered for about 30 minutes

Heat sesame oil in a separate large frying pan over medium heat

Add the bok choy and cook for 5 minutes

When the rice is cooked, fluff it up with a fork and stir through the coconut oil, sesame seeds and coriander

Sprinkle over the chopped pumpkin seeds

Spoon the rice onto serving plates and top with soy and honey chicken Place the bok choy alongside

Serve!

### **Coconut Oil Lip Balm**

#### **Ingredients:**

Double boiler

Stirring utensil

1 Tablespoon of coconut oil

1 Tablespoon of beeswax

1 Teaspoon of red palm oil

**Instructions:**

Place all ingredients in the double boiler

Heat over low heat

Melt oils and wax together

Mix the mixture well and pour into a small storage container

Let cool before using

**Coconut Oil Body Butter Recipe**

**Ingredients:**

1 cup coconut oil

A few drops of your favorite essential oils for fragrance

1 teaspoon of vitamin E oil (optional)

**Instructions:**

NOTE: Do not melt the coconut oil, it will only whip up if it is solid Put all ingredients into a mixing bowl

Mix on high speed until whipped into a light, airy consistency (around 8 minutes) Use a spoon to remove the coconut oil body butter, store in a glass jar and cover tightly. Mason jars work best.

Store at room temperature, or in a refrigerator

## **Luxurious Moisturizing Lotion**

### **Ingredients:**

1/2 cup of almond oil

1/4 cup of coconut oil

1/4 cup of beeswax

Pint sized glass jar (You can buy one specifically for this or you can reuse a glass jar from pickles, olives or other foods.) Any should work fine.

### **Instructions:**

Combine ingredients into the glass jar

Fill a medium saucepan with a few inches of water

Place over medium heat

Put a lid on the jar loosely and place in the pan

The ingredients melt

Stir occasionally when needed

Pour into whatever jar you will use for storage

## **Natural Homemade Deodorant**

### **Ingredients:**

1/4 cup of melted unrefined organic extra virgin coconut oil

1/2 cup of baking soda

10 of drops of essential oils

Glass jar with lid or old deodorant stick container

### **Instructions:**

Place the dry ingredients into a bowl

Add melted coconut oil and essential oils

Stir very well

Pour the paste into a jar before it solidifies

Leave to cool naturally then place in the fridge for it to fully solidify

### **Conclusion**

By now you should be very excited about beginning your journey into the health benefits and extensive world of coconut oil.

I'm hoping you either have a tub of raw cold-pressed certified organic coconut oil ready to start using straight away, or you've ordered one and you're just waiting for delivery! You can now buy it at any grocery store, as it's become widely available.

Whether you want to use the oil for cooking or you want to use it for its cosmetic purposes, you should want to start using it immediately!

The reason I'm telling you to start using it now is that the minute you start to use it within your daily regimen, you'll begin benefitting from all of its health-boosting properties.

But the longer you wait, the more damage you could be doing to yourself!

So, break the cycle now and start enjoying a healthier lifestyle with coconut oil!



Paleo Slow Cooker

*35 Easy, Delicious, and Healthy Paleo Slow Cooker Recipes For Busy People*

*Ella Marie*

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## **Introduction**

Taking good care of our bodies and our minds is very important. Too often, we engage in poor eating habits and it results in sluggish bodies and minds. Yet, because we eat that way daily, we don't realize the damage it is doing. We may feel that we are just getting older or that our jobs and responsibilities take a huge toll on us.

The Paleo diet is a method of eating similar to the way our primitive ancestors ate. They didn't have access to processed foods that are high in harmful carbs. They didn't have access to the processed sugars which seem to be so common today.

Our ancestors were very physically active, too. They had to hunt for their food and take care of all their basic needs through hard work. They didn't rely on electronics or convenience stores to get what they needed.

While most of us are thankful that we don't still live like cavemen, changes to the average person's diet haven't been for the better. Heart disease is the #1 cause of death in the USA for both men and women. High blood pressure also leads to serious health problems.

There are a combination of reasons why the average person chooses a poor diet. First, processed foods and sugar-laden foods are everywhere you go. We tend to buy what looks good or what smells good without giving it a second thought. Marketing ploys also play a large role in what we buy.

A lack of time is another reason people cite for eating less-than-healthily. They claim that they would eat better, but they don't have the time to do so, with its preparation and cooking. Because they rush around all the time, they find it easier to go to the drive-thru window on the way home from work than to buy and prepare a healthy meal.

A lack of education regarding good eating habits is also part of the problem. Many of us eat the way we did when we grew up, and bad habits can be present and rampant from an early age. The

fact that childhood obesity is at an all-time high in the United States should be a wake-up call that Americans need to improve the way they eat.

When you constantly eat foods that are high in processed ingredients, the body and the mind learn to crave them. This is why it

can be difficult to make the necessary changes. These foods often don't have high nutritional values either, so you may tend to overeat or be hungry again in mere hours.

Now is the time to embrace the Paleo diet because of the overall health value it offers the mind and body. It can be a way to reduce weight-related concerns and also to reduce health risks.

Additionally, it will make you have more energy and feel more alert.

This is a type of positive lifestyle change that you can accomplish! But it is going to take understanding, planning, discipline, and a desire to make these changes. Use the resources offered in this e-book to help you change your life for the better!

If a 30-day trial of the Paleo diet doesn't make you feel better physically and mentally, feel free to go back to your old habits. But take note—very few people do so! It doesn't take long at all for them to experience the benefits of this diet. The positivity is obvious, and the people who try it stick with it.

In order to get the best results from the Paleo diet, you need to keep these simple but effective guidelines in mind:

The Paleo Diet is high in fat and low in carbs. You don't count calories but you should pay attention to the portions of food you consume.

Eat plenty of saturated fats including coconut oil.

Eat plenty of animal protein. This includes red meat, pork, poultry, eggs, etc.

Eat plenty of vegetables—fresh are best but frozen are acceptable. Eating them raw offers the best nutritional value but you can also get nutrients from them when they are cooked.

Consume fruits and nuts daily but in moderate amounts. Fresh fruit is best and you should avoid fruit with added sugar. Fruits that are low in natural sugar and high in antioxidants are the best choice.

When possible, buy grass-fed meats and leaner cuts. Avoid meats that have been processed, including packaged lunch meat.

Avoid grains and legumes.

Avoid vegetable and hydrogenated oils.

Eliminate drinks that have sugar in them.

Avoid processed foods.

Eliminate dairy products or switch to low-fat dairy.

Don't skip meals.

Get enough sleep.

Exercise daily.

Consider supplements, including probiotics and Vitamin D.

If you feel that you would like to try the Paleo diet but you don't have time to prepare healthy meals, you are wrong. This book is all about giving you a variety of easy, slow cooker meals that you can create for your family.

You can even get them ready the night before, so your morning isn't rushed. Just put all the ingredients into the slow cooker—either the night before or in the morning—and turn it on before you go to work. When you get home, a delicious aroma and a healthy meal will await you.

Consequently, you'll feel very content knowing that you served your family a home-cooked meal. In addition, it was easy to prepare and

very good for them! This method sure beats heating up processed foods that you rush to get on the table.

## **Chapter 1**

### **What is the Paleo Diet?**

Many experts believe that the Paleo diet is the healthiest way you can eat. It offers the nutritional value that the body needs to function at its best. It also provides the nutrients that the brain needs to stay alert and healthy. This diet works with our bodies' natural genetic makeup to offer energy, boost the immune system, and stay healthier.

Plenty of research programs have shown the average person today consumes a diet that is full of refined foods, sugars, and trans fats. This is believed to be one of the underlying reasons why so many people suffer from health problems. Among these health concerns are: Alzheimer's Disease

Cancer

Depression

Diabetes

Heart Disease

Infertility

Obesity

Parkinson's Disease

### **What to Eat?**

Many people get tangled up with what to eat and what not to eat when it comes to the Paleo diet.

There is one simple test you can use when you aren't sure. Would a caveman have had access to it? Think about the world and those primitive times from thousands of years ago—if they couldn't eat it then, you shouldn't consume it either.

For those of you that hate to count calories, you will be relieved to know that you don't have to with this style of eating. However, you should keep an eye on portion control. If you don't skip meals and eat smartly, you will be fine.

You may be saying you don't want to go hungry. In fact, this may be why you haven't stuck to a diet before. Assuredly, you won't go hungry with the Paleo diet. The foods you consume are going to fill you up, even with smaller portion sizes.

You will also stay full longer, and this means that you will be less likely to snack on sugary foods between meals. It also means you will be less likely to overeat at your next meal.

A bag full of chips doesn't offer your body much in terms of nutrition. Yet, a bag of fresh-cut vegetables offers you the protein and energy that your body needs. It can be tough, at first, to remove certain foods from your diet, so start with small changes and continue from there. If there is a certain food item that you just can't give up, consume it once a week and in moderation.

## **The Facts Don't Lie**

The reality of it is 66% of people in the USA are considered to be overweight. 33% of people in the USA fall into the category of being obese. This includes both children and adults, so you can see that something must change if we, as a society, are going to get our collective weight under control. The Paleo diet offers a way to eat healthy and to lose weight without going hungry.

## **Cut out the Gluten**

A common protein found in most packaged foods is gluten. It is found in barley, wheat, and rye.

Yet, the body wasn't designed to take in such a vast consumption of gluten. And just because you don't have an allergic reaction, doesn't mean your body has no adverse reactions to gluten intake.

Because more consumers are becoming aware of this fact, you now see more products in the store labeled "gluten-free." Some people have found that cutting gluten out of their diet has reduced health problems relating to inflammation, joint pain, acid reflux, and much more.

## **Lectins**

The consumption of bread is daily and thoughtless for many people. If you go out to dinner, you typically get a side of bread with your entrée. Lectins are found in grains, and they are natural toxins. They are actually present in plants to prevent their predators from consuming them!

The gastrointestinal tract doesn't like lectins. If you consume bread often, you may cause or prolong on-going health concerns. Your digestive tract may suffer, and it will become harder for your body to digest food as it should. If you only cut one thing out of your diet, it should be grains!

## **No Sugar**

Other than naturally occurring sugars, the Paleo diet won't allow it. This is why eating berries and other fruits which are low in sugar are good for you. They can help reduce sugar cravings, too. Don't use one of the sugar substitutes that are on the market either—they are more harmful to your body than real sugar!

When you consume sugars, you get a sudden spike in energy, but later, your entire system will crash. Sugar quickly turns into fat if you don't burn it off immediately, and most people won't.

As a result, sugar is the root cause of many problems in the mind and the body.

### **Remember the Rules:**

No Processed Foods

No Sugar

No Grains

Making these three changes in your diet will help you reduce the risk of health problems. You can lose weight without being hungry, and simultaneously lower your risk for serious health problems, including cancer.

The foods that you do eat on this diet are packed with the nutrients that your body needs. They are very filling, too, so you will avoid overeating while still feeling full. For example, you would need to eat pounds of broccoli to get the same calories as you would from a bag of chips.

A meal that consists of lots of vegetables and a decent serving of meat is going to get you full.

You don't need sauces full of sugar, and you don't need bread to complete your meal. You only eat these because it has become habit to do so.

When you eat a diet high in carbs, your body turns most of it into sugar. That sugar, then, is going to get stored as fat. Accordingly, you will be hungry again in a short period of time, and when you eat again, the cycle repeats. Breaking this unhealthy cycle is what the Paleo diet is all about.

### **Who is it Good For?**

The Paleo diet is good for everyone! This includes children, young adults, those who are middle-aged, and even the elderly. One of the



best gifts you can give to your children is good eating habits. Teach them about eating foods that keep them healthy, full of energy, and mentally alert.

The Paleo diet is approved by medical professionals and even recommended for those with diabetes. Such patients often have to watch their weight, and this diet can make it easy to do so.

They also have to limit their intake of sugar, so the Paleo diet fits accordingly. There are plenty of food choices within this diet that are delicious, fast, and easy to make.

## **Chapter 2**

### **Foods to Eat with the Paleo Diet**

There is such a variety of what you can eat on the Paleo diet—much more than you might think.

By the time you are finished reading this chapter, you will have a very good idea of all the foods you can enjoy. If you have a taste for meat and you enjoy vegetables, you will immediately find this diet pleasing.

It can, however, take a few days for the cravings—for grains and/or sugar—to go away. Initially, it will take discipline not to give in. Have some berries on hand so you can snack on something sweet when you want it, and keep a bag of crunchy vegetables where you can easily reach them for when temptation strikes.

### **Lean Proteins**

Be selective when it comes to the protein sources you consume. Try to find healthy proteins, including lean cuts of meat. Lean protein helps you build strong muscles and healthy bones. It also offers a boost to the immune system, which will reduce your risk of illness.

Protein is a big part of the Paleo diet, because it helps you stay full between meals. The biggest reason the average person consumes too many calories is that they consume foods which don't keep them full. They then consume too much when they *do* sit down to eat, or they snack too often on poor foods.

## **Fruits and Vegetables**

Fresh fruits and vegetables should be a significant part of your daily intake. You can get some nutritional value from frozen fruits and vegetables, but they don't offer the same overall value as fresh ones. Never consume fruits that come with added sugar. If fruits are packaged, but not in their natural juices, you will also need to avoid them.

## **Healthy Fats**

It is a misconception that all fats are bad for the body. In fact, there are quite a few healthy fats you can pick from. These include:

Avocados

Seeds

Olive oil

Nuts

Grass-fed meats

Fish oil

Studies show a diet rich in Omega 3 fats will reduce the risk of obesity, cancer, and heart disease. Sadly, most of the fat we get in our typical diets is saturated fat, which is understandably not good for you.

As you educate yourself about the Paleo diet, you will learn to see foods separated into groups.

You'll be able to visualize what you can eat and can't eat. Mistakes do happen, though, usually due to a lack of information and faulty assumptions. That is exactly why we will continue to break it all down in this chapter.

## **Meats**

The good news for meat lovers is that the Paleo diet allows almost all of them. However, you must avoid eating processed meats as well as those high in fat. This includes hot dogs and bologna. Here is a complete list of the animal meats that you can consume on the Paleo diet: Bear

Buffalo

Bacon

Chicken

Elk

Emu

Bison

Venison

Goat

Goose

Reindeer

Grass-fed beef

Kangaroo

Lamb

Turtle

Ostrich

Ground beef

Pheasant

Pork

Quail

Rabbit

Turkey

Steak

Veal

Rattlesnake

Wild boar

## **Fish**

You can also consume plenty of fish on the Paleo diet. They contain high amounts of Omega 3, which are healthy fats for the body. The types of fish you can add to your diet include: Bass

Halibut

Mackerel

Red snapper

Salmon

Sardines

Shark

Sunfish

Swordfish

Tilapia

Trout

Tuna

Walleye

### **Seafood**

While eating seafood all the time on the Paleo diet can be very expensive, it certainly is an option. Most people don't eat it daily but it can be added to mix up your menu. These options include:

Clams

Crab

Crawfish

Crayfish

Lobster

Scallops

Shrimp

Oysters

### **Vegetables**

Don't make the mistake of assuming that you can eat all types of vegetables on the Paleo diet. It is true most vegetables are accepted, but there are a few exceptions, such as those that are high in starch.

This includes potatoes and squash. You can eat them in moderation, but they don't contain the valuable nutrients for your body like other vegetables do. Here is a list of what you should consider when it comes to the vegetable category:

Artichoke hearts

Asparagus

Avocado

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celery

Eggplant

Green onions

Parsley

Peppers

Spinach

Zucchini

Kale

## **Starchy Vegetables**

As you read that list above, you may have been puzzled that some of your favorite vegetables were missing. To further break the category down, some are included in this next list. These are the starchy vegetables, and you need to make sure you limit your intake of them on the Paleo diet.

Don't eat them often, and don't consume large portions. If you are trying to lose weight you should avoid eating them at all, or at least until you've reached your target weight. Such vegetables include:

Acorn squash

Beets

Butternut squash

Sweet potatoes

Yams

## **Oils and Fats**

As mentioned previously, not all fats are bad for you. Some of them are good for you and offer nutrients that your body needs. Carbs add up to additional pounds, not fats. However, when you consume natural oils and fats, your body can use them as energy. The following options can be substituted for any other oils or fats you use:

Avocado oil

Coconut oil

Ghee

Olive oil

Macadamia oil

## **Nuts**

When you need a good snack on the Paleo diet, reach for nuts. They are packed with protein and will therefore fight off hunger. You can store nuts in your car, office, or even purse and they won't go bad. It makes them the ideal alternative to grabbing a candy bar or bag of chips.

You do need to limit your intake of nuts, though. Some of them such as cashews are high in fat, so you don't want to eat an entire can of them at once! Some options you can eat alone or as part of a mix include:

Almonds

Cashews

Hazelnuts

Macadamia nuts

Pecans

Pine nuts

Pumpkin seeds

Sunflower seeds

Walnuts

It is a common misconception that peanuts are nuts—they are actually legumes, which aren't something you should consume on the Paleo diet.



## **Fruits**

Consuming plenty of fruit is good for your body. Fruit is a delicious choice that can help reduce your other cravings for sugary snacks. The sugar found in fresh fruit—fructose—is much better for you than refined sugar. However, it is still sugar, so if you would like to lose weight, you should limit your intake of fruit until you reach your goal.

The list of delicious options for fresh fruit is long. Seasonal fruits also provide a great variety. In addition, you can consume frozen fruit or canned fruit, just as long as they are in their natural juices and have no added sugar. Fruits you can have include:

Apples

Avocados

Bananas

Blackberries

Blueberries

Cantaloupes

Figs

Grapes

Guava

Lemon

Lime

Lychee

Mangos

Oranges

Papayas

Peaches

Pineapple

Plums

Raspberries

Strawberries

Tangerine

Watermelon

### **Foods You Can't Eat**

Now that you have a very good idea of the foods you can eat with the Paleo diet, it's time to address those you can't eat. Now, if there is something that you absolutely refuse to give up on the list, don't panic! It is better to follow this diet plan and occasionally have something you shouldn't, than to not follow it at all.

It can be VERY hard at first to give up some foods you like. Depending on your current eating habits, there may be an abundance of items you can no longer have. Remove any and all of them from your home so you don't give into temptation. Switching your entire family to the Paleo diet is a good idea.

If you try the Paleo diet for four weeks, it'll have been enough time to see the positive results on your mind and body. It can take up to two weeks alone for the processed foods and sugars already in your body to get out of your system and stop negatively affecting your body.

### **Dairy**

You are going to need to say goodbye to most dairy products. None of the following should be part of your daily intake:

2% Milk

Butter

Cheese

Cottage cheese

Cream cheese

Ice cream

Non-fat dairy creamer

Powdered milk

Pudding

Skim milk

Whole milk

Yogurt

You can substitute regular milk products with coconut milk or almond milk. If you haven't tried them yet, you are missing out, as they are quite delicious. If you drink coffee, using either option instead of non-dairy creamer is allowed on the Paleo diet.

## **Drinks**

The average person consumes at least one soft drink per day. However, soda is full of sugar and high fructose corn syrup. You need to eliminate all of them from your diet. As previously mentioned, don't just switch to diet sodas. They include harmful

sugar substitutes that can increase your risk for health issues. They can also slow down your metabolism.

Fruit juices are also very high in sugar, so you need to avoid them. Some people on the Paleo diet make the mistake of consuming juices since they are made of fruit. It is the addition of sugar, however, that makes them bad for your health. If you have a juicer, you can make fresh fruit juice yourself and consume it without any problem.

## **Grains**

For many people, one of the hardest parts of the Paleo diet is giving up grains. They love breads, cereals and pastas, and so many of the food items they currently eat fall into this category. The grains you need to avoid include:

Beer

Breads

Cereals

Crackers

English muffins

Hash browns

Oatmeal

Pancakes

Pasta

Wheat

## **Chapter 3**

## **The Benefits Offered by the Paleo Diet**

Perhaps understanding the many health benefits the Paleo diet offers is what will encourage you to follow it. You may have a family history of various health conditions. While you can't change your genetic makeup, you can lower the risk factors that may contribute to certain health problems.

No matter how old you are, how busy you are, or what your current diet looks like, you have the opportunity here to make some changes you will really enjoy. Within a month you will find you feel better, you have more energy, you are mentally alert, and you have lost weight.

When you follow the Paleo diet the following benefits are offered:

Efficient Workouts

Burn Fat

Gain Muscle

Stabilized Blood Sugar Levels

Stronger Immune System

Combat Fatigue

Mental Alertness

Reduce Inflammation of the Joints

Reduced Chances of Serious Health Concerns

Reduced Symptoms of Diabetes

Reduce Acne Outbreaks

Stronger Teeth

## Improved Sleep

I think you will agree there isn't one thing on that list you won't benefit from personally!

Changing your eating habits is a small price to pay for such rewards.

Understanding why you need to make these changes is important. It can be the motivator you need to get started with planning meals and making changes. If you are tired of always being worn out or you don't like being overweight you need to change something. You have more power over all than you ever imagined!

## **Getting Started**

So far you have learned what the Paleo diet is, why it can help you to make positive changes for your overall health, and the foods you can eat/should avoid. Now it is time for you to get started!

Yet you may be unsure about how to do this.

The most common reason people give for not changing their diet is they don't have time. In the following chapters, you will find slow cooker meals that fit the Paleo diet. They don't take very long to do the prep work. Then you just put all the ingredients into your crock pot early in the day.

The result is you have the meal you want when you get home. The work is done and you can sit down and eat a great meal with your family. You can eliminate the excuse of not having the time. You are going to love the way these foods taste and the benefits they offer for your body.

As you go through the recipes, you can mark those that sound great for you to try. Then you can make a list of the ingredients you need before you go to the store. Planning your meals a week in advance helps you to stay focused and to get them ready.

Add fresh fruits and vegetables to your grocery list and you will have all you need to eat right and feel your very best! There isn't any complicated calculations for you to keep track of with the Paleo diet. You don't have to make food for you and then something different for the rest of your family.

## **Chapter 4**

### **Delicious Soups**

Soups made in the slow cooker can be a wonderful way to fill yourself up for lunch or dinner.

Such soups could also be a side dish for your entree. The following are some great options for Paleo soups that you can make. They are flavorful, delicious and only include ingredients that are great for your body.

#### **Jambalaya Soup**

##### **Ingredients:**

5 cups chicken stock

4 peppers, chopped

1 onion, chopped

1 can diced tomatoes, with juice

2 cloves garlic, diced

2 bay leaves

2 cups shrimp, raw

4 ounces chicken, diced

1 package Andouille sausage

2 cups okra

2 tablespoons Cajun seasoning

1 tablespoon black pepper

1 tablespoon onion powder

1 tablespoon cayenne pepper

**Directions:**

Place all of the above ingredients into the slow cooker except for the sausage. Allow it to cook on a low setting for 6 hours. Add the sausage for the last 30 minutes.

**Sweet Potato Soup**

**Ingredients:**

2 large sweet potatoes, peeled and cubed (should equal about 6 cups)

1 14-ounce jar roasted red peppers, drained

1 14-ounce can coconut milk

1 cup chicken stock

1 onion, diced

2 garlic cloves

1 tablespoon black pepper

1 tablespoon red pepper flakes

**Directions:**



Place all of the above ingredients into a slow cooker. Allow it to cook on high for 4 hours or low for 6 hours. If the soup is too chunky, use an immersion blender to achieve the preferred consistency.

## **Jalapeno Chicken Soup**

### **Ingredients:**

2 chicken breasts, skin removed, cut into ½ inch strips

1 28-ounce can of tomatoes, diced

32 ounces chicken broth, preferably organic

1 onion, diced

2 jalapeños, diced, seeds removed

2 cups of carrots, shredded

2 cups celery, chopped

4 cloves garlic, minced

2 tablespoons tomato paste

1 teaspoon chile powder

1 teaspoon cumin

2 cups water

### **Directions:**

Add all of the ingredients to the slow cooker. If the 2 cups of water isn't enough to fully cover all of the ingredients, add more until it is. Cook on high for 2 hours or low for 4 hours.

## **Chicken Enchilada Stew**

**Ingredients:**

2 pounds chicken breast

1 onion, chopped

1 bell pepper, any color, chopped

½ cup jalapeños, chopped

½ cup green chilies, chopped

2 tablespoons coconut oil

14-ounce can tomatoes, diced

3 cloves garlic, minced

1 tablespoon cumin

1 tablespoon chili powder

2 teaspoons oregano, dried

Optional: salt, pepper, avocado, cilantro

**Directions:**

Place the chicken breast at the bottom of the slow cooker. Mix the other ingredients together and then pour over the chicken. Cook on high for 6 to 8 hours. The chicken will be very tender when you try to take it out.

Use tongs to shred it. Garnish with avocado and cilantro if desired when served. Salt and pepper to taste.

**All-American, Meat-Lovers' Chili****Ingredients:**

6 ounces Italian sausage  
1 lb round steak, chopped into bite-sized pieces  
2 lbs ground sirloin  
2 cups onion, chopped  
1 cup red bell pepper, chopped  
1 cup green bell pepper, chopped  
8 garlic cloves, minced  
32 ounces canned tomato, chopped with juices  
2 tablespoons chili powder  
1 tablespoon cumin  
3 tablespoons tomato paste  
1 teaspoon oregano, dried  
¼ cup red wine

**Directions:**

Heat a large pan on high heat. Add the sausage, meat, onion, garlic, and bell peppers. Cook until the meat is browned. Add the chili powder, tomato paste, oregano, cumin, salt, and pepper. Cook for 5 minutes, stirring often.

Stir in the wine and tomatoes, allow to come to a complete boil. Transfer the mixture into the slow cooker and simmer on low for 6 hours.

**Salmon Head Soup**

**Ingredients:**

1 salmon head

1 salmon tail

1 onion, sliced

1 tablespoon garlic, minced

1 cup wakame

1 tablespoon ginger, minced

¼ cup coconut vinegar

3 zucchini, spiraled to use as noodles

**Directions:**

Place the salmon head and tail into the crock-pot with the ginger. Add enough water to cover it.

Cook for 2 hours on high. Strain the broth and pick the meat apart into chunks. Place the meat chunks into the crock-pot again.

Add the remaining ingredients except for the zucchini. Allow to simmer for 2 more hours. Add the spiraled zucchini about 30 minutes before serving. This gives it time to get tender but not mushy. Garnish with chilies and chives if desired.

**Thai Coconut Soup****Ingredients:**

28 ounces coconut milk, preferably organic

5 tablespoons Thai red curry paste

4 cups chicken broth

4 cups chicken or turkey, cooked and chopped

½ cup mushrooms, sliced

2 tablespoons lemongrass paste

1 lime, juiced

1 cup cilantro, chopped

**Directions:**

Add the coconut milk, lemongrass paste, chicken broth, mushrooms, and red curry paste. With the slow cooker on low, stir often so the ingredients are well mixed. Allow this mixture to simmer for 4 hours.

Add the chicken or turkey and lime juice, and cook for an additional hour. Add salt and pepper to taste. Garnish the soup with cilantro if desired when served.

**Mexican Chicken Lime Soup**

**Ingredients:**

6 chicken thighs, boneless and skinless, cut into ½ inch pieces

2 tablespoons olive oil, extra virgin

1 onion, chopped fine

6 garlic cloves, thinly sliced

2 tablespoons adobo sauce

6 cups chicken broth

½ cup cilantro, fresh

2 limes, juiced

**Directions:**

Heat the olive oil in a large saucepan over medium heat. Add the garlic and onion and cook for about 7 minutes until the onion starts to brown. Increase the heat to high and move the garlic and onions to one side.

Add the chicken to the empty area of the saucepan. Cook for about 5 minutes and allow the chicken to become golden brown. Add the adobo sauce and stir in the chicken broth. Mix everything together and lower the heat to simmering for 15 minutes. Add the cilantro and lime.

Place the mixture into the slow cooker and allow it to simmer on low heat for 6 hours. Add salt and pepper to taste. This dish can be served with avocado slices in each bowl, soup poured on top.

**Creamy Chicken Tomato Soup**

**Ingredients:**

6 chicken breasts, skinless and boneless

1 tablespoon garlic salt

2 tablespoons Italian seasoning

1 tablespoon basil, dried

1 clove garlic, minced

14 ounces coconut milk

14 ounces tomato, diced with juices

1 cup chicken broth

**Directions:**

Mix all of the ingredients except the chicken in the slow cooker. Stir it a few times during the first 15 minutes of heating. Cook on low heat for 6 hours or high heat for 4 hours. Add the chicken after 15 minutes to the rest of the ingredients. The chicken will fall apart during that time. Shred the rest of it with tongs before serving.

**Green Chile Verde****Ingredients:**

3 pounds pork shoulder, boneless and cubed

½ cup onion, chopped

3 tablespoons olive oil

2 garlic cloves, minced

8 ounces canned green salsa

½ cup jalapeños, diced

16 ounces canned tomatoes, diced with juice

1 cup water

**Directions:**

Heat the olive oil in a large skillet on medium heat. When it is hot, add the garlic and onion.

Cook for a couple of minutes then add the pork. Cook until it has browned. Place these ingredients into the slow cooker and put it on the high setting.

Add the remaining ingredients and cup of water. Stir well and allow it to cook for 3 hours on high. Then reduce the heat to low for an

additional 4 hours.

## **Chicken and Vegetable Soup**

### **Ingredients:**

6 chicken breasts, boneless and skinless

2 cups vegetables, fresh or frozen, of your choice

1 onion, diced

15 ounces canned tomato, diced

2 cups chicken broth

¼ cup tomato paste

¼ cup balsamic vinegar

2 tablespoons olive oil

4 garlic cloves, minced

2 teaspoons oregano, dried

¼ teaspoon red pepper flakes

1/3 cup basil, chopped

2 cups water

### **Directions:**

Pour the olive oil into a non-stick skillet and heat. Add the chicken and cook for 6 minutes on each side. Add salt and pepper to the chicken if desired. Allow the chicken to cool.



Place the remaining ingredients into the slow cooker on low heat. Stir well. Once the chicken has cooled, shred by hand. Add the chicken to the crock-pot and stir again. Allow it to cook on low heat 6 to 8 hours.

## **Chapter 5**

### **Easy to Prepare Meat, Fish, and Poultry**

In many households, meats are the staple elements of the meals. You can easily prepare a variety of types of meats, fish, and poultry in your slow cooker. Just heat up some additional vegetables when you get home to complete your meal. You can even make one of the soups from the previous chapter as an appetizer.

Here are some terrific recipes you will want to try. They will let you make great tasting foods without the long waits. When you get home from work, the last thing you want to do is spend lots of time in the kitchen getting a meal ready. It can be very tempting to stop at a drive-thru window or have pizza delivered, but don't give in!

With these options you can stick to the Paleo diet. You won't be deprived, you won't go hungry, and you won't be spending a ton of time in the kitchen!

#### **Meatloaf**

##### **Ingredients:**

2 pounds of ground meat, lean (ground turkey may be substituted)

2 eggs, beaten

2 cups bacon, cooked and chopped

4 green onions, chopped

1 cup celery, chopped

2 teaspoons dried oregano

1 tablespoon black pepper

1 teaspoon thyme

2 tablespoons paprika

2 tablespoons garlic powder

**Directions:**

Mix the ingredients together in a large bowl. Mix well by hand and then form the loaf. Place it into the slow cooker and press down until the top is flat. Leave about 1 inch of space between the loaf and the sides of the slow cooker. Cook on low heat 4 to 6 hours.

**Pine Nut Meatballs**

**Ingredients:**

1 pound ground meat (beef, turkey, lamb, veal as preferred)

2 eggs, beaten

½ cup pine nuts (also called Pignoli nuts)

2 cups veggies, grated or shredded (zucchini, onion, and cauliflower recommended) 2 cups crushed tomatoes

2 cups spinach, fresh

**Directions:**

Thoroughly mix everything together by hand except tomatoes and spinach. Roll the mix as if kneading dough. Press the mixture out to create a large patty. Cut into even pieces and roll each piece tightly into a ball.

Pour in the crushed tomatoes. Place the spinach at the bottom of the crock-pot, then arrange the meatballs on top. Cook on low heat for 6 hours.

## **Spare Ribs**

### **Ingredients:**

- 4 pounds pork ribs, pasture raised
- 4 cups white vinegar
- 2 cups water
- 1 teaspoon sea salt
- 2 tablespoons apple cider vinegar
- 3 tablespoons coconut oil
- 2 tablespoons garlic powder
- 2 tablespoons Chinese 5 spice powder

### **Directions:**

Place the ribs in a bowl and coat with the white vinegar and sea salt. Cover and allow them to marinate in the refrigerator overnight. Drain the ribs then place them into the slow cooker. Mix the dry ingredients together and rub over the ribs.

Add the remaining liquid ingredients. Allow them to cook on low heat for 4 to 6 hours. Don't cook on high heat as there isn't enough liquid in the slow cooker for this and the ribs will dry out.

## **Roast**

### **Ingredients:**

4 pound beef chuck roast  
1 tablespoon coconut or olive oil  
1 cup red wine  
4 garlic cloves  
1 bay leaf  
1 large carrot, peeled and cut  
1 onion, cut into thick pieces  
2 celery stalks, washed and cut  
1 cup cauliflower

**Directions:**

Pour the oil and red wine into a sauce pan over high heat. Sauté the herbs and the vegetables—

except the cauliflower—for a few minutes. Place the chuck roast into the crock-pot. Pour the

heated mixture over the roast. Cook on high for 6 hours then add the cauliflower for the final 20

minutes.

**Honey Garlic Chicken Wings**

**Ingredients:**

3 lbs chicken wings (should fill a 2 quart slow cooker)

$\frac{3}{4}$  cup raw honey, melted

2 tablespoons minced garlic

2 tablespoons olive oil

½ teaspoon sea salt

½ teaspoon black pepper

**Directions:**

Place the wings into the slow cooker. Melt the honey in the microwave or a saucepan on the stove. Add the other ingredients to the honey and mix well. Pour over the chicken, making sure that all pieces get coated well. Cook on low for 6 hours or on high for 4 hours.

**Pork Carnitas**

**Ingredients:**

5 lbs pork loin roast

1 tablespoon garlic powder

1 tablespoon chili powder

1 tablespoon ground cumin

2 oranges

1 lime

2 cups chicken stock, preferably organic

2 tablespoons tomato paste

1 tablespoon adobo

4 garlic cloves, crushed

Coconut oil or olive oil

**Directions:**

Going against the grain, cut the roast into 2 inch slices. Don't remove any fat from the meat. In a large bowl, blend all of the spices together. Heat a skillet and coat the bottom of it with coconut oil or olive oil. Roll the meat pieces into the spice mix and place into the skillet.

Remove the pork when it is browned and place it into the slow cooker. Continue this process until all of the meat is coated, browned, and placed inside.

In the same pan from the meat, add the tomato paste, garlic cloves, and adobo. Let simmer for several minutes and stir occasionally. While it is simmering, juice the oranges and the lime. Add the juice to the mixture. Then pour the mixture into the slow cooker with the meat. Cook on low heat for 8 hours, or high heat for 4 hours.

**Chicken Breast**

**Ingredients:**

6 chicken breasts, boneless

1 tablespoon coconut oil

1 onion, diced

1 red pepper, cut into strips

1 cup spinach, fresh

2 tablespoons minced garlic

2 tablespoons oregano, fresh or dried

1 cup chicken stock

½ cup white wine

**Directions:**

In a skillet, use medium heat and add the coconut oil. Sauté the peppers and onion for a couple of minutes. Add the garlic and spinach but remove from the heat before the spinach wilts. Stir in the oregano and salt and pepper to taste.

Cover each chicken breast with the mixture, then place into the slow cooker. Add the chicken stock and the wine. Heat on high for 4 hours or on low for 6 hours.

**Cranapple Turkey**

**Ingredients:**

6 pound turkey breast, bones in, skin on

3 apples, sliced but not peeled

4 cups cranberries, raw and rinsed

½ cup apple cider vinegar

**Directions:**

Place the turkey breast into the crock-pot. Add salt to taste. Surround the turkey with apples and cranberries. Pour the apple cider vinegar on top. Cook on low heat for 6 to 8 hours. The meat should be thoroughly cooked and the fruit soft before consuming.

**Tilapia**

**Ingredients:**

6 tilapia fish fillets, washed

1 cup coconut oil  
1 cup water  
½ tomato sauce  
1 16-ounce can tomatoes, diced  
1 green pepper, chopped  
1 teaspoon minced garlic

**Directions:**

Place the fish into the slow cooker. Mix all of the above ingredients into a bowl. Pour them over the fish. Cook for 6 hours on low heat.

**Balsamic Rosemary Peach Chicken**

**Ingredients:**

10 chicken thighs, skinless  
1 cup balsamic vinegar  
½ cup honey  
3 fresh peaches, pitted and sliced  
1 sweet onion, sliced thin  
2 tablespoons olive oil

**Directions:**

In a large skillet, heat the olive oil and sauté the onion for about 5 minutes. Add the slices of peach and sauté for an additional 5 minutes. Remove from the heat immediately or the syrup will caramelize.



Place the chicken in the crock-pot and pour the syrup over the top. Allow the chicken to simmer at a low heat for about 4 hours. Serve with a side of vegetables.

## **Chapter 6**

### **Mouth-Watering Entrees**

How many times have you struggled to figure out what to make for dinner? It is virtually impossible to stick to the Paleo diet if you don't have a solid plan of action and a shopping list.

In this chapter, you will get some terrific ideas for mouth-watering entrees. Don't be surprised if several of them become family favorites!

#### **Chicken Thai and Vegetable Noodles**

##### **Ingredients:**

3 pounds chicken, thighs or breasts, skinless

2 zucchini, spiral sliced

2 carrots, spiral sliced

1 cup chicken stock

1 cup coconut milk

1 tablespoon cayenne pepper

1 tablespoon red pepper flakes

##### **Directions:**

Season the chicken with salt and pepper to taste. Sprinkle the chicken with the cayenne and red pepper flakes. Set the crock-pot

on low and add the coconut milk and chicken stock. Stir well so the coconut milk is completely dissolved.

Place the chicken into the liquid. Place the spiral sliced vegetables on top of the chicken—these will become the “noodles.” Cook on low for 4 hours so the vegetables are steamed rather than stewed.

To serve, remove the vegetables from the crock-pot and arrange in the center of a plate or plates.

Remove the chicken and cut into strips. Place the chicken on top of the vegetables.

## **Puerco Pibil**

### **Ingredients:**

5 lbs pork shoulder roast

16 ounces canned tomato, diced and fire roasted

1 onion, sliced

2 tablespoons paprika

1 tablespoon cumin

1 tablespoon black pepper

Pinch of nutmeg

1 orange, juiced

¼ cup apple cider vinegar

2 tablespoons salt (optional)

Water

## **Directions:**

Mix paprika, salt, pepper, and nutmeg in a bowl. Add a very small amount of water to make a thick paste. Heat a small saucepan with coconut oil or olive oil in it and add the slices of onion.

Cook for a few minutes and then pour in the tomatoes. Cook a few more minutes and then remove from the heat.

Trim the fat off the outside edges of the pork. (Don't worry about any fat inside of the meat.) Slice the roast into long pieces a few inches wide. Season with salt (optional).

Turn the crock-pot on the lowest setting and add the juice from the orange. Add the apple cider vinegar and then the paste mix. Continue to stir until completely dissolved. Place the pork on top of the mixture. Allow to simmer for 8 hours.

## **Squash and Meatballs**

### **Ingredients:**

1 spaghetti squash, cut into long strips, seeds removed

1 pound Italian sausage, ground

14-ounce can tomato sauce

2 tablespoons hot pepper relish, if desired

6 cloves garlic, whole

2 tablespoons olive oil

2 tablespoons Italian seasoning (mixture of basil, thyme, and oregano) **Directions:**

Pour the tomato sauce, garlic, Italian seasoning, and hot pepper relish into the slow cooker. Stir until it is well mixed. Place the

squash face down at the bottom of the slow cooker.

Roll the ground Italian sausage into tightly packed meatballs. Fit as many of them as possible

around the sauce and the squash. Cook on high for 3 hours or low for 5 hours. Remove the meatballs and then the squash. Serve the squash on the plate first, place the meatballs around it, and cover with sauce.

## **Corned Beef and Cabbage**

### **Ingredients:**

3 lbs corned beef brisket

Brisket seasoning packet

3 cups water

1 head of cabbage, wedged

2 onions, chopped

6 carrots, chopped

### **Directions:**

Combine the vegetables and place them into the crock-pot. Rinse the corned beef brisket and dry it before placing into the slow cooker on top of the vegetables. Sprinkle the seasoning mix on top of the meat. Pour the water over the brisket. Cook for 8 hours on a low setting.

## **Thai Beef Stew**

### **Ingredients:**

2 tablespoons coconut oil

3 pounds beef stew meat, trimmed of fat  
1 onion, sliced thin  
2 garlic cloves, minced  
2 tablespoons fresh ginger, peeled and minced  
16 ounces coconut milk  
½ cup tomato paste  
½ cup Thai red curry paste  
2 teaspoons sea salt

**Directions:**

Heat the coconut oil in a large skillet on high heat. Add the meat and brown it in batches. Place browned meat into the crock-pot. Use the same skillet after meat is finished to sauté the garlic, ginger, and onion.

After 5 minutes, add the coconut oil to the mix and stir often. The bottom of the pan will have browned bits, and these must be released to add flavor to the dish. Add the remaining ingredients and stir well. Heat for 5 minutes and then pour over the meat in the slow cooker.

Cook for 5 hours on high heat or 8 hours on low heat. If desired, add broccoli and carrots into the slow cooker for the last hour of cooking.

**Beef Stroganoff**

**Ingredients:**

2 lbs beef stew meat

2 tablespoons salt  
1 tablespoon pepper  
1 tablespoon garlic powder  
2 tablespoons paprika  
1 teaspoon thyme  
1 teaspoon onion powder  
1 cup mushrooms, sliced  
1 onion, sliced  
1/3 cup coconut milk  
2 teaspoons red wine vinegar

**Directions:**

Mix all the spices together in a bowl. Sprinkle the mixture generously over the meat. Use hands to coat the meat with the seasoning and pack it on firmly.

Place the onion and mushroom slices into the slow cooker. Place the seasoned meat on top. Add the coconut milk, vinegar, and salt/pepper to taste. Cook on high for about an hour.

**Chicken Masala**

**Ingredients:**

6 chicken breasts, skinless and boneless, cut into 1-inch pieces  
1 red pepper, steamed, sliced, seeds removed  
1 cup almond milk or coconut milk

1 onion, diced fine  
4 garlic cloves, minced  
2 tablespoons lemon juice  
1 tablespoon cumin  
1 tablespoon paprika  
2 tablespoons ginger, grated fine  
1 tablespoon arrowroot powder  
3 tablespoons cayenne pepper (less for a milder flavor)  
2 tablespoons olive oil, extra virgin

**Directions:**

In a large mixing bowl, add all the ingredients except the olive oil and the chicken. Place half of the mixture into the slow cooker on low heat. In a saucepan, add the olive oil over medium heat.

Brown the chicken for a few minutes. Place the chicken in the crock-pot and pour the other half of the mixture on top. Allow it to cook on low heat for 6 hours.

**Stuffed Peppers**

**Ingredients:**

6 bell peppers, any color, tops cut off, seeds removed  
1 ½ pounds ground meat  
1 onion, diced  
1 carrot, diced

4 garlic cloves, minced

6 ounces tomato paste

**Directions:**

Heat the slow cooker on low while preparing the mixture. Add a cup of water to the bottom of the slow cooker to prevent the peppers from drying out. Add all of the ingredients with the meat.

Mix well. Add any spices as desired. Spoon the mixture into the bell peppers.

After adding the pepper, fill any empty space in the slow cooker with balled tin foil to prevent the peppers from tipping over. Cook on low heat for 4 hours. The peppers should be tender.

**Breakfast Pie**

Looking for a great Paleo recipe that you can eat for breakfast? This is one that your family will love waking up to!

**Ingredients:**

8 eggs, whisked

1 sweet potato, shredded

1 lb pork sausage, cooked and crumbled

1 onion, diced

1 tablespoon garlic powder

2 teaspoons basil, dried

Any additional vegetables as desired

**Directions:**



Grease the slow cooker with coconut oil to ensure the eggs don't stick. Turn on to low heat, and

add all of the ingredients. Mix well and allow it to simmer on low heat for 8 hours. In the morning, slice like a pie and serve.

## **Chicken Caccitore**

### **Ingredients:**

3 lbs chicken, boneless and skinless, cut into 1-inch pieces

2 onions, minced

½ cup tomato paste

6 cloves of garlic, minced

2 tablespoons oregano, dried

½ cup chicken broth

½ cup dry red wine

1 cup mushroomed, minced

16 ounces canned tomatoes, diced and drained

### **Directions:**

Mix all of the ingredients except for the chicken in the crock-pot and put it on low heat. Stir the ingredients again after 10 minutes. Then add the chicken. Allow it to cook for 8 hours.

## **Honey Pork with Apples**

This recipe is sweet and salty at the same time. If you like combinations of flavors, you'll definitely want to give this one a try!

**Ingredients:**

4 lbs pork tenderloin

2 large apples, granny smith recommended, sliced

½ cup honey

2 tablespoons cinnamon

**Directions:**

Turn the slow cooker onto the lowest setting. Place the pork tenderloin in it and cut deep slits into the top. Fit apple slices in those slits. The rest of the apples can be arranged at the bottom of the slow cooker if they don't all fit in the meat.

Drizzle the honey and sprinkle the cinnamon evenly over the apples. Add a cup of water to the

slow cooker to prevent the bottom from burning during the heating process. Allow the ingredients to simmer for 8 hours.

**Meat Lasagna**

This lasagna dish does involve some prep time, but it is well worth it. Since you shouldn't have traditional lasagna because of the cheese and the pasta, this is an option you will find very appealing!

**Ingredients:**

¼ cup olive oil

1 onion, dished

2 cups marinara sauce

2 cups canned tomatoes, diced with juice

1 teaspoon honey, raw  
1 lb ground turkey or beef  
2 cups Paleo cheese sauce  
1 cup yellow squash, chopped  
½ cup coconut milk  
1 egg  
4 zucchini, spiral sliced

**Directions:**

In a large saucepan, heat the olive oil over medium heat. Add the onion and sauté for 2 minutes.

Add salt if desired. Add the garlic, honey, and tomatoes and allow them to get hot. Add the marinara sauce and stir often. Bring the sauce to a boil and then simmer for 20 minutes. It will thicken over time.

In another saucepan, brown the turkey or meat. Drain any grease and add salt and pepper to taste.

Allow it to cool while preparing the cheese sauce.

To create Paleo cheese sauce, mix the squash and garlic in a saucepan. Sauté for 5 minutes. Add ½ of the coconut milk and bring it to a boil, stirring often. Simmer for 2 minutes and then add the rest of the coconut milk. Whisk the egg and add it to the mixture. If the cheese sauce isn't smooth enough, use a blender.

To assemble the lasagna, spray the inside of the slow cooker with olive oil so the ingredients won't stick. Place ½ of the marinara sauce on the bottom of the slow cooker, spread as evenly as possible.

Place zucchini noodles on top of sauce. Add a layer of cheese sauce. Add ½ of the meat.

Repeat this layering process until you run out of ingredients. Try to create each layer evenly.

Cook on high for 2 hours. Take a turkey baster and remove any liquid—which will have come from the zucchini—from the slow cooker. Allow it to cook on high for 2 more hours.

Place the liquid into a saucepan and allow it to boil for about 30 minutes before you are going to eat. Then allow it to simmer for about 7 minutes. The sauce will get thick and creamy. Pour this sauce over the lasagna before you serve it.

## **Sloppy Joe**

### **Ingredients:**

2 lbs ground beef

1 lb bacon

1 green pepper, chopped finely

1 onion, chopped finely

½ cup tomato paste

½ cup tomato sauce

### **Directions:**

Cook the bacon and the ground beef in a pan on the stove, together or separately. Both should be crumbled into small pieces once they are fully cooked. Place these ingredients into the slow cooker.

Add the remaining ingredients and stir well. Add salt, pepper, and other spices if desired. A cup of water may also be added to prevent

it from burning. Heat it on a low setting for about 2 hours.

## **Banana Foster**

There aren't too many dessert items available within the Paleo diet. This is because the majority of them contain sugar. However, this banana foster recipe was worth adding in this book. It can be a great choice for a special occasion or because you have an insatiable craving for something sweet.

### **Ingredients:**

4 medium sized bananas, sliced about ¼-inch thick

1 tablespoon coconut oil

1 tablespoon lemon juice

¼ cup honey

1 tablespoon cinnamon

A pinch of nutmeg

½ cup dark rum (optional, it will be cooked out)

### **Directions:**

Turn the slow cooker on high and add the spices, lemon juice, and coconut oil. Allow them to get hot and mix together well. Then reduce the slow cooker to the low setting.

Add the bananas to the mixture, being careful not to splash yourself with the hot mixture. Cover the bananas and allow them to simmer for 2 hours.

Don't stir before serving, as that will make the bananas mushy. However, do scrape the bottom of the slow cooker while serving to get plenty of the delicious honey mixture.

## Conclusion

Challenge yourself to try the Paleo diet for 30 days. Commit to it 100%. Don't eat the foods you shouldn't, and simply enjoy the foods you should. Use these slow cooker recipes to make it easy for you to serve delicious meals even with a busy schedule.

If you don't feel this diet has significantly helped you after 30 days, go back to eating as you used to. Sticking to the Paleo diet isn't going to be easy at first, due to the decrease of carbs and sugar. Just remember, you're now using stored fat as energy instead, which will result in weight loss. It may take a couple of weeks for changes to be noticeable.

If there is a day when you eat grains or added sugars, don't beat yourself up about it. Accept your mistake, hold yourself accountable, and get back on track. If you go to a wedding and you want a piece of cake, have it! You don't have to feel deprived, but you should avoid sugar, grains, and processed foods as much as possible.

Small changes, such as cutting out drinks with sugar from your daily intake, can add up quickly.

If you have very poor eating habits now, don't expect yourself to change everything overnight.

Recognizing where you need to make changes, however, is a powerful place to start.

As you get started, keep it simple. Use recipes that include plenty of protein such as eggs, chicken, etc. Add some vegetables, healthy fats, and fresh fruit and you will have a complete meal that is hassle free. Keep some nuts, fresh fruit, and fresh vegetables on hand for snacking throughout the day as well.

As you can tell from the recipe chapters, there are plenty of ideas out there. Don't be shy about adding or changing ingredients to suit your tastes. You may find that some dishes are too spicy as written, but

you can reduce the heat in them. If you like more heat, add more spices.

Don't add anything to your Paleo slow cooker dishes that isn't on your approved foods list, however. If you do, you will be defeating the purpose of trying to change and eat better. Being

well-informed will prevent you from making these mistakes.

You will also realize from seeing the various recipes that there is plenty of variety. You aren't going to be eating the same foods over and over again. If you find yourself currently in a rut at the grocery store, these recipes will help you look forward to dinner.

You may decide to buy an additional crock-pot or to purchase one that is a different size from what you currently own. There are 4-quart and 6-quart crock-pots available. You can also buy liners that allow you to clean them up in less time.

These liners get tossed out after you remove the food. Using them can certainly reduce the amount of time you spend with the dishes after dinner. Since you will be spending less time cooking and cleaning up, you will have more time for relaxation or exercise.

There is a mobile app for your smartphone called Paleo Central which is free to download. It is a good idea to have in case you need information about foods while you are away from home. It can help you to avoid making mistakes while you are at the grocery store or eating out.

Essential Oils for Beginners

*The Little Known Secrets to Essential Oils and Aromatherapy for Weight Loss, Beauty and Healing*

*Ella Marie*

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## **Introduction**

You might have heard another celebrity raving about their new beauty product, a rare oil from Morocco, or maybe you have witnessed the transformation of a friend's skin from dry and lackluster to stunningly supple and radiant. When you question your friend about the magical elixir that brought about this rapid change in the quality of her skin, she utters "essential oils."

Your interest is now piqued; you are revved up and ready to discover the world of essential oils, and you plan to use them daily to affect positive changes throughout your life. Yet a couple of keystrokes



later, you find that discovering the realm of essential oils will not be such an easy task after all. The search term 'essential oil' yields 47,300,000 results on Google and each page has its own bit of information with its own fact and fiction. If only you could find a book that presents information about essential oils with the facts to back it up—a book that gives the practical uses of essential oils and recipes that you could use to create even more potent oils by mixing two or more existing oils.

This is your eureka moment, for you have found the book that will do all that and more. In this book, I will introduce you to the topic of essential oils and aromatherapy. I will give comprehensive information about essential oils and their origins, properties, uses, storage, and safe use. By the time you finish this book, you will be well equipped with knowledge of how to determine the quality of essential oils in terms of their purity, grade, and integrity.

So, read on if you are ready to take that step to becoming an essential oil connoisseur; I promise you, it's a decision you will not regret.

## **What are Essential Oils?**

Essential oils are not a new fad that has popped up in the last couple of weeks; they have been around for ages and have been used by people worldwide for cosmetic, spiritual, medicinal, and emotionally uplifting purposes. Essential oils are the natural aromatic compounds extracted from the barks, seeds, roots, stems, flowers, and other parts of plants. The term "essential oil" is derived from the original term 'quintessential oil' from ancient Aristotelian ideas. Aristotle believed that matter was made up of five elements: air, fire, water, earth, and the fifth element, or the 'quintessence,' thought to be the spirit or life force of the matter. Hence, essential oils are thought to contain the characteristic fragrance of the plant along with all of its beneficial properties.

Nowadays, we know that there is no such element known as the "quintessence," but that does not mean that essential oils do not

exist. They do exist, and they play important biological roles in the plants that manufacture them. Most essential oils attract pollinators to their plants by the alluring scents that they give off. This is biologically important for plants since they need to be pollinated by insects and small animals to survive, but we humans have found these scents to be soothing and sometimes invigorating too. Essential oils also play the role of defense in plants because of their antibacterial and antifungal properties; they play the same antibacterial and antifungal roles when applied to our skin and have even been shown to stimulate the regrowth of healthier and stronger skin. So, you see, essential oils have important alluring, protective, and regenerative properties that we can make use of if we know how to utilize them properly.

In fact, essential oils have been used by different civilizations and different cultures for thousands of years. Read on and discover how ancient civilizations extracted and used different essential oils from different plants and how you can use them today.

## **History of Essential Oils**

### **Egypt**

Evidence indicates that the ancient Egyptians were using aromatic oils as early as 4500 BCE.

They were an important part of the Egyptian culture because they were used for religion, cosmetics, meditation, healing, and other aspects of life.

The Ancient Egyptians concocted a famous herb mixture made of sixteen different and specially-blended ingredients to create a substance known as “Kyphi.” Kyphi was used as a perfume, as a medicine, and also as incense.

Special essential oils were allocated to each Egyptian god and even pharaohs were given their own unique blends. At one point in Ancient Egyptian history, only the priests were allowed to have

certain essential oils because those essential oils were deemed necessary for intercessions with their gods.

## **China**

The Chinese first started using essential oils between 2697 and 2597 BCE; this was during the reign of the legendary Yellow Emperor, Huang Ti. It is believed he authored the book called

“The Yellow Emperor’s Book of Internal Medicine.” This book contains a vast amount of information about several essential oils and aromatics, and it is still utilized by many Eastern Medicinal Practitioners today.

## **India**

Traditional Indian medicine known as the “Ayurveda” has been utilizing essential oils in healing potions for over three thousand years. Their medicinal scripts list over seven hundred substances (such as ginger, cinnamon, sandalwood, and myrrh) and their essential oils as potent healers. It’s interesting to note that Ayurvedic medicine was successfully used to replace the ineffective antibiotics that were present during the outbreak of the Bubonic Plague. In addition to their medicinal purposes, essential oils were also used philosophically and spiritually by Ayurvedic practitioners because they were believed to be a godly part of nature.

## **Greece**

The Greeks adopted the knowledge of essential oils from the Egyptians and recorded them between 400 and 500 BCE. They also adopted the knowledge of Ayurvedic medicine from the Indians and incorporated it into their existing body of knowledge.

It was this mixture of knowledge from Ancient Egypt and Ancient India that the Greek physician Hypocrites, also known as The Father of Medicine, used to document the effects of some three hundred

different plants, including saffron, thyme, cumin, marjoram, and peppermint.

Hippocrates has made an important contribution to modern medicine as we know it today, and all doctors have to take a pledge, known as the “Hippocratic Oath,” in honor of the late Hippocrates.

Another notable Greek, who put plants and the essential oils that they contain to good medicinal use, was Galen. He was a surgeon at a school for gladiators, and it is said that no gladiator who was placed under his care succumbed to his injuries and died. Galen made good use of essential oils, and soon he was promoted to being the personal physician of the great Roman emperor Marcus Aurelius. Galen did extensive research on plants and their properties and divided plants into many different medicinal categories. Some of these categories are even used to this day.

Greek soldiers also made use of essential oils. They carried ointments of Myrrh with them to treat infections when they went to battle.

## **Rome**

The Romans made use of essential oils in different ways. Instead of using them medicinally, they used them for cosmetic and therapeutic purposes, and they were known for the huge quantities of perfumed oils that they applied to their clothing, bedding, and bodies. It was also customary for Romans to use essential oils in their baths and in massages.

Roman physicians were avid readers of the literature produced by Hypocrites and Galen, and during the fall of the Roman Empire, the Roman physicians fled to other lands with copies of these ancient texts. These texts were later translated into different languages, such as Arabic and Persian.

## **Persia**

A child prodigy known as Ali-ibn Sana (also known as Avicenna the Arab) became a popular and erudite physician by the tender age of 12. He wrote several books about eight hundred plants and their different effects on the human body. He was also the first person to discover and record the method of distilling essential oils from plant materials. His methods of distillation are still used today.

## **Europe**

The knights and their armies passed on extensive knowledge of herbal medicines that they learned throughout Western Europe and the Middle East during the time of the Crusades. The knights acquired the knowledge of how to distill the essential oils from other civilizations, and they used them to make perfumes.

In the 14th century, during the time of the Bubonic Plague, the Europeans burned pine and Frankincense in the streets to ward off “evil spirits.” Fewer people actually died from the plague in the areas where this was done.

Many Europeans came up with valuable literature that is still used in some areas today. Chief among them were the French chemist René-Maurice Gattefossé and Nicholas Culpeper.

It was René-Maurice Gattefossé who coined the term “aromatherapie” while he was investigating the antiseptic properties of essential oils, and he later went on to publish a book in 1928, which vividly describes essential oils and their healing properties. This book had a profound influence on the medicinal practices in France at the time. René-Maurice Gattefossé discovered the healing properties of lavender because of an accident that had occurred in his laboratory in which he was badly burned. To lessen the pain of the burn, he quickly immersed the affected hand in the liquid that was closest to him. This liquid was the essential oil of lavender, and to his surprise, the wound healed with no scarring or infection. After this discovery, he, along with some other colleagues, conducted extensive research on the healing properties of lavender, and soon lavender was being used in all the hospitals across France.

When the Spanish influenza eventually made its way to the country of France, no hospital personnel died as a result of illness, and this was credited to their extensive use of lavender and other antiseptic essential oils.

“The Complete Herbal” is a book that contains valuable reference material about many different medical conditions and their remedies using the essential oils of plants. It was written by Nicholas Culpeper in 1653, and it is still used today.

So, you see, essential oils have been used for several different purposes since the dawn of time.

“But how did they remove the essence from the plants?” you may ask. Well, this was done in several different ways.

### **How Are Essential Oils Made?**

You may be surprised to know that main method used to make essential oils has been around for more than five thousand years. This method is distillation, and it works by slowly forcing water or steam up through the plant materials to remove the volatile components. These volatile components (which consist mainly of water and the essential oil) are then cooled, and then the essential oil is separated from the water.

Another method that is used that is similar to distillation is percolation or hydro-diffusion. The difference with this method is that steam is forced through the plant materials from the top instead of the bottom.

There is another method used in essential oil extraction that is worthy of discussion. This method is used to extract mainly citrus essential oils, and it is called expression. In this method, no heat is involved, but instead the oil is forced from the plant material via mechanical pressure.

You may wonder what would be the difference between an expressed essential oil and its distilled counterpart. Well, expressed oils are considered to be more stable than their distilled counterparts, and they usually have a better aroma. Nonetheless, you can use any of the essential oils and reap the benefits from them as long as they are suitable for your use. But how would you know a suitable essential oil from a fake one—how could you tell the quality of an essential oil?

Read on into the next section; your answers await you.

## **Determining the Quality of Essential Oils**

So many factors can come into play and affect the overall quality of an essential oil. Anything that affects the plants from which you extract the essential oil will affect the final quality of the oil. Therefore, environmental temperature, soil quality, and growing conditions play a major part in the overall quality of the final product. The techniques that you use to extract the oil can also affect the quality of the essential oil. If you can remember from above, it was noted that expressed oils had a better quality than their distilled counterparts, and this was due only to the method used to extract the oil. Despite all the different factors that can come into play and affect the quality of the essential oil, there are three main things that you the buyer should look for: grade, integrity, and purity.

### **Grade**

You should not use the grade as the only method for determining the quality of an essential oil because, like everything else, grading is subjective, and one person may consider a particular sample to be of a mediocre grade while another person considers it to be normal. Grading is often done just to determine which essential oil is best for a particular use. Yet the grade of a particular essential oil will give an indication as to its quality, so it should not be completely ignored when you are purchasing your essential oil. Always ensure that you buy an essential oil that was extracted for therapeutic use and is of a high grade.

## **Integrity**

Integrity here simply refers to whether or not an essential oil is from a natural plant source, as opposed to being manufactured in a laboratory or chemically altered. Essential oils with integrity do not separate (which would indicate that they have been diluted with some kind of vegetable oil) when they are frozen, and they do not have an alcoholic odor (which would indicate that some alcohol was placed in it).

## **Purity**

A pure oil is one which has not been diluted in some way. Some manufacturers like to dilute the essential oils that they sell with alcohols, vegetable oils, similar smelling essential oils, and other solvents so that they can use less of the real essential oil and make a profit at the same time.

Always test for the integrity of the essential oil before you buy it.

## **Essential Oils: Safety and Storage**

If you've just bought yourself a bottle of a coveted essential oil, you may be thinking of ways that you can store it and keep it safe so that it can last for a long time. Follow these tips and tricks and your essential oils will be with you for years to come.

Always store your essential oils in dark-colored bottles away from direct sunlight. The dark-colored bottles will filter out the ultra-violet light which would otherwise cause the essential oils to break down. In the past, they were always stored in amber-colored bottles, but even dark blue bottles are fine.

The bottle should be kept tightly closed in a cool location. It is important that the temperature of the essential oil does not vary much throughout the day because this too can cause it to break down. You may refrigerate it, but that is not necessary.



You should also keep essential oils out of the reach of animals and children. Animals and children are very curious and they may open or break the bottles, ingest the contents, or cut themselves. As such, you should ensure that you keep your essential oils out of their reach.

It is also important that you do not store your essential oils in areas where there are sparks or flames. Many essential oils such as peppermint, pine, orange, and fir are highly flammable, so err on the side of caution and keep your essential oils away from open flames and sparks.

## **Popular Essential Oils**

### **Lavender Oil**

Lavender is one of the most popular essential oils you will find on the market, and this is because of its different health benefits. It is known to relieve pain, eliminate nervous tension, enhance blood circulation, treat respiratory problems, disinfect the skin, and scalp among other things.

Lavender oil is made from the flowers of the lavender plant, *Lavandula angustifolia*, which primarily grew along Mediterranean coasts. It then slowly spread to the rest of the world as more people became aware of its usefulness and versatility. The lavender oil is extracted primarily through steam distillation. These flowers are fragrant by nature and have traditionally been used for the making of potpourri. Interestingly, it takes about one hundred and fifty pounds of lavender leaves to produce only one pound of lavender oil, and, on average, an acre of land will only yield about twelve pounds of lavender oil.

You're probably used to seeing lavender as an ingredient in different perfumes, lotions, gels, infusions, soaps, aromatherapy oils, and ointments, and I am sure you will be surprised when you discover that there is a world of other benefits that lavender bestows on those

who utilize it. It also blends well with many other essential oils, including pine, cedar wood, geranium, nutmeg, and clary sage.

## **Common Uses of Lavender Oil Today**

**Bug Repellent:** Most bugs, such as midges, moths, and mosquitoes, cannot tolerate the potent smell of lavender essential oil, so you can use it when you go outdoors for an effective, sweet-smelling bug repellent. Simply apply a few drops of the lavender oil to the parts of your skin that will be exposed when you are outside and those pesky critters will avoid you.

Lavender oil is also anti-inflammatory, so if one of those annoying critters does get to bite you, simply apply a few drops of the lavender oil to the affected area and say goodbye to the swelling

and the pain.

**Sleep:** If you're having trouble sleeping at night, lavender can step in and help. Did you know that it has been used to induce sleep in insomniacs for ages? Yes, it has! Lavender oil has a calming effect on the nervous system, and it has been proven to increase sleep regularity in people who apply a few drops of it to their pillow before they retire for the night. In fact, it has had such a calming and sleep-inducing effect on some people that those people have been able to use it to completely replace the sedatives that their doctors prescribed for them to sleep better at night.

**Nervous system:** Lavender oil's calming effect on the nervous system makes it an excellent tonic for anxiety and for the nerves. The refreshing aroma increases mental activity while at the same time removes nervous exhaustion. You can use it to combat your headaches and migraines, and you can also use it to relieve emotional stress, nervous tension, and depression. A study was conducted in which some students, who were about to take a test, were asked to inhale some rosemary and lavender oil. You'll be happy to know that the test takers who inhaled the rosemary and lavender oil showed significant decreases in anxiety and other forms

of mental stress. There was also an increase in their cognitive function, so use lavender oil regularly and with confidence, knowing that it is good for your mind.

**Acne:** If you listen to the advice of notable aromatherapists and dermatologists, lavender essential oil will be one of the main substances you utilize in your fight against acne. They say that it is one of the most powerful substances that can be used to treat acne in both teenagers and adults alike.

Acne is a condition that occurs when there is a build-up of sebum near the sebaceous glands because of a bacterial infection. The bacteria feed off of this sebum and later proliferate. As a

result, the area gets infected, then it gets irritated and then visible sores can be seen, sometimes with some amount of scarring.

Yet lavender oil has been proven to work wonders on acne-afflicted skin because it not only inhibits bacterial growth, but it also promotes blood flow to the affected area and thereby encourages healthy skin cell formation. It also reduces the over-production of sebum, and this helps to reduce and prevent acne formation.

To make use of this powerful anti-acne essential oil, simply put a few drops of it on a swab of cotton and then apply it to the affected area. You may have to alter this procedure to fit your individual needs because if your skin is sensitive, it would be more advisable to dilute the lavender oil before you apply it to your skin. It will still have the same properties, just in a milder form.

Lavender has also been used to treat many other skin disorders such as psoriasis, wrinkles, other inflammatory conditions, and even scar tissue. Lavender oil speeds up the healing process of cuts, wounds, burns, and sunburns. So feel free to use lavender oil to improve the overall quality of your skin.

**Pain Relief:** Lavender oil is excellent for relieving different types of pain, even those caused by rheumatism, sore and tense muscles,

sprains, muscular aches, lumbago, and backache. Joint pain can also be relieved by using lavender oil to massage the affected area. Say bye-bye to your aches and pains forever when you choose to use this potent pain reliever.

**Respiratory Disorders:** Lavender oil is also widely used in the treatment of various respiratory problems, including colds, coughs, the flu, bronchitis, whooping cough, sinus congestion, tonsillitis, and even laryngitis. Its stimulating nature helps to loosen and eliminate phlegm that blocks the respiratory surfaces and causes congestion. The antibacterial properties of lavender essential oil and its vapor also help to fight off respiratory tract infections. To relieve respiratory

disorders, apply the lavender to the skin of your back, chest and neck, or you can add it to your inhaler or vaporizer and inhale the vapor.

**Hair Care:** Lavender oil has been shown to be very effective against lice eggs, lice, and nits.

Those insects won't want to be neighbors with the lavender oil and will quickly evacuate their home (your scalp) when you rub it daily with a few drops of lavender oil. Lavender oil has also been shown to be very helpful in the treatment of hair loss, especially in people who suffer from Alopecia, a condition in which the body rejects its own hair follicles, and it is also effective in the fight against male pattern baldness. Simply rub the lavender oil into your scalp and watch the difference.

**Blood circulation:** Having poor circulation? Lavender oil is the way to go! It improves blood circulation to the organs of the body and thereby increases their levels of oxygenation. It promotes muscle strength and even boosts brain activity. When you use lavender oil regularly, your skin looks brighter and healthier because it is constantly being flushed with blood. It also lowers blood pressure and protects you from arteriosclerosis and heart attacks, which are diseases often associated with poor circulation. Even diabetics who often suffer from low circulation can make use of this product by

applying it to the affected areas or inhaling the vapor from an inhaler or vaporizer.

It is important to note that you should not combine lavender with sedative drugs. You can use it to replace the drugs, but do not combine them because doing so will induce too much sleepiness.

## **Clary Sage Oil**

You have probably heard of sage oil, but more than likely this is the first time you're hearing anything about clary sage oil. Well, you can consider this to be the cousin of regular sage oil.

Although regular sage oil has similar benefits to clary sage oil, it has been shown to have more adverse reactions, and clary sage oil is the one that is preferred because it is much milder and safer.

The clary sage is a perennial herb that used to be found only in Syria, Italy, and Southern France.

Nowadays, it is cultivated worldwide from European regions to Russia, from Morocco to the United States of America. This herb, called the *Salvia Sclarea*, grows from May to September.

The clary sage oil is extracted from the leaves and buds of the clary sage herb by steam distillation.

Clary sage is used to treat eye health-related problems, it is an antidepressant, euphoric, anticonvulsant, antispasmodic, emmenagogue, and aphrodisiac, and it has other health benefits too.

## **Common Uses of Clary Sage Oil Today**

**Soothes eyes:** Clary sage oil has been used for centuries to treat vision problems, such as strained or tired eyes. In fact, the word "clary" comes from the Latin word "clarus" which means clear, and it was frequently called "clear eyes" in the past. If you are having vision problems and want a natural product to improve your eyesight, then

get some clary sage oil. Get some water and put a few drops of clary sage oil in it. Then soak a clean cloth in the mixture and press it over your eyes or the affected eye for at least ten minutes. Do this every day until your vision improves.

**Antidepressant and Euphoric:** Clary sage oil is the oil to use on days when you are feeling down. It has been shown to boost confidence, self-esteem, mental strength, and hope, and it is

therefore very good at treating the different forms of depression. It induces feelings of pleasure and immense joy, and it will fill you with the desire to live your life to the fullest. Whether you are depressed because of loneliness, failures in your career or personal life, insecurity, death of a loved one, or any other reason, inhaling the diluted vapor of some clary sage oil can go a very long way in helping you feel better.

**Anticonvulsant and Antispasmodic:** Did you know that clary sage oil can be used in addition to the existing medications as a treatment for convulsions? Yes, it most definitely can! This is because clary sage oil reduces or calms down convulsions, whether they are caused by epilepsy or some other mental or nervous disorder. It relaxes the nerves and thereby prevents these convulsions from occurring. It is also good for treating spasms, spasmodic cholera, spasmodic coughs, respiratory system cramps, muscle cramps, stomachaches, and even headaches.

**Emmenagogue:** One of the widest-known uses of clary sage oil is for regulating the menses.

Yes, that's right ladies—this all-natural product will regularize your periods, ease menstrual discomfort, and reduce the pain without any adverse side effects. There is no need to go to the gynecologist and spend a small fortune for him to prescribe you a drug which contains clary sage oil anyway; simply use the oil as a massage oil and rub it into your lower abdomen and into your lower back if it hurts too.

**Aphrodisiac:** The men will smile when they read this other use of clary sage oil, and it is, in fact, true—clary sage oil is a potent aphrodisiac and has been used for ages to boost the libido. It increases the testosterone levels in both men and women, and this leads to increases in sexual interest and performance. So if you feel that you have fallen off the horse in that area and you want to get back up, use three drops of the clary sage oil and massage it into your hands and face.

Clary sage oil is safe for ingestion and has been used in the past to fight bacteria that live in the

digestive system. It exhibits moderate antibacterial activity against various bacterial strains, such as *Klebsiella*, *Staphylococcus aureus*, *Proteus mirabilis* species, and *Listeria monocytogenes*. It is also very good at killing dangerous fungal strains such as the *Penicillium*, *Aspergillus*, *Fusarium*, and the *Candida* species.

Women should avoid clary sage oil during pregnancy because it stimulates menstrual flow. It should also be kept away from women who need to regulate their estrogen levels.

## **Geranium Oil**

The geranium plant is a perennial shrub with pointy leaves and small pink flowers that is indigenous to South Africa. There are many varieties of this shrub, but the *Pelargonium graveolens* is the variety used to make the renowned geranium essential oil. Like the lavender and clary sage oils, the geranium essential oil is extracted from the leaves and stalks of the plant via steam distillation.

The geranium oil is mostly used today to stop hemorrhaging, promote cell health, and increase urination, among other things.

## **Common Uses of Geranium Oil Today**

**Hemostatic:** I bet you wouldn't believe me if I told you that geranium can be used to stop hemorrhaging, or bleeding as the layman would

call it. Geranium stops hemorrhaging in two different ways. Firstly, it causes the blood vessels to contract, so it restricts and eventually stops the flow of blood from damaged arteries, veins, and capillaries. Secondly, it speeds up blood clotting and thereby aids in the healing of wounds. By stopping excessive hemorrhaging, geranium helps to prevent toxins from entering your wounds and thereby causing an infection.

Dilute the geranium and place it over your cuts and bruises to stop the excessive bleeding.

**Cytophylactic:** In addition to being a hemostatic, geranium also helps your body by promoting cell health, encouraging the regeneration of new cells and the recycling of dead cells. This helps all body cells, including the gametes, and improves the body's metabolism.

**Diuretic:** Geranium increases urination. After reading this, I'm sure many of you are smiling;

"Why would I want to increase my urination?" you may ask. Well, urination is one of three methods that the body uses to rid itself of toxins. The other methods are perspiration and

excretion, but urination is arguably the most important of them all. When you urinate, you are eliminating toxins such as uric acid, urea, bile salts, pathogens, heavy metals, some pollutants, harmful synthetic and chemical substances, and sometimes even excess sugar. The more you urinate, the lower your blood pressure will be because each time you urinate, you eliminate sodium, and this helps to reduce blood pressure. So, you see, by increasing your urination frequency, geranium helps to make you healthier and toxin-free.

**Deodorant:** The uplifting and pleasing aroma of geranium oil is all you'll need to keep those areas smelling wonderfully. It is mild on the skin, it has a long-lasting smell, and its antibacterial properties will keep you smelling fresh for a long time. So put some geranium on a



clean washcloth and rub it on those areas that you need to keep fresh throughout the day.

**Vermifuge:** For those of you reading who suffer from intestinal worms, geranium essential oil is the oil for you! Geranium will kill all of your pesky internal parasitic worms, and it can even be used in children too. Drink three to five drops of geranium per day and those pesky parasites shall be no more.

**Neural Degeneration:** One of the saddest parts of aging is the neural generation that sometimes takes place and the dependency that comes with it. Wouldn't you like to protect yourself and the ones you love from neurodegenerative diseases such as dementia and Alzheimer's? If your answer is yes, then you need to be using geranium essential oil. It has been proven to activate microglial cells, cells which are integral components in the fight against neural degeneration.

When microglial cells are activated, they reduce pro-inflammatory substances like nitric oxide, which fights off inflammation that cause neural degeneration in the neural pathways. Geranium oil has a synergistic relationship with the brain, and if you use it on a regular basis, you can prevent those dangerous and potentially deadly neural degenerative diseases. Place a few drops of geranium in your food every day and you will be well on your way to fighting off neural degeneration.

**Astringent:** An astringent is a substance used to shrink or constrict body tissues. Geranium oil tends to function as an astringent in that it makes the muscles, gums, skins, intestines, blood, and tissues contract. This includes the muscles of the abdomen, which gives you toned look. It also prevents the skin from sagging and helps prevent tooth loss by tightening up the gums, and it is very good at reducing wrinkles because it tightens facial skin. So if you want to look younger, fresher, and more toned, add three to four drops of geranium oil in your body lotion and apply it to your skin daily.

Geranium can also be used in the treatment of dermatitis, acne, eczema, and other skin ailments as well as infections of the throat, nose, and other respiratory organs. Geranium is good for treating ulcers, burns, neuralgia, tonsillitis, and also Post Menopausal Syndrome (PMS). It is great for improving both mental functioning and moods and is therefore widely used in the treatment of chronic anxiety and depression, and it is sometimes used in anger management.

Geranium is commonly blended with bergamot, angelica, lavandin, lavender, basil, carrot seed, cedar wood, citronella, jasmine, lemon, orange, lime, grapefruit, and rosemary oil.

Geranium is not recommended for use in pregnant women or in women who are breast-feeding.

It should also not be used on babies or young children.

## **Sandalwood Oil**

Sandalwood oil has been used in the religious festivals and shrines of India since prehistoric times. It is an expensive oil, and the demand for it is very high, but the numbers of trees available to make it are dwindling by the second. The sandalwood tree, *Santalum album*, is parasitic and very difficult to propagate; in fact, the tree must grow for at least thirty years before it is suitable for harvesting. When the tree is harvested at this time, it contains a significant amount of heartwood, the most precious part of the sandalwood tree. Nowadays, the sandalwood oil is extracted mainly by steam distillation, but back in the day, hydro-distillation was the primary method used to extract it. It is said that the hydro-distillation method yields an oil which has a very fine aroma.

It is best known in the western world as a rich, warm, sweet, and woody essential oil used as an ingredient in fragrant products, such as perfumes, cosmetics, and aftershaves. It has many benefits; it is an antiseptic, an anti-inflammatory, and a “cicatrisant” among other things.

**Antiseptic:** Sandalwood oil acts as a very good antiseptic agent. What is interesting to note about this antiseptic is that it is safe for both internal and external use and can help to protect internal ulcers and wounds from infection. It performs the same job when it is applied topically—it protects sores, wounds, pimples, and boils from becoming septic. So the next time you find yourself with a sore, don't be afraid to use a few drops of sandal wood oil on the sore to protect it from microbes.

**Anti-inflammatory:** The essential oil of sandalwood and also its paste are very good at providing relief from many different types of inflammation, including inflammations of the digestive, excretory, circulatory, and nervous systems. It is especially useful in cases of circulatory and nervous inflammations and can be used to get the affected organ system back up and running in no time. Simply place three to four drops of the sandalwood oil in a glass of water to begin with and increase the concentration if the mixture is not potent enough. Drink this every

day until your condition ameliorates.

**Cicatrissant:** Sandalwood oil is great for soothing the skins of both young children and adults. In fact, it not only soothes the skin, but it also helps scars and abrasions heal much quicker. It can be placed in lotions, oils, etc. and moisturized into the skin for positive results. The potent healing effects of sandalwood oil have now sparked many producers of skin care creams, lotions, and soaps to include the oil as part of their main ingredients. So the next time you take up your beauty lotion, check out the label and see if you have already been reaping some benefits of sandalwood oil.

**Carminative:** Sandalwood oil induces relaxation wherever it is applied, even in the intestines.

As such, when it is ingested, it relaxes the abdominal and intestinal muscles and makes it much easier for the excess gases there to escape. It also helps to prevent the formation of excess gases in the first place, and this is great because we all know how embarrassing

it can be when those gases escape at the wrong place and time. A few drops of sandalwood in your water is all the carminative you will ever need.

**Expectorant:** An expectorant is a substance that loosens congestion in your chest, thereby making it easier for you to cough. Sandalwood oil works miracles in this area and has been used for a long time as an expectorant to treat blocked-up bronchioles and lungs. Simply massage a few drops of the oil into your chest and throat and all the phlegm that has been preventing you from breathing properly will come out in the blink of an eye.

**Hypotensive:** Just when you thought that sandalwood essential oil could not get any better, it just did! Another great quality of sandalwood oil is that it can be used to lower blood pressure.

This means that it should be in the house of every person suffering from hypertension. It may be ingested for this purpose or it can also be applied topically—it would still have the same effect of lowering the blood pressure in that localized area.

**Memory Booster:** Sandalwood stimulates your mind, improves your memory, and increases your power of concentration. It is especially good for students because it does all of this and also relieves stress and anxiety. Students are especially prone to stress and tension, and sandalwood oil will work wonders in their lives and help them to perform at their very best.

**Tonic:** Sandalwood oil is soothing on the stomach and on the nervous, circulatory, and digestive systems. Therefore, it can be used by children of all ages, and it is a very good health tonic for everyone.

## **Bergamot Oil**

The nearly ripe fruit of the bergamot orange tree, *Citrus bergamia*, is cold-pressed or hand-pressed to yield the bergamot essential oil. This tree was made by crossbreeding an orange tree and a lemon

tree, and the fruit is yellow with a pear-like shape. About one hundred bergamot oranges will produce only eighty-five grams, or three ounces, of the bergamot oil. Although it had its origins in South East Asia, it was more widely produced in the coastal, southern section of Italy, such as in Sicily and Reggio di Calabria. In fact, the fruit was named after the city of Bergamo found in Lombardy, Italy, where it was commonly sold. The bergamot orange tree is also grown in Brazil, Turkey, Morocco, Argentina, and the Ivory Coast.

Bergamot has been used for ages for a variety of purposes; some of the most important uses are discussed below.

### **Common Uses of Bergamot Oil Today**

**Used in cosmetics, deodorants, fresheners:** Bergamot oil has a unique aroma that is subtly spicy yet uniquely fruity. As such, the oil is frequently added to cosmetic products, perfumes, sprays, and many air fresheners. In fact, bergamot oil is a major component of the original 4711

Eau De Cologne made by Johann Maria Farina in Germany at the beginning of the eighteenth century. Bergamot oil is also used as a deodorant because of its fresh aroma and its disinfectant properties. It inhibits the growth of odor-causing germs, and its strong citrus smell is very pleasing to the nose. To use bergamot oil as a deodorant, simply dampen a clean washcloth with it and apply it to your underarms.

**Fruity flavoring:** Bergamot is used for its distinct flavoring in popular teas such as Lady Grey and Earl Grey. It is also used in Norway in the bergamot-flavored snus, a sugar-free, smokeless tobacco from the eighteenth century. In Turkey, many confectionaries are flavored with bergamot.

**Stimulant, antidepressant, and relaxant:** Bergamot oil has certain substances, such as limonene and alpha pinene, that are natural stimulants and antidepressants. They create a feeling of joy, freshness, and energy in cases of depression and sadness by

improving the circulation of blood. They also help to maintain proper metabolic rates by stimulating hormonal secretions.

This stimulating effect increases the secretion of insulin, bile, and digestive juices, thereby helping the digestive and assimilative processes in the body. It aids in the decomposition of sugars and thereby lowers blood sugars because of this property. Add a few drops of bergamot oil to your vaporizer and inhale the sweet aroma; you will feel happier and stronger too.

Bergamot oil also contains many different flavonoids that act as relaxants too. They will soothe your nerves and reduce your stress, anxiety, and tension. This can help to cure or treat illnesses such as depression, insomnia, high blood pressure, and sleeplessness. In addition, bergamot oil stimulates the activity of certain hormones like serotonin and dopamine that induce feelings of sedation and relaxation.

**Analgesic:** If you are tired of taking heavy dosages of analgesic pills for muscle aches, sprains, terrible headaches, and other ailments, then you can substitute bergamot oil in place of them. By doing this, you also avoid the dangerous side effects of those over-the-counter medicines too.

Bergamot essential oil reduces feelings of pain in your body by stimulating the secretion of hormones that lessen the sensitivity of your nerves to pain. Rub an ample amount of the bergamot oil into the affected area and the pain that you are feeling there will quickly subside.

**Digestive:** Do you want to improve your digestive system and prevent gastrointestinal complications too? If your answer is yes, then bergamot oil can come to your rescue. It increases the secretions of digestive acids and enzymes and activates them also. It increases the secretion of bile, facilitates easier digestion by regulating peristaltic motion of the intestines, and reduces strains on the intestinal tract. It therefore regularizes bowel movements,

reduces constipation, and effectively prevents gastrointestinal complications such as colorectal cancer and other

dangerous conditions. Give your digestive system a boost by drinking three to four drops of bergamot in some milk or honey every day.

**Febrifuge:** A febrifuge is a substance that lowers bodily temperature and thereby reduces fevers.

Bergamot acts as an excellent febrifuge for numerous reasons. Firstly, it has antibiotic and other anti-microbial properties that help to fight off infections from the protozoa, viruses, and bacteria that usually cause fevers. That includes the malaria protozoa, the influenza virus, and the typhoid bacteria. Secondly, bergamot oil stimulates glandular secretions and also boosts the metabolic system. Both these actions will help to reduce toxicity in the body, clean out the glands, and help fight off the fever. To use bergamot oil as a febrifuge, simply use it to massage the whole body, especially the head and neck. You should also encourage the person with the fever to breathe in the relaxing aroma.

**Cicatrissant:** Being a cicatrissant, bergamot oil will help your scars and other marks disappear by evenly distributing the pigments in the skin to which it is applied. This will result in marks fading over time and revealing attractive, evenly-toned skin. This oil can be especially useful for those who suffer from terrible acne that can leave noticeable marks and scars on the skin for years. The ability of bergamot oil to act as a cicatrissant has caused many skin care product manufacturers and cosmetic manufacturers to use it in their creams, beauty soaps, and lotions.

You can place a few drops of the bergamot in your lotion and beauty cream, or you can add it to a clean washcloth and apply it to the affected areas directly.

It is important to note that one of the main components of bergamot essential oil is bergaptene, a substance that becomes poisonous

when it is exposed to sunlight. As such, bergamot essential oil must always be protected from sunlight, and it should always be stored in dark areas and in dark bottles. You should try to avoid direct sunlight exposure for at least forty-eight hours after applying bergamot essential oil to your skin.

Bergamot essential oil blends well with cedarwood, clary sage, ho leaf, geranium, neroli, citronella, lavender, frankincense, jasmine, mandarin, palmarosa, lemon, tangerine, rosewood,

cypress, black pepper, geranium, rosemary, orange, sandalwood, nutmeg, betiver, and Ylang-ylang oil.

## **Ylang-Ylang Oil**

The soft, sweet, flowery fragrance of the ylang-ylang oil has made it a romantic favorite around the world. It is steam distilled from the flowers of the ylang-ylang tree, the *Cananga odorata*, and the name ylang-ylang literally means flower of flower. In Indonesia, the flowers of the ylang-ylang tree are strewn across the beds of recently married couples.

The quality of ylang-ylang essential oil that is obtained from the ylang-ylang plant depends very much on the time of day that the flowers are picked. Early morning is the best time to pick the flowers because at this time the highest quantity and also the best quality of oil is available.

**Antidepressant:** If you are feeling down and you do not want to try any of the other essential oils above for your bad mood, why not try ylang-ylang? ylang-ylang has been used as a powerful antidepressant for years, and it fights depression by relaxing the mind and body. It induces feelings of hope and joy and thereby fights off those negative feelings of sadness, anxiety, or chronic stress which may be getting you down. Even those who are undergoing a nervous breakdown or some acute shock can benefit from the Ylang-Ylang essential oil.



**Antiseborrhoeic:** Seborrhoeic eczema, or seborrhea for short, is a distressing disease that occurs when our sebaceous glands malfunction. It causes the irregular production of sebum and the consequent infection of the cells of the epidermis. It is very painful and unattractive and results in pale yellow or white skin that easily peels off. This peeling usually takes place on the eyebrows, cheeks, scalp, and wherever else hair follicles are found. Ylang-ylang essential oil has been the leader in curing the inflammatory situation that seborrhoeic eczema brings; it reduces skin irritation and redness by treating the infection while regularizing sebum production. Start by applying six drops of ylang-ylang oil to a clean wash cloth and apply it to the skin two times daily; you may increase the concentration if needed.

**Antiseptic:** With every wound that you or your family gets, there comes with it the chance of a serious infection from bacteria and other microorganisms. The risk of complications is even higher when the wound was made by an iron object, as there remains a chance of it becoming infected by tetanus-causing germs. Protect yourself and your family by treating your wounds with ylang-ylang oil which protects the wounds from viruses, bacteria, and fungi and hence tetanus or sepsis. It also helps to speed up the healing process of the wound.

**Aphrodisiac:** If you want to reactivate or improve the romance between you and your sweetie, ylang-ylang can really help to give you that boost. It is very beneficial for those who have lost interest in sex due to depression, stress, or tremendous work load. Sometimes, due to the stress of modern life, we may lose our libido, but that should not be considered a permanent situation.

Rub ylang-ylang essential oil all over your body when you need that extra drive.

**Hypotensive:** High blood pressure has been a growing problem for both the young and old in recent years. In addition, the hypotensive drugs being used to lower blood pressure have been having adverse effects on the health of those who use them. Ylang-ylang oil is a

natural and effective alternative that can be used to lower blood pressure in the hypertensive.

**Nervine:** Ylang-ylang essential oil is very effective at boosting the nervous system. It repairs any damages to the nervous system and strengthens it. It protects the nerves from numerous different disorders and reduces stress on the nerves as well. Place a few drops of the ylang-ylang essential oil in your drinks daily and give your nervous system a healthy boost.

Ylang-ylang essential oil has also been used to cure infections of some internal organs including the intestines, stomach, urinary tract, and colon. It helps those who suffer from fatigue, insomnia,

frigidity, and other stress-related conditions. It is very effective at keeping the skin looking young and supple, and it helps to keep it hydrated by maintaining the oil and moisture balance in the skin.

Some cases of headache, nausea, and sensitivity have been observed when people take the ylang-ylang essential oil in excessive amounts. When it is taken in the recommended doses, it is non-toxic and does not cause any irritation.

Ylang-ylang oil blends well with other essential oils such as sandalwood, lavender, grapefruit, and bergamot.

## **Essential Oils for Beauty**

As you can see, most essential oils are multitalented and can help you improve a number of different aspects of your life. Yet there are some essential oils that are adapted specifically for improving beauty. Whether it is improving the quality of hair, nails, or skin, these essential oils will have you looking radiant and at your best when you use them as recommended.

## **Rose and Its Many Derivatives**

Most people associate roses with romance and their sweet smells, but did you know that rose oils can work wonders on your skin? Extracts of the delicate rose flower may be used on all skin types, and they are commonly included in skin care products for mature, sensitive, or dry skin.

The two rose species that are generally used in skin care are the *Rosa centifolia* and the *Rosa damascena*. The *Rosa damascena* hails from Bulgaria and has a deep and potent smell; the *Rosa centifolia*, known by some as the Moroccan rose or the cabbage rose, has a clean, light, and sweet smell. Both are valued for the essential oils that come from their flowers, and it takes tens of thousands of rose blossoms to make 1 ounce of rose essential oil. This makes rose oil one of the most expensive essential oils around, but the good thing is that the unadulterated oil is very concentrated, and so a few drops can go a long way. The blossoms are picked as they are unfolding in the wee hours of dawn.

Rose oil contains an intricate array of antioxidants, minerals, and vitamins that make it an excellent emollient for moisturizing dull and dry skin. It also has astringent, antiseptic, and anti-inflammatory properties to tighten the skin, treat acne, and reduce inflammation and redness.

Rose oil is often used in the control of skin diseases such as atopic dermatitis and psoriasis, and it is great at refining skin texture. A study recently conducted on rose oil has even proven that it helps in the healing of wounds of the skin, and when you inhale it, it lowers the concentration of the stress hormone cortisol in your body and decreases the amount of water that is lost from your skin. Rub a few drops of the rose oil into the skin of the affected area and relax while it heals it from the inside out.

In addition to all the properties described above, rose essential oil also helps you look more beautiful by calming and soothing you. The happier you are, the more beautiful you will look, and rose oil can go a long way in making you feel happier and more energized. Add a

few drops of the rose essential oil to your bath water daily and you will see the difference in the quality and texture of your skin.

Another derivative from the rose plant is the rosehip seed oil. This time, it is taken from the small fruits that sit behind the flowers of the *Rosa moschata* or *Rosa rubigniosa*. Rosehip seed oil

is rich in proteins and oils, and it contains high levels of vitamin C. All these properties help to keep your skin soft and moisturized. It is also the only vegetable oil around that naturally contains vitamin A/retinol. Retinol is extremely useful in the treatment of wrinkles, lines and other signs of aging on the skin. Rosehip oil also slows down the formation of pigments, such as sun spots or age spots, so it is a common ingredient in the popular brands of anti-aging creams, skin lighteners, and sunscreens. You can safely add the rosehip oil to your favorite lotions and creams; it will only help to enhance their moisturizing and protective effects.

The final essential oil that is derived from roses that we will talk about in this book is rosewater or rose hydrosol; some people may know it as rose distillate or rose floral water. To obtain the rose hydrosol, the small patches of rose buds are steamed in copper distilleries to release the volatile therapeutic compound into the water. It is an intricate process, and the essential oil is drawn off and the rose hydrosol, which contains constituents of the flower and the micro-molecules of the essential oil, is captured drop by drop. It is often used in hair tonics, toners, and facial mists because its antibacterial properties help to protect and also balance the skin. Put some rosewater in your shampoo when you wash your hair or use it as your personal hair oil.

Your hair and scalp will thank you for it.

## **Jasmine**

Jasmine is one of the most famous flowers you will ever come across. No matter where you go in the world, there is always someone who will be familiar with its pleasing yet sweet and

romantic fragrance. The flowers are beautiful and they only bloom at night, filling the air with their alluring fragrance. The word Jasmine is Persian in origin and is derived from the word that means “a gift from God.” The name Jasmine is a common name for girls in the Indian subcontinent and also in the Middle Eastern region. The flower is associated with love and romance and has been the inspiration for many poets since the dawn of time.

The jasmine essential oil is extracted from the flowers of the jasmine plant by steam distillation.

The variety of jasmine that is mainly used is the *jasminum officinale*. The *jasminum grandiflora* is also commonly used.

Jasmine has long been used for skin care and for treating dehydrated, brittle, and dry skin. It may cause an allergic reaction if it is used on open wounds or cracked skin, so care must be taken.

Nonetheless, it is still used in the treatment of dermatitis and eczema and is very effective in curing these ailments. Simply rub a few drops of the oil into the affected areas daily before going to bed.

Jasmine also helps to restore skin elasticity. It is good for fading scars and stretch marks, and it helps to evenly tone all different types of skin, from sensitive to irritated to dry to greasy.

## **Argan Oil**

Its alias alone lets you know what a treasure this essential oil is: argan oil, also known as liquid gold. It is derived from the gigantic argan tree, *Argania spinosa*, which can grow to be several meters tall and is native to Morocco. The argan oil itself is derived from the kernels of the argan tree, and it is extremely rich in nutrients such as vitamin E and fatty acids. It is this abundance of beneficial nutrients, which make it great for the skin and hair, and it is a popular oil of choice for many celebrities who can afford to buy it in abundance. This oil is not only for the rich and famous; anyone can use argan oil to affect positive changes in their body.

Argan oil is very hydrating, and as such, it is commonly used as a skin moisturizer to soften the skin. It is absorbed into the skin easily, and it is non-irritating as well as non-oily. It can be used all over the body, including the neck and face. Simply smooth a few drops of the oil into your skin after cleansing and gently rub it in as you would any other body or face lotion. You can use it as a serum by applying your night cream after the oil has been absorbed into your skin. You can also place a few drops of the Argan oil into your bath water or body lotion and you will still reap the same positive results. It is safe for use even on a baby's tender skin.

You can use brown sugar, vanilla extract, and argan oil to create an exquisite exfoliating lip scrub and moisturizer. Just add a few drops of the argan oil to some fine brown sugar and vanilla extract (enough to cover your lips). Massage it lightly into your lips using a circular motion and then rinse it off for sexier lips.

If you are tired of your old facemask or if you want to give it an organic lift, just add some argan oil to the mix. Three drops of argan oil, a tablespoon of honey, three teaspoons of Greek-style yogurt, and a tablespoon of lemon juice will be the best homemade rejuvenating and brightening facemask you will ever need. Apply it to a clean, dry face, and leave it on for at least ten minutes. Then wash it off with some warm water. If you cannot take the hassle of making your own facemask, simply mix in a few drops of the argan oil into your store-bought mask for extra skin rejuvenation.

People who suffer from eczema often have itchy, flaky, and raw skin and even they can benefit immensely from the repairing power of argan oil. The fatty acid and vitamin E content provide

the skin with the nutrients it needs to repair itself, and it will also prevent further damage and irritation. To reduce eczema, apply a small amount of the argan oil directly on the affected skin and massage it gently into the skin until all of it has been absorbed. Other types of skin that are sore, cracked, irritated, or damaged can also benefit from a daily dosage of argan oil. It will sooth the pain

and reduce the inflammation, and, as said before, it will increase the rate of healing.

Even stretch marks can be minimized by the daily application of argan oil to the area.

Acne is another skin condition that agonizes many across the world. Are you tired and fed up of using those store-bought moisturizers and oils that only exacerbate your acneic condition? If your answer is yes, then choose argan oil all the way! It is non-greasy and will help to balance your skin by providing natural moisture. It is also filled with natural antioxidants that help to reduce inflammation and heal damaged skin cells.

Apply a few drops of your argan oil to your acne-afflicted skin after you clean it and pat it dry.

Rub it gently into your skin two times daily for mild acne, or you may even make more applications for chronic acne. Then simply relax and kiss your acne woes goodbye forever.

If you find yourself with tough heels and cuticles, it is time you pick up a bottle of argan oil.

Massage a few drops of the oil into your cuticles daily to soften them and encourage nail growth.

You can use the argan oil as an overnight treatment for your cracked or damaged heels. Simply massage an ample amount into your feet and toes before you go to bed. Cover them with a sock and you will wake up to healthier and softer feet.

If you thought argan oil was only good for your skin and nails, then you thought wrong. It can also work miracles for your hair and scalp too! Argan oil has also been proven to make hair shinier, silkier, and softer; it is the perfect conditioner as it moisturizes and protects hair, conditions hair, and makes it silky smooth. It helps to treat split ends and it tames frizzy hair too.

What more could you ask for in a conditioner? Substitute it in place of your useless store-bought conditioner the next time you wash your hair and you will be pleasantly surprised by the results.

## **Aromatherapy**

Aromatherapy is the science and art of using naturally extracted essential oils from plants to harmonize, balance, and promote the health of spirit, mind, and body. It aims to unify spiritual, psychological, and physiological processes to enhance an individual's innate healing process.

Simply put, aromatherapy is using the aroma of essential oils to heal the mind, body, and soul.

You can rub the diluted oils into your skin and breathe in the pleasing aroma. You can add a few drops of the essential oils to water in a spray bottle and use it as an air freshener, or you can make a scented candle by placing one or two drops of the oil in the melted wax of the lit candle.

Can you think of any other ways in which you can enjoy the pleasing aroma of essential oils?

While you do that, let me introduce you to some other essential oils that are great for aromatherapy.

## **Lemon Essential Oil**

Lemon oil is a favorite because of its therapeutic qualities and clean scent. It eases the symptoms of arthritis and acne, and it aids in digestion and concentration. It comes from the citrus limonum plant, and the oil is extracted from the peel via cold expression. Add a few drops of the lemon oil to your diffuser or vaporizer to enhance your energy. Or add it to your lotion, massage it into your skin, and inhale the pleasing aroma. For an immune system boost, add a few drops to your bath water and let it soak into your skin while you inhale the aroma.



Do not use lemon oil if you plan to go out into the sun because certain compounds within it may react with the UV rays from the sun to create harmful substances.

### **Tea Tree Essential Oil**

The tea tree essential oil is extracted from the stems and leaves of the *Melaleuca alternifolia* plant via steam distillation. You can add it to your diffuser or vaporizer and inhale it and be revitalized, or you can apply it to your skin in many different ways. Mix the tea tree essential oil with your favorite cream, oil, or lotion and massage it into your skin or add it to your bath water.

You can also massage a few drops of the tea tree essential oil directly into your skin for an instant uplift. Tea tree essential oil is a known immune system booster and it helps to fight off infections.

### **Peppermint Essential Oil**

Put the pep back in your step by whiffing some peppermint essential oil today. It is a perennial herb that is known to boost energy, enhance mental alertness, and have a refreshing, cool effect.

Peppermint essential oil is extracted via steam distillation from the *mentha piperita*, and it is commonly found in mouthwash, baths, lotions, massage oil, and vaporizers. It also enhances moods, combats irritation and redness, aids digestion, and alleviates symptoms of congestion.

Care must be taken when using peppermint, however, because the menthol it contains may be a bother to some people. Keep it away from small children and do not use it while you are pregnant.

### **Rosemary Essential Oil**

For a natural lift or memory boost, add a few drops of rosemary oil to your bath water or humidifier. Rosemary is a wonderful mental

stimulant. It packs a powerful punch when it comes to aromatherapy and has been considered sacred for centuries.

The plant, *Rosmarinus officinalis*, is a woody, perennial herb, and the oil is extracted by steam distillation from the flowering part of the plant. It is known to relieve sinusitis and congestion issues and also enhance memory. You can blend it with your massage oils and lotions to help arthritis, aching, stiff muscles, gallbladder and liver congestion, and other digestive problems.

You can also put it in your shampoo to make your hair grow and heal your scalp.

Rosemary should not be used by pregnant women, people with high blood pressure, or people with epilepsy.

## **Eucalyptus Essential Oil**

Eucalyptus oil has a powerful scent that is easily recognizable. It comes from the eucalyptus tree that is native to Australia. There are over five hundred varieties of eucalyptus trees, and the oil is steam distilled from the twigs and leaves of some. It has the ability to enhance concentration, and it is a very effective agent against respiratory diseases. Eucalyptus oil is also good for fighting off migraines and it too can be placed in a humidifier and inhaled.

Epileptics should avoid using eucalyptus oil. Women who are breast-feeding or pregnant should also avoid using the oil. If it is ingested in large doses, it can be fatal.

## **Common Ailments and the Essential Oil**

### **Blends that can be Used to Cure Them**

Maybe you do not want to make use of one single oil, but you want to mix them to whip up something that is especially formulated for a specific problem. Not to fear; essential oils will still come to the rescue.

## **Sore Throat or Tonsillitis**

### **Ingredients:**

2 drops clove essential oil

3 drops geranium

### **Directions:**

Mix in a diffuser and inhale deeply for sore throat relief. Alternatively, you can rub a drop of each of the ingredients listed above on your throat for the same sore throat relief.

## **Cellulite**

### **Ingredients:**

20 drops grapefruit oil

20 drops geranium oil

### **Directions:**

Mix the ingredients listed above into an ounce of sweet almond oil or fractionated coconut oil and apply it to the affected area daily

## **Mosquito Repellent**

### **Ingredients:**

1-2 drops lavender, rosemary, or tea tree oil

3-5 drops geranium

### **Directions:**

Mix all the ingredients together well and apply it to the part of your skin that will be left exposed to the elements.

## **Acne**

### **Ingredients:**

5 drops Manuka or New Zealand tea tree or regular tea tree essential oil  
6 drops lavender essential oil

1 drop geranium essential oil

1 fluid ounce fractionated coconut oil or jojoba

### **Directions:**

Pour the fractionated coconut oil or jojoba into a very clean bottle and then add the manuka, lavender, and geranium essential oils. Tightly close the bottle and roll it for a minute or two to mix the ingredients. Apply a small amount to your back, neck or face, but be certain to avoid the nostrils, the lips, the eyes, and inside the ears. Gently roll the bottle each time you use it to ensure that the essential oils are properly mixed

## **Menstrual Cramps**

### **Ingredients:**

3 drops lavender essential oil

4 drops cypress essential oil

5 drops peppermint essential oil

1 fluid ounce jojoba

### **Directions:**

Mix the lavender, cypress, and peppermint oils well with the jojoba. Mix them in a dark-colored, clean glass bottle and gently massage a small amount into your abdominal area whenever you are feeling cramps.

## **Congestion**

### **Ingredients:**

4 drops peppermint essential oil

25 drops ravensara essential oil

30 drops eucalyptus essential oil

Aromatherapy inhaler or cotton ball

### **Directions:**

Mix the peppermint, ravensara, and eucalyptus oils in a dark-colored, clean glass bottle, preferably one with a built-in dropper insert or orifice reducer.

If you have the aromatherapy inhaler, soak the insert in the essential oil mixture that you created and insert it into the tube and secure the cap. Raise the inhaler to your nose and breathe in deeply as much as needed. You can also apply two to three drops to a cotton ball and inhale the essential oil mix from the cotton ball.

## **Insomnia**

### **Ingredients:**

5 drops bergamot essential oil

5 drops clary sage essential oil

10 drops roman chamomile essential oil

### **Directions:**

Blend the bergamot, clary sage, and roman chamomile oils well in a dark-colored, clean glass bottle. Add one or two drops of the mixture

you created in the step before to a tissue and place the tissue inside your pillow to help you fall asleep at night.

## **Conclusion**

Essential oils are versatile gifts from nature that can be used to improve your life in many different ways. They are powerful substances that can help to heal your body, mind, and soul.

There are different types of essential oils with each essential oil having its own unique set of benefits. They are one of the most potent all-round healers that nature has blessed us with, and, when combined, they can give an even stronger defense against common ailments and the occasional rare ones too. Some of them are quite volatile, but as long as you know how to use and store them safely, they will be with you for a very long time, and they will heal you from the inside out.

How To Dry Herbs

*The Ultimate Guide to Easily Drying Herbs At Home*

*Ella Marie*

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## **Introduction**

It is no secret that herbs have been used for nutritional value and medicinal purposes for millennia. The fact that they are still used in countless civilizations around the world attests to their health benefits. At the supermarket, however, you can end up paying high costs for fresh herbs of questionable quality.

You can never really know what you're getting. Some online websites claim that they have the *best quality*. But according to whom? How do you know the truth, when some online businesses are honest, while others are just trying to turn a high profit from your ignorance. Finding the best deal and the best quality is difficult, if not impossible.

An alternative to buying herbs, however, is growing your own and then harvesting them. They are fun to grow and don't cost much. They don't even require much care, and then they're available for you to use whenever you are ready. In this book you will learn about harvesting, drying, and storing your herbs so that they can later be cooked with and served.

To grow herbs, you don't need much room, as it doesn't take a full-scale garden. You can decide to grow the herbs outdoors, but they would even fit on the windowsill in your kitchen. You won't have to dedicate tons of time to taking care of them either.

You will, however, need to invest some time and energy into starting the plants off right. They need the right amount of water and sunlight. You'll also need to occasionally prune them, so that the dead foliage doesn't steal vital nutrients from the healthy plant.

The drying process itself is also very important to understand. If the herbs aren't properly dried, they can grow moldy and become ruined. Improperly dried herbs also won't offer the same value you want or expect.

Now, you may be acknowledging the value of herbs, but insisting that you couldn't grow them yourself. Too often, people shy away from something new. Instead, you should be bold and

embrace this opportunity. Starting is the first step toward achieving all the benefits. The choice is yours.

Furthermore, it isn't difficult to dry herbs, and this book will help you explore plenty of options.

The method you choose to use often comes down to personal preference. Or, you may wish to try a few options and see what fits best with your needs.

You don't need to be an expert to grow and dry your own herbs. However, you do need to have a basic understanding of the steps involved. Proper storage is just as important as drying the herbs.

The key is to have the herbs ready for use whenever you want them.

You will be very happy with the results from growing and drying your own herbs. You'll know the exact ingredients, nutritional values, and medicinal purposes. When so many store-bought items are treated with chemicals and pesticides, home-grown foods can also provide you with some peace-of-mind.

## **Chapter 1**



## **Why Drying Herbs is Important**

Drying herbs properly is important so they don't lose their nutritional or medicinal values. It doesn't make any sense to take the time to grow and harvest them, but then drop the ball when it comes to drying and storing.

### **Prevention**

Preventing mold, yeast, and bacteria from growing on your herbs is essential. This can only be accomplished by removing all of the moisture from them. Unfortunately, moisture can't be seen, but its presence will soon be known: when you open a jar or a bag of your dried herbs, they will be ruined. The color and smell will immediately indicate if something isn't right. When you dry them completely, however, you won't have that issue.

### **Accessibility**

It can be virtually impossible to always have fresh herbs around. They don't last for very long.

However, when you dry them, they'll be ready for your use at any time. You can quickly access them from your home instead of rushing out to the store in search of fresh herbs.

You will also feel good knowing that they were grown without chemicals. You can't know this for sure when you buy dried herbs from a company. If you want something that's all natural, it's best to be assured of its origins.

Ideally, you should grow enough herbs to get you through the fall and winter months. By doing this, you can have enough until the spring when you will start over with growing and harvesting new ones. Don't store dried herbs for more than a year as they will start to lose their overall value. It can be hard at first to estimate how much you will use over a year, but do your best to judge.

Pay attention to how much and frequently you use herbs now, and during your first year, so you can adjust for the future. If you need more, it's best to keep various plants at different stages of growth. Then you don't have to start all over and wait before you have more of the herb available.

## **Cost**

You will spend significantly less drying your herbs than you will buying them. In fact, you will spend less on the entire process of growing them, harvesting them, drying them, and storing them, than you will buying them.

If you use herbs often, this will save you money and makes a lot of sense. As you learn more about the health benefits different herbs offer, you will be inclined to use them even more than you do right now. Saving money is a bonus you don't want to pass up.

Additionally, what if you develop a chronic health problem due to poor nutrition? You'll end up spending even more on doctor visits, co-pays, deductibles, and medications. Many herbs actually help prevent illness, and that can add up to more money staying in your pocket.

## **Health Benefits**

Different types of herbs offer either nutritional or medicinal value. Some of them offer both! It is important to understand these attributes when considering growing, harvesting, drying, and storing them.

Spend some time reading information and case studies from reputable books or websites. You'll learn that, time and time again, the results indicate that consumption of various herbs makes people feel better and reduces their symptoms of any health problems.

The world of modern medicine may not fully understand the use of herbs—yet—but they can't ignore the value that they offer. It's also a

fact that for centuries, our ancestors relied on herbs and natural remedies for survival.

When you use herbs as directed, there is no health risk to you. When it comes to extracting oils from herbs, remember that they are quite potent. Just a few drops will go a long way! With all of this in mind, you have nothing to lose by giving herbs a try.

## **Nutritional Value**

Many people cook with herbs because they like their flavors. However, these tastes developed because the ingredients offered nutritional value.

Our ancestors didn't eat processed foods or large amounts of sugar, and they engaged in physical work day after day for survival. The foods they ate were chosen to offer them the best nutritional value. This was not only to fit their bodies' needs, but to reduce the risk of health problems as well.

Cinnamon, for example, can help increase the metabolism. Consequently, it regulates blood sugar levels. This is especially true for people who experience a significant spike in blood sugar level after meals.

Dried cloves, on the other hand, offer powerful antioxidants. They help reduce the risk of various health concerns, and can prompt your body to function at its very best.

These are just a few of the examples of how herbs can help you to feel much better, in addition to enhancing the taste of your foods. We all must eat, so why not eat something that's healthy and tasty?

## **Medicinal Value**

Dried ginger powder is naturally anti-inflammatory and is a prime example of an herb with great medicinal value. It can help to reduce

the pain and discomfort that is often associated with various forms of arthritis.

With all of the great information out there, more people are inclined to use dried herbs for medicinal value. This can help them to avoid the cost of expensive medications. It can also help them avoid the harsh side effects from such medications.

However, this doesn't mean that the use of dried herbs is a substitute for medical care. You should be careful not to diagnose and treat yourself or others. Always work with your medical professionals to assess and treat health concerns.

Don't be shy about telling your doctor that you use herbs for medicinal purposes either. Though they won't often prescribe herbs specifically, they also shouldn't tell you not to use them. It is important to always be honest with your doctor so they know what you are consuming and how often.

Keep in mind that many cultures survived for hundreds of years by relying on herbs. They didn't have hospitals and other facilities where they could go for care like we do today. Many consumers like the idea of "going back to the basics" and avoiding pharmaceutical drugs.

There are some general rules you need to follow if you plan to grow and harvest herbs for medicinal purposes. They are:

Growing the right herbs for your health needs.

Making sure the soil in which you plant them isn't full of harmful chemicals.

Picking your herbs midmorning or early afternoon so the dew has evaporated. (Dew will increase the risk of mold.)

## **Chapter 2**

## **Picking Herbs to Dry**

Once you have decided which herbs to grow, you need to follow the instructions for them carefully. Some will require more water or sunlight than others. Pay attention to the way they look and change your care routine if things aren't going well.

Label your herbs, too, when you plant them, because so many look alike once they start to grow.

You need to be confident about what a given herb is before you use it for its nutritional value or medicinal purposes.

It's also important to keep a good eye on the foliage of the herbs as they grow. Take the time to weed them and to remove any parts of the plants that look damaged or diseased. If you see that the stem is discolored, the foliage is drooping, or the plant has black spots, you know you have an issue that can't be ignored.

Some herbs need to be pulled while others need to be cut. There are also those that need to be plucked. Using the proper method is important so you don't damage or ruin what you harvest.

You will need sharp knives and sharp scissors to do the job correctly.

## **Use the Entire Plant**

Don't automatically toss out the plant and use only its roots. Only certain types of herbs operate that way. Make sure you have the right information for the herbs you are working with. The way to harvest one herb may not be the best for the next.

Select the leaves that look the healthiest to harvest. The older leaves aren't going to offer you as much value. You can collect them and use them as mulch for your yard so they don't go to waste. Depending on the herbs you're growing, you may be using:

leaves

stems

seeds

flower-heads

bark

roots

## **When to Harvest**

Knowing when to cut and harvest the herbs can be intimidating at first. If you are too early, your yield can be too small; if you are too late, the plants may be damaged. Growing them indoors in small pots is the easiest way to keep a good eye on them.

Each herb varies in when it is ready to be harvested. This means you need to become familiar with the details of the particular herbs you are growing. When you first start out, stick to no more than three herbs. This will let you focus on them without feeling overwhelmed.

As your level of comfort and expertise grows, you can begin to plant more herbs . You'll want to get the basics down and manage your time, however. Otherwise, all of the work you put into growing them will be a waste.

Quite a few herbs that people grow are leafy plants that will yield seeds. Once the seeds have developed, the plants won't continue to grow. They have served their intended purpose. Pick the leaves often to encourage more foliage to grow before those seeds appear. Such herbs include basil, chives, and parsley.

Basil needs to be cut frequently during the growing process. If you allow it to grow untamed, it gets stretched out. When you trim it, you will notice that the plant grows outwards as well as upwards. It also becomes a very deep green color. It is ready to harvest when it is about 12" tall and has several green leaves.

Chives tend to grow very quickly. They mainly grow in the spring and summer. If you use them often, plant them in various pots at different times. This allows you to harvest and dry some, while others are still growing and will be ready to harvest in a few weeks.

Parsley can be very tricky to cut when it is ready to harvest. Grab the entire leaf and hold it around the stalk. Nip it at the area where it begins to clump. The older leaves are tough, so avoid cutting them.

You will need to harvest rosemary before it becomes woody. Trim the shoots but don't cut into the branches that are woody and lacking leaves. You can dry rosemary in bunches, so don't worry if you harvest quite a bit of it at once.

The best way to harvest basil is with scissors that are held tightly between the thumb and finger.

Snip right above a pair of leaves where you can see new growth. If you cut below a leaf, the stem will be too short for it to continue to grow. Instead, it will wither away and you will have to replace it.

Capsicum should be cut when it changes colors. Many people cut it when it is still green.

However, if you are patient, it will start to turn yellow, red, and orange. That is when you should harvest it. You must be very careful with the stems as they are quite brittle.

Mint is one of the easiest herbs to grow and to harvest. Snip from healthy, mature leaves. This will allow it to continue to grow and for you to harvest more when you need it.

Oregano has very shallow roots so you need to be careful with them. This is one of the few herbs where you are encouraged to snip the older leaves and use them. Allow the younger leaves to remain in place so they can continue to grow and flourish.

With sage, snip the younger leaves that are still tender. However, you don't want to cut more than half of the plant. If you do, it won't produce new leaves for you anymore. Try to harvest it early in the day when the leaves are dry from the dew. However, don't wait until it gets too hot or the essential oils will be dried out by the heat of the sun.

Thyme is another herb with very shallow roots, so you need to harvest it with care. Use a pair of scissors to gently remove what you need. Take care not to use too much force or you will uproot the entire plant.

When you harvest shallots, cut from the outside and work your way in. You will see the center of the plant has new shoots emerging. They will replace those outer leaves you cut away.

This is hardly an exhaustive list, so don't worry if you don't see instructions for the herbs you are

interested in growing. A little research online will tell you the best methods for growing and harvesting other herbs. You can also watch step-by-step videos online, which can be very helpful when you first start to grow your own herbs.

## **Chapter 3**

### **Preparing for the Drying Process**

The items you need to prepare for the drying process really depend on the method you use. Don't worry, none of them require buying expensive equipment or anything like that. Most people have almost everything they need already in their home.

#### **Time**

Time is essential for drying herbs, because you can't rush the process. You need to successfully dry the herbs the right way. If you aren't willing to allow this time, there is no point in even starting.



Keep in mind that the process may take longer the first few times you harvest. After that, you will be able to do it faster and more efficiently.

## **Supplies**

The supplies you will need depends on the method you plan to use for the drying. You will read about these options in a future chapter and can decide then.

If you are going to hang the herbs to dry, you will need twine.

You will also need burlap sacks or cheese cloth. These items are to cover the herbs so the sunlight won't rob them of their value. The UV rays helps them dry, but too much exposure reduces the overall potency of the herbs.

If you are going to use the oven, you will need several baking sheets. This allows you to put the herbs in a single layer. You can use a dehydrator with trays or your microwave.

Some people like to use gloves so they aren't touching the herbs directly. Get disposable gloves so you can take them on and off throughout the process as you need to. You can get a package of disposable gloves for just a few dollars.

## **Packaging and Labeling**

You will also need bags or jars for storing dried herbs successfully. They should also be labeled.

This will be covered in more depth in a future chapter.

You don't need large jars unless you plan to use the herbs in large amounts. You can get small glass jars that have cork lids. These look great and they don't take up much space. You can easily label them and keep them accessible.

## **Work Area**

You will need plenty of work space in order to successfully harvest your herbs. A kitchen counter or kitchen table is a great option. Make sure everything is wiped down and dried before you start working with the herbs.

If you are using a method of drying that will take several weeks, you'll need to keep that space undisturbed for the required amount of time. It is this issue with the space that often encourages people to use faster herb drying methods, such as the oven or dehydrator.

However, when hanging to dry, they won't take up much space at all. You will need your work area again, though, when they are completely dry. This is when you are going to crumble them and package them.

## **Washing and Cleaning**

You need to wash the herbs that you have harvested before you dry them. Use a brush with stiff bristles to gently remove any residue or soil. A nail brush is ideal because it is small and fits snugly around your fingers for a good grip.

Rinse off the residue and dirt with warm water. Carefully pat dry with paper towels to remove the excess water. You can also allow the herbs to dry on a towel on the counter while you are working with others.

Some consumers skip this washing part of the process. They figure it will make the herbs take longer to dry. However, if you don't wash them, you risk dirt and residue getting into your food when you cook with them.

The washing doesn't take more than a few minutes, and you can gently pat the herbs dry with paper towels. Don't skip this step in an effort to reduce the amount of time it takes for you to dry your herbs. You will wish later on you had taken the time to do it!

## **Extractions**

When it comes to herbal use for medicines, you may need to extract fluids from the plant. This way, you won't actually be using the plant materials, such as leaves or stems. There are three main methods of extraction you can use. The one you choose can be a personal preference based on need, convenience, and/or the type of herb you are extracting from. It is a good idea to consider all three options before you make a final decision. These options are: Infusion

Decoction

Tincture

## **Infusion**

You may hear the term *tisane* used interchangeably with infusion. It is one of the most common and quickest methods of extraction. You will need:

a small iron pan

a glass pitcher

a tea strainer

a household scale

Don't use pans that are made from aluminum or copper. They can release particles that get into your digestive system. They can also cause the herbs to have a bitter flavor.

Add about a pint of cold water to the pan. Heat until the water boils and then turn off the heat.

Add the herb to the water when it is still hot but no longer boiling. Stir gently so the herbs are fully submerged but take care not to damage them.

Allow the plants to remain in the water for 10 minutes. Pour the liquid through the strainer into the glass pitcher. With some herbs, you may

need to strain them two or three times due to their potency. Make sure you look into this information for whichever herb you are working with.

## **Decoction**

Another common method of preparing herbs for medicine is decoction. This isn't hard to learn, but many people find that in order to fully master it, they have to practice often. This is a good method to use if you want to make very small amounts of medicine.

Place an ounce of dried herb in a pan with a pint of water and bring it to a boil. Reduce the heat and allow the liquid to continue cooking. Keep an eye on it and remove from the heat when the volume in the pan has been reduced to about  $\frac{1}{4}$  of the original liquid.

Strain it well. Typically, this method is used when you are extracting from bark or roots of herbs.

If you need a large amount of the extracted element, this isn't the best method to choose.

## **Tincture**

With this method of extracting from herbs, you will use alcohol instead of water because it is more effective. It draws out more of the valuable medicinal properties than water can. This is why some herbalists will soak the plants in alcohol before they use them.

Don't use methanol or wood alcohol for this method of extraction. Doing so can cause a person to become very ill or even to die. Soak about one ounce of a herb in a pint of alcohol for 8

weeks. Shake the container each day for the first 4 weeks. Then just allow it to sit for the next 4

weeks. Strain well at the end of the 8 week time frame.

## **Chapter 4**

## **Drying Methods**

You have several choices when drying your herbs. Some people have one method they use all the time. For others, it depends on the types of herbs they use. Again, you should explore a few options to decide what works best for you.

No matter which method or methods you plan to use, don't be intimidated! Drying herbs is much easier than you might have imagined. Take some time to learn some basics and you'll be fine.

## **When Are They Dry?**

You must give the herbs sufficient time to completely dry. Plants are completely dry when they are brittle and crumble in your hand with ease. Don't crush the leaves until you are actually ready to use them.

Keep in mind that if the herbs aren't completely dry, they will be susceptible to mold and other problems. Then you will have to throw away the herbs rather than benefitting from your efforts.

Give them the time they need to dry completely and you'll be satisfied with the results.

## **Basic Tips**

Before we dive into the actual drying methods, there are some basic tips I would like to share with you. They can help you to gain a solid understanding about why you dry in certain ways.

Drying is the traditional method that was used by early civilizations for preserving herbs. Even though the method is old, it doesn't mean it's not efficient. As the saying goes, you don't have to re-invent the wheel to get results that work!

As mentioned in a previous chapter, always take the time to clean your herbs before you begin to dry them. You don't want to allow dirt

and residue to linger.

Never use pesticides to grow your herbs either. Doing so results in the presence of toxins even after you have washed them. Use all-natural methods of growing your herbs for the best overall benefits. Make sure you dry them well after rinsing. You need all of the surface moisture to be removed.

Inspect the herbs you have ready to dry. If there are any signs of damaged or dead foliage, this is the time to remove it. If it lingers it will damage your plants.

### **Hanging in the Sunlight**

You can arrange your herbs in small bundles and tie them together with string. Hang them upside down on the porch in an area where they will get plenty of sunlight. Don't make your bundles too tight or the air won't be able to circulate through them.

Since UV rays can discolor herbs and often reduce their potency, consider covering them. You can do this with a burlap bag that has been cut into pieces. Tie it around the herbs while they are drying and it will allow the sunlight and the air to contact but not damage the herbs.

You can alternatively hang them to dry in your home in a room that is well ventilated. The room also needs to get plenty of sunlight. The attic is a good idea because it is closer to the sun. The basement, on the other hand, won't work due to the limited sunlight. Plus, basements are often damp, and the presence of moisture won't let your herbs dry correctly.

It can take a couple of weeks to successfully dry the herbs this way. After a week, check them each day. If they don't crumble when you pinch them, give it another day and check again.

### **Air Drying on Screens**

If you don't have a porch you can spread the herbs out on screens that you place in your windows. You can even hang them from the ceiling so they can get sunlight without being in the way. Air drying works best for herbs that are typically low moisture. This includes dill, oregano, and rosemary.

## **Frame Drying**

While frame drying your herbs is time consuming, many people feel it gives them the best overall results. It is worth the time and effort they invest in it. Many herbalists use this method, too, as they feel the herbs maintain the most potency through the drying process.

For this method you need a wooden box that is about 3 feet on all sides. The lid should be made from glass. Line the bottom with foil and make sure there is plenty of ventilation. Place the herbs on the foil in a single layer. Secure the lid and make sure you turn the herbs each day until they are dry.

Place the frame in an area where the herbs can get plenty of sunlight each day. Make sure the box is waterproof in case of any rain at night. The rain can cause the herbs to mold. It can take up to 6 weeks for this type of herb drying to be complete.

## **Microwave**

One of the most convenient appliances in the kitchen is the microwave. It is certainly a fast and easy way to heat up foods and to defrost items you wish to cook. Why not use it to help speed up the process of drying herbs?

The right way to do this is to place a single layer of dry leaves between a pair of paper towels.

Use heavy-duty paper towels so they don't fall apart. Place the paper towels and herbs into the microwave for 2 minutes on high. Allow them to cool completely.

Check the herbs, and if they aren't completely brittle, give them more heat. 30-second increments are recommended to reduce the risk of scorching. The total time, however, will depend on the wattage of your microwave and the type of herb you're drying.

## **Oven Drying**

If you have a large amount of herbs to dry, the microwave method may be too slow. You can speed things up and get great results with the use of your oven. Place the herbs in a single layer on a cookie sheet. Pre-heat the oven to no more than 200°F. Allow the herbs to sit in the oven for 5 minutes.

When they are completely cool, they should be brittle. If not, you can heat them in the oven again, a few minutes at a time. Once again, the type of herb will influence the amount of time it takes for them to be successfully dried.

Many people like using the oven or the microwave method for drying due to the convenience. It is true you can dry herbs with these methods in a matter of hours versus a matter of weeks. It is especially true for high moisture herbs such as chives, mint, and basil.

However, you must be very careful that you don't scorch the herbs. If you burn them or over-dry them, they aren't going to taste good or offer much nutritional value. Remember, you don't want to *cook* the herbs, just remove the moisture. Oven drying can also lessen the potency of the herbs by about a third.

## **Dehydrator**

You can use a machine called a dehydrator to remove the moisture from your herbs. They can cost from \$100 to \$400 depending on size, brand, and quality. This is a great tool to use if you can budget for one.



With a dehydrator, you can set the temperature and you can conveniently use the timer so you don't forget about checking them. They also circulate the air which is important for drying the herbs evenly.

For the best results, buy a dehydrator that is round. They come with stacking trays, so you can put a layer of herbs on each of the trays and dehydrate them at the same time. This saves you energy and reduces the overall drying time for all of your herbs.

## **Salt Drying**

While salt drying isn't as popular as other methods, it is still worth mentioning here. You can use non-iodized table salt to dry leaves. Place them in a tray and then sprinkle the salt on top of them. It can take up to 4 weeks for them to dry this way.

Make sure you shake off the extra salt before you package them. It is best to package them in glass jars, rather than plastic bags, if you have used this method.

## **Freezing**

It is also possible to freeze herbs. Many people that live in high-humidity areas use this option.

The humidity in the air makes it virtually impossible for them to get their herbs dry enough without the use of extensive heat options.

Once the herbs have been washed, blanch them in water that is boiling. Allow the herbs to remain in the water for 1 minute. Have a container of ice water ready. Move them immediately from the boiling water to the ice bath.

Pat them dry, package them in freezer bags, and put them away. Make sure you remove the air and seal tightly. You should also properly label each bag. We will further discuss labeling in the next chapter.

## **Chapter 5**

### **How to Store Dried Herbs**

Once your herbs are dry, you have one more step to go—packaging for proper storage. It's important not to drop the ball here either, or all your time and effort will have gone to waste.

It is a good idea to think about where you will store the dried herbs before you even get started.

You don't need too much room, but you do need a place that is dry and dark. You also don't want to store them in the kitchen, as they can absorb cooking oil or other heavy smells.

Avoid storing them around the laundry room, too, as they can pick up the smell and taste of dryer sheets. The basement, of course, is a poor option due to its dampness. If you live in an area with high humidity, you may even need to run a de-humidifier in the area around the herbs as a precaution.

### **Jars or Bags**

There are some who argue over using glass jars or plastic bags to store your dried herbs. Both methods are used, and truthfully, there doesn't seem to be an advantage of one over the other.

Many consumers like the glass jars because they can recycle them. They know the glass isn't going to harm the environment. Try to use dark colored glass when possible.

Others like the convenience of the bags and they take up less room to store. Bags can be stacked easily.

It really comes down to a personal choice. Avoid the use of metal containers as they can give your herbs a metallic taste. Avoid wood containers as they will absorb moisture.

Regardless of which way you choose, make sure the containers are sealed airtight. For glass jars, this means well-fitted lids. Secure them as tightly as you can. With the bags, remove all the air and make sure the closure is completely secured.

## **Labeling**

Always label your jars or bags of herbs. This is very important because so many of them can look the same. Your label should include:

Type of herb

Part of the plant

Date packaged

Drying method

Never add more dried herb to a jar until it is completely gone. Otherwise, the older herbs may not be as potent as you want or thought they were. After a year, they start to lose potency.

If you need to store more of an herb, create a second jar for it. Put this second jar behind the first one so you don't accidentally use it first. Once the first jar is all used up, then move and use the second jar.

This is the same type of revolving concept that grocery stores use for their products. They move the oldest item to the front and put the newest to the back. This type of rotation ensures some items don't linger on the shelf longer than others.

## **Where to Store**

You want to store your dried herbs away from sunlight and moisture. Make sure you don't place them in the basement or other location where there can be dampness or drafts. Avoid storing them around the kitchen as the odors from other foods can ruin them!

Never store your herbs anywhere that allows a child or a pet to reach them. While herbs are safe, they can be dangerous in the wrong hands. Some of them are very potent and could make a child or pet ill if directly consumed. Children and pets are both curious, and some herbs smell very good!

If you want to display your herbs, you still won't need too much space. If your area is limited, consider an over-the-door rack. You can place it inside of a hallway closet for example. The jars can fit on the shelves and are easy for you to access. Yet they aren't taking up any additional space in your home.

If you decide to freeze them, it is a good idea to have a small freezer that is separate from your regular one. Perhaps you already have a deep freezer where you store meat and other items. You can allocate a section of it for your herbs.

Check the jars or bags you have filled and stored a few days after you have done so. Inspect them to make sure you don't accidentally pack anything that still had some moisture in it. If you did, take it out of the package or jar and dry the contents again. Then you can repackage them.

If you don't check them, it can be devastating later when you open the package or jar to find mold and other issues. Put a reminder on your calendar to check them the week after packaging.

Then check them the week after that. If you don't notice any signs of moisture, you are in the clear!

## **How Long?**

Most herbalists believe you can successfully use herbs that have been dried and stored for up to one year. After that, they will lose their potency and you can't count on them. There are consumers who have used them up to 5 years after packaging and claim good results, but that is a big chance to take.

Herbs may still taste good for up to 5 years, so that is why some people continue to use them.

However, the potency of the herbs diminishes with time. The goal of using herbs is adding nutritional and medicinal values. Therefore, it only makes sense to use the herbs when they are still of the best quality.

You wouldn't keep over-the-counter or prescription medications on hand for 5 years, so don't do that with your herbs. This is why the labeling part of the drying and packaging process is so important!

If you find you are coming up on a year and you haven't used all of a given herb, find ways to use it. Find recipes that call for it and try them out! You and your family will love the change in the menu, as we get tired of eating the same dishes often.

You can also offer some of the remaining herbs to your friends or family in the last few months of the year. Perhaps they haven't tried drying their own herbs but they are interested. Tasting yours can be the incentive they need to try it on their own! Plus, sharing with others is a better option than tossing unused herbs out.

## **Chapter 6**

### **Common Mistakes to Avoid**

While drying your own herbs is a learning experience, you don't want to learn certain things the hard way. By avoiding these common mistakes, you will reap the benefits from your efforts and reduce the risk of spoiling your herbs.

#### **#1—Using herbs as a replacement for medical care.**

While you can use herbs for various minor ailments, you shouldn't rely on them instead of medical care. For example, you may find the use of certain herbs reduces the pain and inflammation of your

arthritis. You still need to keep your regular appointment with your doctor, however, and you should disclose your use of herbs.

It is fine to tell the doctor that you would rather rely on these herbs than to take prescription medications. That is your right, but you still need to get annual checkups and other medical care.

## **#2—Ignoring quality.**

Be selective when it comes to the plant you choose. If they aren't healthy, they won't be able to provide you with nutritional or medicinal value. It is important to understand that not all plants are the same.

Starting out with a growing plant for your herbs—instead of seeds—is a common practice. Just make sure you have evaluated the plants to ensure they are healthy. If you notice any problems, it is best not to buy them.

## **#3—Using chemicals.**

Avoid using pesticides or chemical fertilizers to help your plants grow. You'll want the herbs to remain as natural as possible. The only way to make that happens is to ensure they are grown in the best conditions.

Use organic soil and use natural methods to eliminate bugs and other entities that could ruin your plants. Take the time to weed them and to remove dead foliage regularly. If you allow it to linger, it will zap the healthy plant of the nutrients it needs to grow.

## **#4—Getting the wrong amount of water or light.**

The right amount of water and sunlight is essential for herbs to grow as they should. The soil should be wet when you touch it but not soaked. Too much water can increase the chances of mold and harmful bacteria growing. Not enough water can result in a stunted plant.

Herbs need sunlight to grow, so make sure you place them in a windowsill or grow them outdoors where they get plenty. If you notice some herbs in your window garden are doing better than others, rotate the plants. The additional sunlight can be good for them.

Don't plant outdoors in areas where there is too much shade. Before you plant, evaluate the amount of shade and sunlight the area gets throughout the day. On hotter days, your plants may require more water than usual, so pay attention to how they are doing in various weather conditions.

### **#5—Overcrowding.**

Give your herbs plenty of room to grow. Not only do they grow taller, but most need to grow wider as well. Limiting conditions may cause a plant to grow weak or sickly, as it must adapt to the space it's been given. With healthy plants, less is more and you will get the best yield for that particular herb.

### **#6—Seeding.**

If you prune and harvest your herbs regularly, they won't seed. The seeding process signals the end of their growth. By pruning and cutting, you encourage the plants to continue to grow. Then you can prolong the cycle of growing and harvesting them.

### **#7—Not drying the herbs completely.**

One of the most common mistakes with drying herbs is not drying them completely. Take your time with any of the drying methods and ensure they are completely dry. Don't forget to check them after a few days of packaging. If they aren't dry, this is the time to take them out and dry them more.

### **#8—Not packing them properly.**

Don't fall short at the last step—packaging. You need to label your herbs so you know what they are and how long you've had them.

Use airtight bags or airtight jars. Store away from moisture and sunlight.

### **#9—Not learning about your particular herbs.**

It is a huge pitfall not to learn about the particular herbs you are going to grow. The more you know about the best growing methods, harvesting techniques, drying practices, etc., the easier it is going to be.

This is also why you should only start with two or three herbs at first. As you become more skilled with the process, you can consider adding more to your garden. Too much at once, though, can make you feel overwhelmed.

### **#10—Rushing the process.**

While your days may be very busy, carve out some time for your herbs to get started. The initial steps will be the most time consuming. Then it is just a matter of keeping them watered and ensuring they get enough sunlight.

Pay attention to when your herbs need to be pruned, too. If you ignore this, it will slow down growth and limit the quality of the herbs.

Allocate plenty of time for harvesting and for drying. The herbs aren't going to work around your schedule, so you have to be ready for them. You need to give the drying process all the time it requires, and it can't be hurried.

### **#11—Not even trying.**

Giving up before you even get started is a guaranteed failure! Too many people assume they can't do this so they don't even try. However, by following step-by-step, you'll be able to get results.

You have the ability to grow your own herbs, to dry them, and to access them whenever you'd like. Use what you learn in this book to



help you get started. Give yourself credit for moving forward and experimenting. See what works well for you and create a plan of action that keeps you motivated.

## **Chapter 7**

### **Common Herbs to Dry**

There are too many herbs to list them all here, but you can dry whatever you would like to use.

Here is a list of the most common herbs to consider drying. There is no right or wrong types to work with. Think about what you want from a nutritional medicinal standpoint and go from there.

### **Antioxidants**

One of the reasons people use herbs is the powerful antioxidants they contain. These antioxidants help to naturally flush toxins and free radicals from the body. As a result you are healthier inside and out.

The herbs offering the highest levels of antioxidants are:

Allspice

Cloves

Cinnamon

Lemon Balm

Marjoram

Oregano

Peppermint

Rosemary

Saffron

Thyme

## **More Specific Benefits**

There are some herbs you may wish to dry and use for specific benefits. As you learn about the potential benefits, it may encourage you to grow and harvest them. Here is a list of effects that may interest you.

### **Have Younger and Healthier Skin**

Many men and women are looking for the fountain of youth! They don't want to see fine lines and wrinkles when they look in the mirror. Protecting your skin cells is the key to staying younger looking naturally.

Italian spices can be added to foods you prepare. Basil is the most common Italian spice used in foods. Not only does it taste great, but it also helps to protect the skin cells. The powerful antioxidants found in basil can also help the body fight off harmful germs.

Basil can also help reduce the risk of serious health problems. This includes Alzheimer's disease, various types of cancer, heart disease, and osteoporosis. These are all health problems that can reduce your overall quality of life, so fighting against them is important.

### **Promote Healing**

As we get older, it can take our bodies longer to heal from cuts. This can increase the risk of bacterial infections. Harmful bacteria in the body can also result in a sore throat, strep throat, or even pneumonia over time.

Thyme is a powerful herb that can help promote healing. It attacks the harmful bacteria but won't destroy the good bacteria in your

body. Thyme can also help to reduce inflammation and throat pain. It can aid the body in healing cuts and scrapes faster.

### Reduce Inflammation

For many individuals, chronic pain has become part of life. However, it limits their mobility and quality of life in many regards. Sage is an herb that can help to reduce inflammation and to slow down the aging of the body.

Such inflammation is often associated with asthma, various forms of arthritis, and the hardening of arteries. Adding some sage to the foods you eat regularly can be a natural way to help reduce the inflammation and the pain associated with these conditions.

### Sleep Better

When your body is able to sleep well, you will be amazed how much better you feel. Your mind and your body need sleep to feel refreshed and happy. Tossing and turning all night is uncomfortable and makes you feel awful in the morning.

Using sleep aids can leave you feeling groggy and foggy in the morning. Marjoram is an herb that can naturally help you to sleep easier and better.

Marjoram is best used as an extract. It is very powerful, so you would only need to use about 5

drops of this oil in the bathtub. Get into the routine of doing so before you sleep and see how much better you feel in the morning!

### Boost Your Immune System

Prevention is a key part of a healthy lifestyle. Don't wait until you don't feel well to take action.

Oregano is an exceptional herb to consider if you would like to boost your immune system. It can help reduce the risk of health concerns

due to viruses, bacteria, or free radicals.

Oregano is often used as a natural antibiotic and a natural anti-fungal agent. It can help clear up a yeast infection or nail fungus issue.

### Maintain Heart Health

A healthy heart is important at any age, but it becomes more important as we get older. Heart disease is the leading cause of death for both men and women in the USA. Ginger is a great choice when it comes to reducing the risk of heart problems.

Ginger has been proven to help reduce the risk of clogged arteries. That is a huge factor in preventing heart attacks. Ginger also helps prevent fungus and bacteria problems from affecting the heart. It can also boost the immune system. Furthermore, ginger is a natural way to reduce bad cholesterol levels, known as LDL.

### Improve Digestion

When the body isn't digesting food correctly, it can make you very uncomfortable. You may suffer from acid reflux, gas, or bloating. None of these effects are appealing. Allspice has a unique taste that is very good and can be added to a variety of foods or used as a tea.

This herb is a natural way to improve overall digestion. It can also assist your digestive tract. It reduces problems with acid due to the way it activates digestion. You can add allspice to your meats, vegetables, soups and broths.

Allspice can also help to regulate blood sugar levels. It can be helpful for regulating cholesterol, too. It adds plenty of flavor to foods but also plenty of value to your overall health.

### Fight Bacteria

If we could see the bacteria and germs all around, it would be a nightmare. We rely on our immune system to help us stay as healthy as possible. Cinnamon helps to fight harmful bacteria.

It can even prevent serious health problems that would require antibiotics or more powerful forms of treatment.

Our muscles and joints can start to be less mobile as we get older. Cinnamon can help to reduce such problems, as it has anti-inflammatory compounds. It can also help reduce the risks of tooth decay, gum disease, E. coli, and urinary tract infections (UTIs).

### Prevent Cancer

The battle against cancer is very serious and costs many lives. Preventing cancer should be high on your list when taking care of your body. Turmeric is a wonderful root that can help you do just that. It also helps lower the risk of Alzheimer's disease.

Turmeric contains *curcumin*—it is what gives the root its yellow coloring. Curcumin helps prevent DNA mutations which can result in cancer.

### Achieve a Healthy Mind and Body

It seems that the miracle herb is cloves. It is very powerful for a variety of reasons. It can help reduce pain in muscles and joints and is full of powerful antioxidants to boost your immune system and to fight off free radicals.

Eugenol is found in cloves, which is a type of mild and natural anesthesia. It can be used to reduce the pain of a sore throat, irritated gums, or toothache. Cloves can also offer relief to those who suffer from chronic breathing issues such as bronchitis and asthma.

Cloves is a well-known anti-bacteria and anti-fungal option, too. In reality, you just can't go wrong with the use of cloves. There is so much it can protect against!

## Conclusion

Herbs have been used for centuries in many cultures for both nutritional value and medicinal purposes. As modern medicine evolved, they became less common. However, many people want to get back to the basics. They don't want to take chemicals all the time or suffer from the side effects of prescription medications.

Over-the-counter and prescription medications can be expensive for consumers. And for those who need ongoing medication, it can be a huge burden on their budgets. Feeling better but in an affordable way is important.

When you grow and dry your own herbs, it is much cheaper than anything you can purchase. If you grow perennial types of herbs, you will have a one-time expense to get started. Then they will grow again and again, year after year for you. As long as you harvest them correctly and care for them with water and sunlight, they will grow well.

You are also in complete control over their quality. Never assume that bottled herbs you buy or even those available at a farmer's market have been grown under the best conditions.

Research shows that the majority of dried herbs for sale aren't organic. They have been grown with the help of pesticides that contain harmful chemicals. Those that are certified as organic cost significantly more.

When you buy dried herbs in bottles, they have been irradiated in most cases. This means they have been exposed to a type of gamma radiation. It is done to destroy any traces of pathogens.

However, this process can also reduce the overall potency of the herbs.

The information we have access to today suggests that by taking better care of your body early in life, you can reduce potential health

problems later on. Who wants to live to be 100, but be so sick that they can't enjoy their longevity? The goal should be to enjoy those golden years and to be as healthy as possible.

Drying your own herbs can provide you with the means to prevent and to fight various types of health concerns. Prevention is a big piece of the health puzzle that is sadly often overlooked.

Many people don't worry about the state of their bodies until they become ill or are diagnosed with serious problems such as cancer or heart disease.

It is our responsibility to take care of our bodies. Don't blame genetics and don't leave it to chance. Using these herbs can be the simple and the effective way to improve your health now and to avoid serious health concerns in the future.

Identify a couple of herbs that can assist you with your particular needs. Take the time to learn about what benefits they offer and the best way to use them. Find out how to grow them using the most effective and most efficient methods. At the same time, learn how to harvest them successfully.

Evaluate several of the drying methods so you can choose one that works for your needs. Keep in mind that some types of herbs do better with one drying method than another. Your personal preferences also play a role in what you do.

Make sure the herbs are completely dry in order to use them later. Place them into glass jars or airtight bags and label them. Then you can reach for the herbs when you need them without any problems or hassles.

You are going to open up many great opportunities for yourself and your family by growing and drying your own herbs. The preventative care will reduce your chance of illness and help you to enjoy life to the fullest!

Yoga for Beginners

*Top 10 Beginner Yoga Poses for Weight Loss, Stress Relief, and Inner Peace*

*Ella Marie*

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## **Introduction**

What do you think of when you hear the word yoga? Do you think of the down dog yoga?



Maybe it is something you have thought of exploring but haven't made time for. Perhaps you have heard about the various health benefits for the mind and body that it offers. Hopefully, that curiosity is what has brought you here to read this book.

While some people think yoga is meditation, it is just a small form of it. Yoga is essentially a way to prepare your body and your mind for meditating. You will find that taking part in yoga poses first is the best way to prepare your body and to make sure your mind is going to focus.

The word yoga is from an ancient Indian language and it means yoking. That is in reference to a team of oxen. However, in today's society, it translates to a meaning of union. It is the process of getting the mind and body in sync. The physical practices of yoga are referred to as asana.

You will often hear yoga referred to as "your practice," and that is because it really is an individual experience. No matter where you start out, challenge yourself to grow and to see your yoga options evolve with time. Doing so will keep you interested rather than feeling bored with a given routine.

You may not think you are very flexible or have a great deal of strength right now. However, you are going to be able to improve in both areas as you stick with your daily yoga routine. The best part about yoga is that it isn't competitive. You can focus on challenging yourself rather than comparing your abilities to those of others.

If you have never tried yoga before, you may be a bit intimidated by it. However, there is nothing to be worried about. In this book, you will learn why yoga is a good daily practice to take part in. You will also get information about how to get started so you gain the most value from it.

Yoga is low impact, but it is extremely beneficial. It is a wonderful way to strengthen your core.

It also helps you to get a stronger body overall that is more flexible than before. With increased strength and flexibility, there is also less of a risk of injuries to the limbs during exercise or daily routine activities.

It doesn't matter what your current level of fitness happens to be; there are yoga poses that you can take part in. Even if you have some health concerns or you are pregnant, you should be able to do some of them. Of course, it is always a good idea to talk to your doctor before you add any new form of exercise to your routine.

Yoga is considered to be low impact. This is why it is a great form of exercise for those that have had a sedentary lifestyle. It is also a great choice for those with heart problems, knee pain, or chronic back pain.

Yoga can be a source of physical and mental exercise for the entire family to take part in. Some assume that yoga is just for females, but that isn't true. More and more men are also taking an interest in it due to the overall health benefits that it offers to them. Children often find that yoga helps them to relax, and it is a wonderful way for them to get daily exercise.

Yoga can be done alone at home, or it can be done at your local gym. There may be dance studios in your community that offer it as well. It is up to you where you will take part in all of it.

Look at your schedule, the times that classes are offered, and your budget to make up your mind.

**1**

## **The Health Benefits of Yoga**

The body and mind are both very powerful elements of our overall functionality. Too often, we focus on just the body when we think about improving our well-being. Yet it is the balance of the mind and the body both working as a team that offers you the most benefit.

There are numerous health benefits of yoga—both for the body and the mind. In this chapter, we are going to explore them. Hopefully, you will be very excited to get started with yoga once you realize all that it offers. Yoga can help you to look and feel your very best. You have to put forth the effort, though, if you want those results!

## **Physical Health Benefits**

Let's start with the physical health benefits that yoga can provide to you. What you will generate depends on how often you do yoga and the types of poses that you take part in. Make sure you are realistic in terms of where you are starting. Don't get discouraged; give it time!

### **Improves Core Strength**

The core of the body is very important but too often overlooked. Yoga is a wonderful way to make your core stronger. It will also help you to have stronger and more defined abs. If you are interested in lifting weights, you will find that a stronger core allows you to do so.

If you are trying to run faster or to run longer, a better core can allow you to do so as well. There are very few things that you can't see a better result from in terms of physical endurance by strengthening your core muscles.

### **Improves Overall Strength**

Yoga helps your entire body get stronger. In addition to your core, this includes your legs and your arms. That strength will also help you to burn more fat. At the same time, it can enhance your endurance abilities for other forms of exercise.

Studies show that muscles that are stronger are less likely to be injured. A torn muscle can slow you down, and it can also be very painful. The stronger a person is, the less time it takes for them to recover when there is some type of sprain or injury involving the muscles.

## **Reduces Injuries During Exercise & Daily Tasks**

Yoga is proven to help with reducing injuries that could develop during daily exercise routines or even your daily tasks. There is a combination of factors involved in this. First is the increased strength for the core and the overall body help.

Too many people experience pain as they get older because they aren't very limber. Something as simple as reaching up for an item off of a high shelf can twist the back. Doing yard work can result in muscles that aren't used very often being sore.

We don't want to have to be overly cautious with the daily activities that we take part in. Yoga can help you to have a body that is limber and to use the muscles that normally wouldn't be used.

As a result, when you do use them in a daily activity or a special event, they aren't going to be injured or sore.

## **Increases Energy Level**

Never say that you are too tired to exercise! By getting some daily exercise, you can actually increase your energy level. Then you won't feel sluggish mid-day and be reaching for caffeine drinks to perk you up.

Not getting enough exercise each day can result in you not having enough energy. A body that is in motion stays in motion. It is a cycle from which too many people can't break free. They are tired all the time because of a lack of movement, and they feel like they can't move because they are too tired. You have to take action to end that cycle.

## **Improves Flexibility**

Yoga poses will certainly improve your range of flexibility. In turn, this also helps to reduce the risk of injuries as your body won't be alarmed by the movements in certain directions.

Some areas where you will recognize additional flexibility through yoga include: Hips

Shoulders

Back

Hamstrings

### **Boosts the Immune System**

Studies show that taking part in yoga can help to boost your immune system. This is because when the mind and body aren't in sync, a person is more likely to become ill.

### **Toning**

Many men and woman are self-conscious about the wiggles, especially under their arms. They try to hide that area of the body with clothing. Yoga can help to tone up those muscles so that there isn't extra skin flapping around as you move or lift your arms.

### **Lose Fat**

Taking part in yoga can help to lose fat as it will be replaced with lean muscle tissue. In fact, yoga can be the addition to your workout that helps you shed those last stubborn pounds or get past a plateau.

### **Regulated Breathing**

Focusing on your breathing is very important, and it can help you with your daily circulation. It can also help you with controlling your stress or reducing anxiety. Yoga is a great way to practice regulating your breathing daily so that it becomes second nature in your day.

Yoga requires plenty of deep breathing, and that is a change from how we normally breathe.

Deeper breathing helps to cleanse the nasal passages. This can help to reduce problems with asthma and allergies.

Deeper breathing can also help with improving circulation of the blood and oxygen throughout the body. This is very important for everyone, but especially important for those with diabetes.

## **Better Balance**

Yoga will help you to obtain better balance. This is going to help to reduce the risk of slips or falls. Most of us never prepare for them, and then they happen out of nowhere. We take our balance for granted, but it doesn't always pay off.

## **Joint Health**

Arthritis can be very limiting as well as painful. Yoga can help to reduce the pain and inflammation. It can also reduce the chances of mobility being limited. Carpal Tunnel Syndrome can also be reduced with various forms of yoga.

## **Mental Health Benefits**

Never underestimate the mental health benefits that yoga can offer. They go hand-in-hand with your body feeling its very best too. These mental health benefits include: **Reduced Stress**

All of us experience stress; there is no way to completely avoid it. Yet too much stress can make it hard for us to sleep, to focus, or even to be happy. It can also harm our physical health if we don't eat or if we engage in drugs/alcohol to cope.

Yoga is a way to reduce stress naturally. Yoga in the morning can help you to feel ready to tackle those tougher elements of your day that you are about to face.

## **Improved Focus**

Staying focused on a particular task isn't always easy. Sometimes, we are easily distracted, and other times we lack motivation. Yoga can help your mind to be focused because it is rested and it is relaxed. Mental fatigue is real, and we must take action to combat it.

## **Elevated Mood**

Daily exercise, including yoga, is a wonderful way to naturally elevate your mood. Some studies show that it can help to reduce the effects of mild to moderate depression.

Yoga increases the production of chemicals in the brain that influence mood. This is why once you get into a routine of daily yoga and then you miss a day or two, you will really miss it!

## **Reduces the Impact of Trauma**

There are studies underway that imply taking part in yoga can reduce the impact of trauma. The

United States military has been encouraging those who have been deployed to take part in yoga to reduce both stress and trauma.

They believe this can help to reduce the number of enlisted members with PTSD (Post Traumatic Stress Disorder). There isn't any long-term data yet to determine just how effective it is going to be.

## **2**

## **Finding the Right Yoga for Your Body**

Most people assume that there is only one type of yoga out there. However, there are quite a few different forms of it that you can consider. The key is to find the right yoga for your body. In this chapter, we will explore the most common styles for you to take into consideration.

However, before you dive into any given type of yoga, you do need to take a look at your own needs. If you have any health concerns, you certainly want to talk to your doctor before you start any yoga.

You may think that you can't take part in any given yoga due to a bad knee or back problems, yet you will be pleasantly surprised to discover that this isn't true. Yoga can be modified to fit both your fitness level and your overall physical health.

Your body weight is also something to take into consideration. If you are overweight, it may be more difficult for you to do some of the advanced yoga poses. You may find it hard to stretch to touch your toes or to hold certain poses. It can be hard to balance on one leg.

Don't let any of this discourage you, though; focus on what you CAN accomplish with yoga.

Over time, you will be able to do more and more. That is the fun part of it—being able to really see yourself moving forward.

## **Pregnancy**

Most women find that they are able to take part in yoga during pregnancy. Doing so can help them to relax, to feel great, and to stay focused. It is important to talk to your doctor to ensure that yoga is something you can safely be a part of throughout your pregnancy.



## **Current Fitness Level**

If you were going to take up running as a form of daily exercise, you wouldn't sign up to run a marathon tomorrow! With that in mind, take your current fitness level into consideration. That is where you should start.

You can make it a goal to continue to add more difficult yoga poses over time. Don't be too hard on yourself if you need to start with the most basic poses. We all need to have a starting point.

Remember, you aren't comparing yourself to anyone else when it comes to yoga.

## **Learn the Basic Positions**

No matter what type of yoga you decide is right for you, it is best to start off with the basic positions. We will discuss each of them in the next chapter. These basic positions are important because so many of the poses in yoga involve them in some format.

## **Select Alignment-Oriented Yoga**

It is in your best interest to select a style of yoga that helps your body with alignment. This will help to reduce the risk of any injuries during the exercises. If you already have an ailment, then you don't want to see it get worse.

Here are the basics of the nine most common forms of yoga to consider: **Ashtanga Vinyasa**

This particular type of yoga helps with increasing strength and flexibility. It is also one that focuses on mental well-being through the sequence of movements. This style of yoga flows smoothly and involves focusing on breathing. The poses are very fast-paced.

## **Bikram**

If you like the heat, this style of yoga may be perfect for you! Bikram takes place in a room that is about 105 degrees Fahrenheit. It enhances flexibility and also helps to remove toxins from the body through sweating. There are twenty-six yoga positions and they are designed for the ultimate level of overall function and health.

## **Integral**

This is a very gentle form of yoga that works well for beginners. The holistic approach that it offers can also work well for everyday elements of your lifestyle. The traditional postures of yoga are involved and they help the body and mind be calmer.

## **Iyengar**

Proper alignment is the focus of this style of yoga. The postures are held longer than in the other styles. This is one of the most popular styles of yoga in the United States.

## **Jivamukti**

This style of yoga focuses on meditation and the spiritual element. It is very intense both physically and intellectually, and it stimulates the spiritual side of awareness. The foundation stems from traditional yoga teachings.

## **Kripalu**

This is a style of yoga that promotes the healing of the body. It also is one that works well with meditation. Mental development is also a benefit from it. Many people with high levels of anxiety or stress feel that this type of yoga completely changed their life for the better.

## **Kundalini**

If you are looking for a style of yoga that increases personal awareness in all areas, Kundalini is one to explore. It can be

complex, though, due to the combinations of poses that lock the body and focus on overall posture.

## **Sivananda**

Perhaps a slow-paced yoga style is what you are considering. Sivananda is certainly one that fits this category. It focuses on the use of twelve postures and on good habits as well as focused thinking. It is a great option for those with health concerns, those with limited flexibility, and women in their last trimester of pregnancy.

## **Viniyoga**

This is a type of yoga style that puts the breathing and the poses in sync. It is a holistic approach that focuses on repetition. That is what separates it from other forms of yoga.

## **3**

## **Learning the Positions and Techniques**

### **Correctly**

In order to really benefit from yoga, you have to learn the positions and techniques correctly. If you don't, they are going to be a waste of your time. They aren't going to offer your mind or your body the true benefits that they can deliver.

If you aren't doing the positions and techniques correctly, they can increase the risk of you getting hurt while performing them. Your body may not be aligned the way that it should, and that puts your spine and other body parts at risk for pain and injury.

Take the time to explore what it is all about before you dive right in! Here are some methods to help ensure you are doing the poses correctly from the start. It is easier to do so than to try to break bad habits later on.

Practice in front of a mirror — This will help you to see how you look and if you need to change the position of any part of your body.

Watch videos — You can get DVDs, or you can watch videos online. They will show you the correct poses and how to get into and out of them.

Books — There are yoga books with diagrams that also show you the right way to do each position.

Instructors — If you take yoga at a dance studio or at the gym, you can benefit from a qualified instructor. They can help you one-on-one to ensure you are doing the poses correctly.

## **Yoga Poses**

As you have already learned in this book, yoga is much more than just stretching. While you will certainly be taking part in a great deal of stretching for the body, that is just the start. The yoga poses also help you with balance, flexibility, and strength.

Each of the yoga poses and postures has a specific type of physical benefit to offer you.

Depending on the type of yoga you take part in, they may be done in quick steps or you may need to hold each of them for a longer duration.

The approach you take depends on your choice of yoga style. There isn't a right or wrong one to select. The goal is to find something that is a good fit for your body and your mind. You may need to try a few to decide what you will stick with.

However, there are some basic yoga poses that you really do need to start out with. They will give you a firm foundation to work from. These poses are designed to give your body what it needs in terms of flexibility, strength, balance, and stretching.

Many of the yoga styles use these basic moves as a foundation for other poses and postures.

They can branch out in various directions, but they mainly have a starting point with these core moves.

Therefore, it makes sense for you to learn these poses first. Take the time you need to learn how to do them correctly. It will make moving into other poses and postures that are more advanced easier for you. Here are ten poses that you should start with before you move into anything more complex.

### **Downward-Facing Dog**

Most people have heard of the Downward-Facing Dog pose as it is the most common in yoga.

This position involves planting your feet on the ground and bending your body forward, with your arms out and your buttocks upward.

It can take time to master this particular yoga pose. Make sure you don't shift yourself too far inward as that can make it difficult to keep your balance.

You want the majority of your weight to be in the legs, and that will help you to stay balanced.

Strive to have the buttocks pointed upward and your heels should be touching the floor. If your hamstrings are feeling too much pressure, you can bend your knees a bit until you become more flexible.

### **Mountain Pose**

Mountain pose initially looks easy, but it isn't! It is very important for developing your core muscles and balance. This pose also works on overall alignment for your body. Focus on drawing a straight line with your body with this pose.

This straight line should start at the crown of the head and span down to the heels of the feet.

Make sure the shoulders and the pelvis are lined up too. Think of a zipper going up your back -

you want to make it all tight and lined up for the Mountain pose.

## **Warrior I**

Reach for the sky! That is what often comes to mind with the Warrior I yoga pose. With the arms together, you are stretching and reaching. This stretch starts out in the legs and moves all the way up the body.

The back leg is at an angle and is also stretching. The forward foot is planted and then bent at the knee to offer balance. It is very important to keep the hips facing forward with the Warrior I pose. You may find you need to get your legs into a wider stance to make this happen.

## **Warrior II**

With the Warrior II yoga pose, the legs remain in the same position as Warrior I. It is only the arms that change position. Instead of being upward, they are extended outward.

Both the hips and the shoulders should be open to the side. Make sure the front thigh is parallel with the floor. This is going to generate quite a burn!

## **Extended Side Angle**

It can be difficult to complete the Extended Side Angle pose in the beginning. However, as your flexibility and your balance improve, it will become much easier.

Your back leg needs to be extended and stretched, with the heel flat. The front leg needs to be planted and the knee bent. Slowly lean to

the side so that the arm on the side of the planted foot is placed flat on the floor. The other arm is straight up into the air.

When you first try this yoga pose, you may need to place your forearm on your thigh rather than placing it flat onto the floor. This is going to help you with balance. Continue to work on flexibility so that you will eventually be able to place it onto the floor. Make sure you keep the torso pointed towards the ceiling and not towards the floor.

## **Triangle**

The Triangle yoga pose is very similar. However, instead of the front leg being bent at the knee, it is extended and angled back. However, the body is bent at the waist forward. This can be a very tricky balancing act at first!

The forearm is going to be planted on the floor with the other arm extended into the air. Work as much as you can to make the arms are parallel. Think of them as a straight line—one on the floor, then your shoulders, and then the other arm.

## **Cat-Cow Stretch**

One of the most important poses for you to master when you begin yoga is the Cat-Cow Stretch.

It is a good one to take part in if you have chronic back pain. This is a type of pose that is very good for your overall spinal health.

Start out on your mat on all fours making sure your back is straight and your shoulders are facing forward. Hold your head upward and focus on taking long breathes in and out.

Slowly, put the head downward and roll the back. Focus on stretching the neck, back, and buttocks. Make sure you get up from this pose slowly.

## **Staff Pose**

This is similar to the Mountain pose for yoga, but you will be sitting down to perform it. Sit with your legs together but extended outward. Your arms should be by your side with the palms flat on the floor.

Focus on keeping the body properly aligned throughout this yoga pose. The back and the abs should be straight. Make sure your buttocks are flat on the floor.

### **Cobbler's Pose**

Many people are familiar with Cobbler's pose as it is a common stretch for any form of exercising. Sit with your feet drawn in and touching each other. Your knees will not be bent, and you want them to be as close to the ground as possible.

Try to reach your feet without bending your back or your abs. Focus on extending your arms to accomplish this task while keeping the other areas of your body in alignment.

### **Child's Pose**

Another very popular yoga position is the Child's pose. This is because it is so important to the well-being of your body. Your buttocks need to be sitting on your legs. Bend your torso forward and lower your head.

Your arms should be out in front of your body. Stretch them as far as you can manage without it being too painful. This is a good pose to get into if you feel dizzy or out of energy during your

yoga workout. It can be a chance for you to regroup and move forward.

## **4**

### **Getting Started**

Be realistic when you are getting started with yoga. Too many people are disappointed with what they can do that first session. Then they



never do it again. Remember, you can start where your body is now and move forward. That is the key to success with yoga!

There are several things you need to do in order to get started. You want to make sure you are as relaxed as possible. You also don't want to feel rushed. In time, you will find what works best for you in terms of yoga. However, you will need to experiment to find out.

## **Location**

Where do you plan to engage in yoga? If it will be at a local dance studio or gym, show up about ten minutes early. Get yourself a good spot and be comfortable. Introduce yourself to others around you. Yoga is a great way to meet others with a common interest.

Try to find a dance studio or a gym that offers small class sizes. You will feel more at ease and you will get more one-on-one attention from the instructor. Enroll in a class that is right for your fitness level.

You can also take part in yoga at home. You may feel more comfortable doing so on your own.

Just make sure you are doing the poses and postures correctly as we discussed in a previous chapter.

You also want to make sure you have enough room for your yoga workout to take place; you may need to move some furniture around. While you are working on your balance, you don't want any items around that can pose a danger to you.

For a yoga workout at home, you can watch videos online or you can buy DVDs. As your abilities improve, you can change what you use in order to continue to challenge yourself.

## **Clothing**

You want to wear loose fitting clothing for yoga. This is going to allow your body the best range of movement without limitations. However,

you need to make sure you aren't at risk with the clothing you wear either.

For example, avoid workout pants that are too long for you. As you do some of the poses, your feet can get caught in the legs of them. This can cause you to trip or to fall. Avoid shirts that are too loose or too long as they can get in your way.

Shirts that are too loose can also be quite revealing with some of the yoga poses, and you don't want to be self-conscious. Women need to make sure they wear a bra with plenty of support for yoga.

While they do make yoga pants and tops, you don't have to invest in them. You can wear sweats, shorts, sports tops, etc. Many people use what they already own so that they don't incur additional expenses.

Unless you have a medical condition that prevents it, you should be doing yoga barefoot. Avoid putting lotion or other items on your feet that can cause them to slip when you are engaging in yoga. Be aware of the type of flooring too—a non-slip mat is very important.

## **Equipment**

You don't need much equipment at all to take part in yoga. It is recommended that you have a yoga mat. They roll up quickly and you can take it with you to a class. You should also take along a clean towel and a water bottle. If you plan to do yoga at home, you can get a mat or you can use a towel/blanket.

If you buy a mat, get one that is good quality so that it will last. Ideally, look for one that is non-slip. You will find that they are offered in a variety of sizes and colors. If you will be carrying it back and forth to class, look for one that is lightweight.

Some gyms and dance studios actually have mats that you can use. They often charge a few dollars per session for them due to the cost and for cleaning them after each use.

It is a good idea to wipe down your own yoga mat after each use. This will prevent sweat, dirt, and debris from accumulating. Yoga mats are low cost, and many people have one at home and also one in the car so that they can always access it when they want to work out.

## **Make Time**

Most of us have a very busy lifestyle, and it can be too easy to push aside what we intend to do for our own well-being. However, you need to make a commitment to make time for yoga. It will help your mind and body be their very best. You can't beat an investment in YOURSELF!

Carve out time in your daily schedule for yoga. Write it down on your daily planner or your to-do list. Yoga is best if you can do it early in the morning. First, that will ensure you don't run out of time for it. Second, it helps to prepare your mind and your body for your day ahead.

## **Common Mistakes to Avoid**

There are some common mistakes you want to avoid when it comes to getting started with yoga.

These will help you to be very successful!

Failing to make time — Don't feel guilty taking time for yourself and your needs.

You can't be your best for others if you aren't taking care of yourself too.

Giving up — Don't give up because your first couple of sessions are rough. Yoga wasn't meant to be easy, and the results are worth the effort.

Don't compare — If you go to a yoga class, don't compare your abilities to those of others around you. Everyone has different skills and experience with yoga.

Don't ignore your body — If your body is telling you a pose or posture is too much, don't continue it.

Eating — Don't eat a heavy meal right before you take part in yoga. Eat a few hours before class and then have a light snack afterwards.

Not aligning the body — You can create serious problems for your spine if your body isn't aligned properly during yoga poses.

Negativity — Keep your thoughts positive so that you can really benefit from yoga.

If your instructor or another student points out something you are doing wrong, learn from it. They aren't picking on you. Focus on what you can do, not on what you aren't able to do yet.

## **5**

### **Yoga as a Form of Meditation**

Yoga is a form of meditation, and it is so much more than that, but this element of it definitely needs to be explored. Training the mind to focus is important, and it carries over to all aspects of your life.

Meditation also explores the spiritual side of who you are and what you believe in. This doesn't have to be a religion. It can be very open and free-spirited. It all comes down to what it means to YOU, and that is why it is so powerful as well as unique.

### **What is Meditation?**

Meditation is a form of relaxation that connects the mind and the body. Since that is parallel with the goals of yoga, it is a great match. You aren't going to be just sitting there cross legged, making o's with

your thumb and finger, saying ommmm. That is just a small part of a way to meditate.

## **How does Meditation Work?**

For meditation to work, you have to be uninterrupted in your thoughts. How many times a day does your mind wonder from what you are doing to something else? You are about to find out through meditation!

When you first start out, you are going to have to redirect your mind over and over again. In time, it will become more disciplined. You need to be able to focus on one idea, object, or thought.

What you will discover is that the subconscious is very powerful! You may think you have complete control over your own mind, but that isn't always true. However, you are going to have more control over your thoughts, how you feel, and even your emotions once you implement meditation along with yoga.

## **Getting Started**

It isn't a good idea to jump right in with the meditation part of things if you are new to yoga. It is simply too much to take on at once. First, learn the basic poses of yoga so that they are easy for you to do without thinking too hard about them.

Once you get to that point, you can introduce meditation. You won't have to focus so hard on your poses and postures, so you can focus on given thoughts or focal points of your choosing.

## **Breathing**

Your breathing is a big part of being successful with meditation. Slowly take in each breath and then slowly exhale it. You don't want your breathing to be too slow or too fast; try to keep it natural. However, you want to take in deeper breaths than you normally do.

Too often, we aren't aware of our breathing at all; it is just a natural part of life that we take for granted. Through yoga and meditation, you can use it as a means to relax and to clear your mind.

## **Be Prepared**

Initially, you may find that meditation is frustrating. If you have a fast-paced lifestyle and little patience, it will be even more of a frustration. It is going to be different from what you normally do. Meditation can drain you mentally and emotionally when you first start out.

However, as you are able to stay focused for longer periods of time, you will get deeper into meditation. You will feel thoughts, experience emotions, and feel sensations of your body that you didn't notice before.

You don't have to meditate for long periods of time for it to work for you. Start out with a goal of only five minutes. Then you can continue to add small increments to it until you are at a timeframe that you are happy with.

## **6**

### **Staying Motivated**

If you are going to gain the physical, mental, and spiritual elements of yoga, you have to stay motivated. You have to hold yourself accountable so that you are able to give it time to work for you. Don't get discouraged—get motivated! Staying motivated is important too!

### **Put your Thoughts into Motion**

How many times have you thought about yoga? Do you wish you had made it part of your routine long ago? Put those thoughts into motion and make it happen! TODAY is the day to get started. Stop saying someday, and make it a reality.

### **Two Week Commitment**

Agree to a two week commitment for yoga. This means that you agree to take part in it for at least thirty minutes a day for the next fourteen days. If you find it isn't for you, fair enough.

However, most people find that they love what it offers the mind and body, so they continue it.

You aren't going to know until you try it!

### **Replace Negative Thoughts**

Erase any negative thoughts you have, and replace them with positive ones. You will need to really focus on doing this as you start yoga. Don't get upset if you are off balance; laugh when you are. Don't focus on not being able to reach your toes; focus on the fact that you tried to make it happen.

By replacing negative thoughts with positive ones, your entire mindset improves. You will find that you have fewer negative thoughts as you start training yourself to replace them. Negative thoughts can be toxic in all areas of your life.

Use yoga as your starting point to replace negative thoughts. Then you can start to do that all day long. You will find it helps you to have a brighter outlook and to really stay motivated in all you take part in.

### **Eliminate Guilt**

We briefly touched on this in an earlier chapter, but you must eliminate guilt. If you have a job, you may think you should go in early and stay late. Take time for yoga so your mind and body benefit.

If you are a parent, you may think that you should spend all of your free time with the kids. You need time for you and to take care of yourself so that you can be the best parent to them now and in the future.

Get the kids involved with yoga too as they can benefit from it. Then you can all have a great time with it together and you don't have to worry about that guilt.

## **Time Management**

Another part of staying motivated is time management. You don't want to be rushed. You also don't want to think of yoga as one more thing you HAVE to get done that day. Instead, you should view it as something you WANT to get done each day.

Balance your time so that you are able to focus on yoga. Don't spend your time doing it but thinking about the chores, the kids, or your job. Be present in mind and body and use the time to really focus on what you are trying to accomplish.

Again, yoga in the morning is a wonderful way to get the day moving on a positive note. If you wait until the evening, you may be too tired or too busy, and then yoga is removed from your plans. Yoga or any form of exercise late in the evening can also make it harder to sleep due to stimulating your mind and body.

## **Learn to Say No**

Why do we find it so hard to say no? We want to be helpful and we want people to like us. Yet we only have so many hours in any given day to get things accomplished. Learn to say no so that you aren't constantly overextending yourself.

You don't have to give a reason why you can't help with something either. It is fine to thank them for asking you and to tell them that you don't have the time to take it on. If you can help in another way, such as a monetary donation, you can make such an offer.

## **Listen to Your Mind and Body**

The mind and the body actually crave taking part in daily exercise such as yoga. Listen to what they are telling you. Do you feel



sluggish and irritable on the days you don't take part in yoga?

That is very common, and it means that such a workout is really beneficial to you on a personal level.

### **Try New Yoga Poses and Postures**

Like any other form of exercise routine, you are going to get bored quickly if you do the same thing day after day. This is why you need to continue to try new yoga poses and postures.

As your abilities improve, don't be afraid to try something at the next level. Doing so keeps it fresh, and that will help you to stay motivated. Don't forget those that you previously learned, though—add them into the mix for plenty of variety.

### **Challenge Yourself**

If you want to feel pride in the efforts you have made, challenge yourself. The only person you should strive to be better than tomorrow is yourself. Remember, do it in a way that is positive and that benefits both your mind and your body.

### **Try to Never Skip More Than a Day**

Getting into the routine of daily yoga is important. There will be times, though, when you have to miss a day. It can't be helped when you are sick or you have an emergency.

However, try to never skip more than one day in a row. If you do, it will be harder and harder to get back into the routine of daily yoga. If you find that you often skip due to a time issue, then you need to re-evaluate your time management.

### **Yoga Partner**

You may find that a yoga partner is what you need to stay motivated. This is someone that you can take a class with or that you will work

out with at home. It could be a friend or even someone that lives in your same household.

A yoga partner helps you to stay accountable and to stay on track. You will enjoy your time with him or her, and you will know that he or she is waiting for you to get there and to participate.

The downside to a yoga partner is that it can be harder to get it in at a time that works for both of you. If it is a neighbor that can come over at 6 a.m., it may work well. If it is a friend that lives across town, it may be a struggle.

You also have to make sure you aren't comparing yourself to your yoga partner. Try to find someone that is at a similar fitness level as you. Then you can both continue to progress into more complex yoga poses and postures. Yet you should both move at your own speed for maximum benefits.

## **Reward System**

If you make yoga part of your daily routine, you will reward yourself with optimum health both physically and mentally. You should also have a reward system in place that allows you get something you really want for your hard work.

Your first reward should be for keeping the two-week yoga commitment. You can treat yourself to a new outfit, go see a movie you are interested in, etc. The idea is for the reward to be something that you have earned and that you will really enjoy so that it keeps you motivated.

## **7**

## **Yoga as Alternative Medicine**

There are so many physical and mental health ailments that a person can experience. As we get older, they are more likely to

develop. However, yoga can be a wonderful source of alternative medicine.

Most people agree that they would rather treat these health issues with a form of exercise than with medications. Over-the-counter and prescription medications can have harsh side effects.

The cost of them can also add up, especially if the health concern means taking them daily.

It is important to understand that the use of yoga as alternative medicine isn't a replacement for medical care. You should still work closely with your healthcare professionals. However, you can let them know that you would like to see if yoga can help you to feel better.

If you are taking daily medications, you may make significant improvements, allowing them to cut down your daily dose or remove that medication from your treatment plan. Never change your dose or stop taking medications without the approval of your doctor.

## **Physical Health**

When our body doesn't feel well, it can make it hard to focus on anything we have to do. It can make it hard to work, to take care of our household, or to enjoy social activities.

Yoga helps to circulate the blood and the oxygen through the body. If you are often sedentary, then you may have some issues with circulation. This is also true if you are overweight.

Individuals with arthritis often find that daily tasks are difficult due to the inflammation in the joints. Yoga can help to reduce the pain and inflammation so that a greater range of mobility is available.

Too much tension around the neck, back, and shoulders often accounts for chronic headaches.

This can range from mild headaches to migraines. Yoga can help to loosen up these muscle groups and to make them more flexible.

Yoga may be able to help reduce these types of physical health concerns: Arthritis

Asthma

Chronic back pain

Carpel tunnel

Chronic fatigue

Diabetes

Circulation

Fibromyalgia

Chronic headaches

Sinus problems

## **Mental Health**

Our mental well-being is also very important. When a person doesn't feel well due to mood, anxiety, or other concerns, then it can be hard to have personal relationships. It can also be hard to do well at work or to take care of your family. Any form of exercise, including yoga, can help to increase the amount of chemicals in the brain that elevate mood.

Feeling too much stress and anxiety can take a toll on us. It can make it hard to sleep, and it can make it hard to focus. Perhaps you get snappy at people you work with or live with because you are edgy. You may feel like you are always in a bad mood. More of those chemicals in the brain can reduce such feelings.

Many individuals who have been in treatment for drug/alcohol abuse find that yoga can help them to stay clean. They may have triggers that cause them to long for the vice once again. Yoga can be a way to clear the mind and to help focus on more positive options.

Many people find that they sleep much better when yoga is a part of their day. They don't have to take sleeping aids that often result in their waking up groggy. They don't have to toss and turn all night and then wake up the following day when they really don't want to.

Yoga may be able to help reduce these types of mental health concerns: Mild to moderate depression

Anxiety

Panic attacks

PTSD

Insomnia

Stress

Mood

**8**

## **Living a Healthy Lifestyle**

Yoga is definitely a big part of living a healthy lifestyle for your mind and your body. Getting them in sync is important but only one piece of the puzzle. If you want to really feel your very best and reduce health risks, you need to have good overall habits.

Even though life is busy, you need to make sure you take care of what your body and your mind need. Think about them as a machine. A car can run when it has some issues, but not the way that it should. Don't take your body or your mind for granted!

## **Daily Exercise**

Engage in at least thirty minutes of daily exercise. This can be only yoga or it can be a mix of yoga with other forms of exercise. Take your fitness level into consideration and always make sure your body is healthy enough for a given type of exercise.

## **Eating Right**

Your body and your mind need vitamins and nutrients to thrive. Avoid eating foods that are processed such as fast food. Avoid foods that are high in sugar or high in salt. You don't have to eliminate all of them from your diet, but make sure you only consume such foods in moderation.

Your diet should consist of plenty of fresh fruits and fresh vegetables. Eat foods that are high in protein. Following these guidelines will reduce your cravings for sugar. It will also keep you full longer so that you aren't overeating throughout the day.

## **Staying Hydrated**

Pay attention to what you drink too. Many drink products have high amounts of caffeine and sugar in them. You want to keep your intake of such ingredients to a minimum. Avoid diet drinks with sugar substitutes as they aren't good for you.

Water is the best option when it comes to quenching thirst and staying hydrated. Drink several glasses of water each day to flush toxins from your body. If you don't like the taste of plain water, add some fresh lemon or lime to it.

Green tea is also a wonderful choice for staying hydrated. It revs your metabolism and helps to flush toxins. You can consume green tea either hot or cold depending on your personal preference.

## **Sunshine**

Some exposure to sunlight each day will help boost your mood. Of course, you want to be careful in direct sunlight due to harmful UV radiation. Wear long sleeves, a hat, and sunblock when you are outdoors.

When you are indoors, open up curtains or blinds to let the sunlight in. If you work nights and sleep during the day, try to spend some time in the sunlight before you go to sleep or when you wake up.

## **Sufficient Sleep**

Most adults don't get enough sleep each night. It is very important for your mind and your body that you do so. Not getting enough sleep affects mood and makes it harder to focus. It has also been linked to weight gain and to increased risk of serious health problems.

For the best results, try to go to sleep and wake up at the same time every single day. You can't make up sleep that you missed during the week by sleeping in on the weekends.

Make sure your sleep environment is comfortable. The temperature shouldn't be too hot or too cold. You want to eliminate distracting noises. Make sure your pillow and your mattress offer you enough support.

## **Eliminate Harmful Habits**

If you engage in harmful habits, now is the time to eliminate them from your lifestyle. It doesn't matter how long you have been engaging in them. If you smoke, there are plenty of health risks.

If you use alcohol or drugs, then you may be in danger of serious health concerns developing.

## **Conclusion**

Yoga is a great option for both men and women to take part in. Even children and the elderly can benefit from the poses and postures. Yoga is good for the mind, the body, and the spiritual elements of a person.

Since yoga is low impact, it can be engaged in regardless of some health problems or limited mobility. There are plenty of benefits from yoga that keep people taking part in it daily. If you want to have more flexibility, better balance, and more strength, this is a way to make it happen.

If you would like to reduce stress, focus more, and have a better mindset and mood, then yoga can help you to achieve it. When you are starting out, make sure you know the right way to perform the various poses and postures. You want to do them in a manner that is safe and that helps you to gain the most benefits.

You don't have to spend a lot of money to invest in equipment for yoga. Most people have clothing at home they can wear for such activities. If not, you can purchase them for a low cost.

A quality yoga mat is going to cost from \$25 to \$100 depending on the brand and style.

Yoga can be conducted at home without purchasing expensive equipment that you don't have any room for. You can also take part in yoga when you travel for work or for fun; most hotels have a gym where you can engage in it. You can even do so in your hotel room.

Since yoga is so popular, you should be able to find a gym or a dance school that offers classes.

Ask if you can sit in and watch a class or get a free class before you sign up. This is a wonderful way to decide if the location is right for you or not.

Yoga continues to be one of the most popular methods of getting fit and feeling good. It is very diverse which helps to prevent a person



from becoming bored with it. You can continue to challenge yourself to try more complex poses and postures as you master those at your current level.

Getting started with yoga isn't difficult, and you have so many choices regarding the style you wish to follow. Try several of them to determine which is the best fit for your needs and your health goals.

Getting motivated and staying motivated with yoga doesn't have to be a huge challenge. Make time for this daily and you will quickly notice improvements to your mind and body. That is going to encourage you to continue taking part in it.

Yoga is one of the most popular types of physical activity that helps both the mind and body. It is undertaken by people of both genders and all types of lifestyles and ethnic groups. It isn't a passing trend; it is here to set an example of healthier living for everyone.

Vegan Slow Cooker

*The Ultimate Vegan Slow Cooker Cookbook Including 39 Easy & Delicious Vegan Slow Cooker Recipes For Breakfast, Lunch & Dinner!*

*Ella Marie*

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## **Introduction**

When you are on the vegan diet, you may be worried about whether you will be able to find the recipes that taste good but also make life easier for you. While you want to be healthier and make the right choices for you and your family, you do not always have all that extra time to make the perfect meal each and every night. This book is meant to show you some easy ways that you can make vegan meals your whole family will love with the help of a great slow cooker.

The slow cooker is the lifesaver of many families. When you know that the night is going to be busy and that you really do not have that much time to feed your family, this can come in handy.

You will just throw the ingredients inside in the morning, put the lid on top, turn the heat on, and then have the peace of mind to know that a nice healthy family meal will be ready when you get home.

This book is meant to help you get started with the slow cooker on a vegan diet. It is full of the recipes that you need in order to eat right no matter how big of a rush you may be in or if you have no time at all. Whether you are looking for something for breakfast, a soup, a big meal to feed the whole family for supper or lunch, or something that is to die for in order to finish off the night, you will be able to find the right choice for your needs.

Chapter 1 starts out with the basics of a vegan diet. This diet is great if you wish to be healthy, want to be more socially responsible, or you are worried about the environment. In this chapter you will find out what the vegan diet is, whether or not you are able to get the nutrition that you need to stay healthy, and the benefits of following a vegan diet.

Chapter 2 talks about the slow cooker and how it is going to be able to save you a lot of time in your busy life. Inside, there are also tips on how to make the slow cooking experience even better so that you have an easier time getting the meal on the table.

Chapter 3 starts out with some of the vegan recipes that were promised. It is full of all the slow cooker breakfasts that you need in order to make the whole family happy. Whether they are in the mood for something sweet or something that is a little heartier, you will be able to find the

right recipe here.

Chapter 4 goes on with some good slow cooker soups that are also vegan friendly. These are nice for appetizers or to warm you up when it is cold outside and you just don't want to face the day.

Chapter 5 has the main dishes that you will love because they feed your whole family. You can prepare them in no time, and the moment you get home, your whole family will be able to sit down and enjoy the food, warmth, and conversation that make you all a family.

Finally, chapter 6 has the good stuff: desserts. No meal, even a vegan meal, is complete without a little bit of dessert to top it off. This chapter provides you with some options that can also be made in the slow cooker.

There is so much to love about using a slow cooker to prepare all of the meals that your family needs, even with a vegan diet. Use this book to get the recipes that you need in order to get started.

## **Chapter 1: Basics of a Vegan Diet**

While there are a lot of diets out there that are meant to help you lose weight, get better health, and to just be better altogether, none of them require the kind of lifestyle changes that often come with the vegan diet. Some people have difficulties in describing what the vegan diet would look like, and often they will have preconceived notions about this diet plan that are not really true.

Media and those to whom they talk might have mentioned some things about the vegan diet that are just not true, but separating fact from fiction can be difficult. This chapter will discuss some of the benefits that you can get from the vegan diet as well as why you should consider using it in order to change your life, and your health, around.

### **What is the Vegan Diet**

A vegan diet is similar to the vegetarian diet of not eating meat, but it takes things a step further.

It asks followers to not eat anything like eggs, dairy, fish, and meat, or anything deriving from an animal. Some vegans might also exclude other options such as honey and anything with animal products, like wine, beer, gelatin, and high fructose corn syrup.

There are a lot of different reasons why someone would choose to be a vegan. There are some that would choose to eat this kind of diet because of ethical reason, while others will do it for the environment or for their health. For example, there are some vegans who feel that when they eat dairy and eggs, they are still showing support for the meat industry, something that they do not want to do. In fact, there are many vegetarians who later came to be vegans in their choices.

Another reason that some people choose to go with this kind of lifestyle is because they think it will help them to promote a more caring and humane world. They know that humans might not be

perfect, and they are not necessarily trying to be down on humans, but they do believe that we all have a responsibility to try our hardest in order to make the world a better place for all living things.

## **Nutrition**

Some of those who are considering this kind of diet worry that they will have difficulties with getting in the nutrition that they would need to stay healthy. They see that a few of the major food groups are being taken out and they think that they are going to get sick and unhealthy and that the claims about how healthy the diet is are all false.

This is true to some extent; you have to be very careful. If you eat a wide variety of foods and make sure that your diet is nice and balanced while you are on the vegan diet, you are going to get as much, if not more, of the nutrients that your body needs compared to your current diet plans. On the other hand, if you eat foods that are all the same and do not diversify your eating, you will probably find that this diet is not all that healthy for you.

## **Benefits of a Vegan Diet**

There are a lot of great benefits that you will be able to get out of the vegan diet as long as you make sure that you are following it correctly and not missing out on important things. Some of the great benefits that you will be able to get out of this diet plan include:

**Nutrition**—there is so much nutrition that you will be able to get out of the fruits and vegetables that are allowed on this diet that you will be healthier than you have ever been in the past. Some of the extra nutrients that you can get out of this diet include healthy carbs, vitamin E, vitamin C, folate, potassium, fiber, magnesium, and so many other antioxidants that will keep your body strong.

**Disease prevention**—the vegan diet is a good one to choose when you are trying to prevent the onset of disease and other health issues. Some of the diseases that you can avoid on this diet plan

include heart diseases, high cholesterol, prostate cancer, type 2 diabetes, breast cancer, osteoporosis, and colon cancer.

**Physical benefits**—there are also some physical benefits that you can get from following the vegan diet. Some of these include a lower body mass index, weight loss, energy gain, healthier skin, less body odor, longer life, less bad breath, healthier hair, stronger nails, fewer symptoms of PMS, fewer migraines, and fewer complications with allergies.

As you can see, there are quite a few benefits that you will be able to get from following a healthy vegan diet. You will have to carefully watch what you are consuming, not only to make sure that you are eating healthy and actually following the vegan diet, but to ensure that you are getting in all of the great nutrients that are promised with this diet. If you are able to do this, you will be able to realize better health than ever before.

## **Chapter 2: Basics of Slow Cooking**

The slow cooker is probably one of the best inventions for mothers and busy families. It allows you to put in a whole meal in the morning, and then, when you get home, no matter how busy you are, the meal is all done and you can sit down and enjoy it. With the busy schedules that many people are dealing with, finding the time to make a home-cooked meal at the end of the day, much less having the energy in order to actually get it done, is almost impossible. This chapter is going to provide you with some of the basics of using a slow cooker so that you can get started making these delicious meals at home and have them ready as soon as you are.

### **Tips to Get Started**

#### **Pick the Right Size**

The first thing that you will need to do is pick the one that is the right size. Often you will be able to do many meals with just one size, so you will need to just pick the one that is big enough for your whole

family in order to make sure that it is not overflowing or under filled. If there are only two of you who will be enjoying a meal, you will not need a big slow cooker. On the other hand, a big slow cooker is great if you are feeding a large family or having guests over.

### **Do Not Overfill**

If you are putting too much in the slow cooker, you run the risk of the meal not being done properly during the cook time. This leaves the possibility open for you to have uncooked food, which could be a food safety hazard. It is best to try not to fill higher than two thirds of the slow cooker to ensure that it is going to cook all of the food properly.

### **Put the Lid On Top**

We have all done it; we peek into the kitchen and smell how good the slow cooker meal is and just want to take the lid off for a second in order to get some of the smell. While this might be tempting, it is best to leave the slow cooker lid on. This is what ensures that the food is being cooked properly, and it will keep all of the heat inside. It is best to only open the lid once during the cooking process about half an hour before it is done to see if the food is cooking properly or if it is going to need more time. Otherwise, it is best to just leave the lid on.

### **Plan Ahead**

If you take the time to plan out some of your slow cooker meals ahead of time, it is going to make things so much easier when it is time to put it all together. This can also help if you want to throw in the ingredients right away in the morning but you are worried about running out of time.

The night before you want to make one of the meals, cut up and trim all the vegetables, measure

the dry ingredients, and get any of the sauces prepared that will be needed. You can then place them in containers in the fridge so that you can dump them into the slow cooker the next morning.

When the next morning comes, you can place the ingredients inside the slow cooker and then heat them up following the directions that are in the recipes. Then, once you come home that night, you will have a nice hot meal ready to go for you.

### **Watch Temperature**

To cook your food right, you need to be mindful of the temperature inside the slow cooker so that the food is done just right. Some things that you can do to ensure that the slow cooker is cooking the food properly, and that none of it is getting into dangerous temperature zones, include never adding frozen ingredients to the slow cooker along with other ingredients, never cooking a whole roast or chicken because they will not get done properly, and keeping the lid on so that the heat can be kept inside and properly warm up the food.

### **Pick the Best One**

You should make sure that you have a slow cooker that is in good shape when you are making your meals. You do not want to pick one that is broken or really old because it is not going to be able to prepare the meal in the way that you would like. Some of the newer models will even make the process easier for you by letting you put in the amount of time that the food should cook at a particular temperature, and then keeping it warm for you after that in case you do not get home in time. Make sure to pick out the one that is going to work the best for your needs before getting started.

Using your slow cooker can be a great experience, and you will love how much fun it can be to get the meal done early in the morning, knowing supper is going to be waiting for you when you walk through the door rather than having to make something last-minute or take the family out to eat. Use some of the recipes that are in the next few



chapters to get the best of your vegan diet with the ease of a slow cooker!

## **Chapter 3: Vegan Slow Cooker Breakfasts**

### **Vegan Quiche**

#### **Ingredients:**

14 oz. tofu

1 Tbsp. lemon juice

1 tsp. lemon zest

1 Tbsp. apple cider vinegar

1 Tbsp. olive oil

2 Tbsp. nutritional yeast

½ c. onion, diced

2 minced garlic cloves

10 oz. spinach

8 oz. mushrooms, sliced

¼ tsp. red pepper flakes

½ tsp. dried herbs

Pepper

Salt

#### **Directions:**

1. Begin this recipe by bringing out the slow cooker and spraying it with the cooking spray.
2. Take the tofu and press out all of the moisture using two towels and something heavy on top of it. Let it set for about 15 minutes.
3. While the tofu is being handled, heat some oil in a skillet before adding the mushrooms, spinach, onions, and garlic. Cook these until they become softened and then squeeze out the extra moisture. Season with the red pepper flakes, dried herbs, pepper, and salt.
4. Bring out a food processor and add the vinegar, lemon juice, lemon zest, and tofu inside. Pulse the ingredients so they become smooth.
5. Take these out of the food processor and fold the nutritional yeast and vegetables inside. Pour inside the slow cooker and cook on a low setting for 4 hours or until set before serving.

## **Applesauce**

### **Ingredients:**

½ c. water

8 peeled and sliced apples

½ tsp. pumpkin pie spice

¾ c. brown sugar

### **Directions:**

1. Take out the slow cooker and get it all set up. When it is ready, you can combine the water and the apples together inside.
2. Cook this mixture on a low setting for about 8 hours.

3. When this time it up, add in the pumpkin pie spice and the brown sugar, taking the time to stir in order to completely combine.

4. Cook everything for another 30 minutes on the low setting before serving.

## **Apple Crumble**

### **Ingredients:**

#### *pudding*

1 c. almond milk

2 Tbsp. syrup

2 c. water

½ c. chia seeds

1 Tbsp. cinnamon

2 Tbsp. arrowroot powder

5 sliced apples

Salt

1 tsp. cinnamon

#### *Crunch Topping*

½ c. almond flour

1/3 c. coconut sugar

¼ c. shredded coconut

¼ c. apple sauce

1 tsp. cinnamon

1 tsp. vanilla

**Directions:**

1. Start this recipe by taking out a slow cooker and mixing the salt, cinnamon,

arrowroot, chia seeds, syrup, water, and milk inside. Layer the apple slices on top, but do not mix in order to combine.

2. In a separate bowl, mix all of the ingredients for the topping together. Spread it out on top of the apples with your hands.

3. Place the lid on the slow cooker and let the ingredients cook on a low setting for four hours.

4. Turn the heat off, and then let the meal set for about an hour.

5. Top with some walnuts or raisins and then enjoy.

**Pumpkin Pie Latte**

**Ingredients:**

1 c. brown sugar

1 can coconut milk

1 c. pumpkin puree

½ tsp. ginger

½ tsp. cinnamon

1/8 tsp. allspice

1/8 tsp. cardamom

Cloves

**Directions:**

1. Take out the slow cooker and place all of the ingredients inside. Combine them using a whisk.
2. Place the lid on top of the slow cooker and let the ingredients cook together on a low setting for about 8 hours.
3. When the cooking time is almost done, you should use the whisk again to mix the ingredients and get the lumps out.
4. Drink right away or store in fridge for up to a week.

**Mozzarella and Spinach Frittata**

**Ingredients:**

1 Tbsp. olive oil

1 c. Vegan mozzarella cheese

½ c. onion, diced

¾ c. tofu

¼ tsp. pepper

2 Tbsp. almond milk

¼ tsp. white pepper

1 diced roma tomato

1 c. chopped spinach

Salt

## **Directions:**

1. Start this recipe by taking out a skillet. Add in the oil and the onion, letting the onion sauté so that it becomes tender, which will take around 5 minutes.
2. When this is done, take out the slow cooker and spray it with some cooking spray.
3. In a bowl, combine the onion,  $\frac{3}{4}$  cup of the vegan cheese, and the rest of the ingredients. Use a whisk to combine and then pour it inside the slow cooker.
4. Sprinkle the ingredients with the rest of the vegan cheese. Cover and let it cook for an hour on a low heat setting. Serve warm and enjoy.

## **Overnight Oatmeal**

### **Ingredients:**

6 c. water

$\frac{1}{4}$  c. maple syrup

2 c. oats

$\frac{1}{4}$  c. brown sugar

1 tsp. cinnamon

$\frac{1}{2}$  tsp. salt

$\frac{3}{4}$  c. blueberries, dried

### **Directions:**

1. Take out the slow cooker and coat it with some cooking spray.

2. When that is done, take all of the ingredients and combine them inside the slow cooker, making sure to stir in order to combine well.
3. Cover the slow cooker and cook the mixture for about 8 hours on a low setting.
4. Right before serving you can stir the ingredients together well. Serve this right away so it is warm.

## **Chapter 4: Vegan Slow Cooker Soups**

### **Red Pepper and Corn Chowder**

#### **Ingredients:**

- 2 Tbsp. olive oil
- 1 diced red bell pepper
- 1 diced yellow onion
- 3 diced Yukon gold potatoes
- 4 c. corn kernels
- 4 c. vegetable broth
- ½ tsp. paprika
- 1 tsp. cumin
- 1 tsp. salt
- 1/8 tsp. cayenne pepper
- 1 c. almond milk

#### **Directions:**

1. Inside a sauté pan, heat up the oil before adding the onion, and let it cook for around 5 minutes so that it becomes soft and transparent. Move the onion into the slow cooker and then add the salt, cayenne pepper, paprika, cumin, and broth, a cup of corn, potatoes, and bell pepper.
2. Cook these on a low setting for about 8 hours or a high setting for 4 hours so the potatoes can become tender.
3. After this time, turn off the slow cooker and take the lid off. Give the soup a few minutes to cool a bit.
4. Bring out your blender and puree the soup before returning to the slow cooker and turning it back on.
5. At this time you can stir in the soy milk and the rest of the corn. Cover and cook on a low setting for another 30 minutes so that it can heat back up. Season with pepper and salt and then enjoy.

## **Sweet Potato Chili**

### **Ingredients:**

- 1 chopped red onion
- 1 chopped green bell pepper
- 4 chopped garlic cloves
- 1 Tbsp. chili powder
- 2 tsp. cocoa powder
- 1 Tbsp. cumin
- Salt
- Pepper



¼ tsp. cinnamon

1 can diced tomatoes, fire roasted

1 can rinsed black beans

1 can rinsed kidney beans

1 peeled and cut sweet potato

Sour cream, tortilla chips, sliced radishes and sliced scallions for serving **Directions:**

1. To begin, bring out your slow cooker and combine together some pepper, salt, cinnamon, cocoa, cumin, chili powder, garlic, bell pepper, and onion inside.
2. Add in the tomatoes with their liquids, as well as the sweet potato, beans, and a cup of water. Stir all of these together in order to mix.
3. Cover up the slow cooker and cook the meal on a low setting for about 8 hours or a high setting for 4 hours or until the sweet potatoes are able to be tender and the chili thickens a bit.
4. When it is done, serve the chili with the toppings that are left.

## **Scalloped Potatoes**

### **Ingredients:**

1 c. cashews

1 c. nutritional yeast

¾ tsp. garlic powder

1 ½ c. soy milk

Salt

6 raw potatoes

**Directions:**

1. Before getting started, take the potatoes and get them all sliced nice and thin how your family enjoys them.
2. Take out a blender or a food processor and combine all of the ingredients except for the potatoes. Blend these together so that they can become creamy and smooth.
3. Take about a third of the potatoes and layer them on the bottom of a slow cooker.

Top with a third of the sauce and then repeat these layers until you have used all of the ingredients, ending with the sauce.

4. Cook on a low setting for about 6 hours before enjoying with your favorite meal.

**Minestrone**

**Ingredients:**

1 can drained and rinsed white beans

2 tsp. olive oil

32 oz. vegetable broth

½ c. onion, chopped

1 c. carrots, diced

½ c. celery, diced

2 minced garlic cloves

1 can petite tomatoes, diced

Vegan parmesan cheese

2 bay leaves

1 rosemary sprig

2 Tbsp. chopped basil

½ tsp. salt

Pepper

2 c. chopped spinach

¼ c. chopped Italian parsley

2 c. cooked pasta

1 diced zucchini

**Directions:**

1. Bring out your blender to get started, and add in a cup of vegetable broth with the beans to puree. When that is done, heat some oil in a skillet before adding the garlic, onion, celery, and carrots. Sauté these until they are fragrant and tender, which takes around 15 minutes.

2. After this is done, place this into the slow cooker along with the rest of the broth, pepper, salt, parmesan cheese, pureed beans, and tomatoes. Add the parsley, basil, and rosemary.

3. Cover the slow cooker and let the soup cook on a low setting for about 6 hours.

4. A little bit before the soup is done cooking, add in the spinach and zucchini. Cover the slow cooker and let this mixture cook for another 30 minutes.

5. Right before serving, take out the rosemary sprig and bay leaves and then season with some pepper and salt. Ladle into some bowls and top with a bit more Vegan Parmesan if needed before enjoying.

## **Pea Soup**

### **Ingredients:**

5 c. vegetable broth

4 c. rinsed split peas, dried

4 c. water

1 c. carrots, chopped

2 minced garlic cloves

1 chopped onion

3 Tbsp. coconut oil

4 Tbsp. white miso paste

Pepper

Salt

### **Directions:**

1. To get started, chop up the garlic, carrots, and onion and toss them into the slow cooker. Toss in the miso paste and coconut oil next and then mix them all together well.

2. Put the remaining ingredients into the slow cooker and then top with the liquid.

3. Place the lid on top of the slow cooker and then turn it on a high setting for at least 4

hours. Make sure to mix a few times to get it right.

4. Season to taste and then allow the soup to cool down in bowls for a few minutes before serving.

## **Lentil Chili**

### **Ingredients:**

1 diced onion

3 minced garlic cloves

1 diced jalapeno

1 chopped red pepper

1 chopped yellow pepper

2 ½ c. vegetable broth

1 peeled and diced carrot

2 cans tomato sauce

1 bag rinsed brown lentils

2 c. diced tomatoes

2 cans rinsed and drained red beans

1 Tbsp. cumin

3 Tbsp. chili powder

Pepper

Salt

### **Direction:**

1. Take out the slow cooker and get it all prepared. Cut up or chop all of the vegetables before placing them into the slow cooker.
2. Cover them up and cook on a high setting for 4 hours. Serve this dish warm.

## **Pozole Verde**

### **Ingredients:**

8 c. vegetable broth

2 seeded jalapeno peppers

2 seeded poblano peppers

1 lb. tomatillos

1 cilantro bunch

Pepper

Salt

4 garlic cloves

1 Tbsp. dried oregano

60 oz. canned hominy

3 chopped zucchini

### **Directions:**

1. Take out a blender to start this recipe, and combine inside a cup of vegetable broth, pepper, salt, garlic, oregano, cilantro, tomatillos, jalapenos, and poblano peppers.

Blend all of these ingredients together until they are smooth. Taste them and see if the mixture is seasoned the way that you like.

2. When this is done, bring out the slow cooker and pour the mixture inside. Add in the rest of the vegetable broth as well as the hominy.

3. Cover the slow cooker and cook it on a low setting for about 4 hours. After this time you can add in the zucchini and let it warm up in the slow cooker for another 30

minutes.

4. Ladle out into bowls and serve warm.

## **Beefy Vegan Stew**

### **Ingredients:**

2 garlic cloves

3 raw carrots

1 sweet potato

8 baby potatoes

3 c. seitan, beef flavored

1 c. vegan bouillon

1 c. water

2 thyme sprigs

1 sprig rosemary

### **Directions:**

1. To get started, cut up the seitan and the veggies like they need to be. Combine them all in the slow cooker.
2. Place the lid on top of the slow cooker and cook all of the ingredients together on a low setting for about 8 hours.
3. When this time is up, discard the rosemary and thyme sprigs. Taste and add in more seasonings if it is needed.
4. Serve this stew warm and enjoy.

## **Quinoa and Black Bean Stew**

### **Ingredients:**

2 chipotle peppers, dried

$\frac{3}{4}$  c. quinoa uncooked

1 lb. black beans

1 diced red onion

1 can diced tomatoes

3 minced garlic cloves

1 chopped red bell pepper

1 chopped green bell pepper

1 cinnamon stick

1 tsp. coriander powder

2 tsp. chile powder

7 c. water



¼ c. cilantro

Pepper

Salt

**Directions:**

1. Place all of the ingredients inside the slow cooker, except for the salt, and then stir in order to get them to combine. It is possible to sauté the bell pepper, garlic, and onion ahead of time if you like, but it is not required.
2. Cook the dish for about 4 hours on a high setting or for 8 hours on a low setting so that the black beans have time to become tender.
3. Take the chipotles and the cinnamon right before serving. Ladle into a few bowls and then enjoy!

**Chapter 5: Vegan Slow Cooker Main Meals**

**Gumbo**

**Ingredients:**

- 1 chopped yellow onion
- 2 Tbsp. olive oil
- 1 chopped green bell pepper
- 2 chopped celery stalks
- 3 minced garlic cloves
- 2 c. vegetable broth
- 2 Tbsp. flour

1 can tomatoes, diced

1 can rinsed and drained kidney beans

1 zucchini cut

8 oz. quartered white mushrooms

1 c. sliced okra

1 Tbsp. Cajun seasoning

2 Tbsp. Worcestershire sauce, vegetarian

1 bay leaf

Pepper

Salt

**Directions:**

1. Inside a Dutch oven, heat up a tablespoon of the oil. When the oil is warm, you can add the garlic, celery, bell pepper, and onion. Cook so that this becomes soft and is just starting to brown, which will take around 10 minutes. Move the cooked veggies over to the slow cooker.
2. Put the pot back on the stove and heat up the rest of the oil. Add in the flour and cook for another 4 minutes so that the flour can become a golden brown color.
3. Pour the broth into this and then bring it to a boil. Once it has reached a boil you can move it to the slow cooker.
4. Add in the rest of the ingredients, except for the hot sauce and the prepared rice.

5. Cover the slow cooker and let these ingredients cook on a low setting or about 8

hours. Once it is done, take the bay leaf out, add in some more pepper and salt if it is needed, and then serve on top of the rice with some hot sauce to enjoy.

## **Lasagna**

### **Ingredients:**

#### *Sauce*

1 lb. Veggie ground round

4 ¼ c. tomato sauce

1 eggplant

Italian seasonings

#### *Ricotta*

1 lb. pressed tofu

2 Tbsp. lemon juice

1 Tbsp. olive oil

¼ tsp. salt

2 minced garlic cloves

¼ c. nutritional yeast flakes

1 Tbsp. garlic salt

1 Tbsp. onion powder

Chopped basil leaves

Pepper

Red pepper

**Directions:**

1. Take out the Yves round and let it defrost in the microwave for about 2 to 3 minutes.
2. While that is working on defrosting you can place half of all the ingredients for the ricotta inside a food processor. Blend these until they are smooth. Take the rest of the tofu and crumble it up inside of a bowl.
3. Add the rest of the ricotta ingredients into the bowl with the tofu and mix it. Let it be a little bit chunky though. Taste and add in more of the garlic salt if it is needed.
4. Take the eggplant and chop it up. Combine this with a cup of the tomato sauce and the Yves round ground, along with any seasoning. Put into a pan and cook so that it can become heated through and the sauce starts to bubble.
5. Pour half of the plain sauce into the slow cooker. Break the noodles in order to fit, you can make a layer with three of them. Add about  $\frac{1}{4}$  a cup of water on the top.
6. Spoon half of your Vegan meat sauce on top of the noodles before topping with three more. Spoon  $\frac{3}{4}$  of the vegan ricotta mixture over this new layer of noodles and top with another three noodles making sure to press them down in order to flatten everything underneath. Add in another  $\frac{1}{4}$  cup of water to this layer.
7. Spoon the remaining meat sauce over it all and top with three more noodles. Pour the rest of the tomato sauce on top and add another  $\frac{1}{4}$  cup of water.

8. Place the lid on top of the slow cooker and let this cook on a low setting for about 4

to 6 hours. Serve this warm.

## **Mac and Cheese**

### **Ingredients:**

10 oz. vegan cheddar cheese

5 oz. vegan mozzarella cheese

16 oz. dry whole wheat spaghetti

4 c. soy milk

2 c. vegan bouillon, veggie

Red pepper flakes

Salt

Pepper

Creole seasoning

### **Directions:**

1. Take out a slow cooker and get it all set up. When it is ready, take all of the ingredients and throw them inside.

2. Place the lid on top of the slow cooker and then cook on a high setting for about 90

minutes, making sure to stir at least two or three times in the process.

3. When this is done, serve warm and enjoy.

## **Fajitas**

### **Ingredients:**

3 diced roma tomatoes

1 seeded and sliced green bell pepper

4 oz. diced green chilies

1 seeded and sliced red bell pepper

1 sliced onion

2 tsp. cumin

1 ½ Tbsp. vegetable oil

2 tsp. chili powder

¼ tsp. garlic salt

½ tsp. oregano, dried

### **Directions:**

1. Take out the slow cooker and spray it down so that nothing sticks.
2. Add in all of the listed ingredients to the slow cooker and use a spoon to mix them all so that the vegetables can become coated with the spices and oils.
3. Place the lid on top of the slow cooker and let this meal cook on a low setting for about 4 hours or a high setting for 2 hours.
4. When the meal is done, pour it on to some prepared tortillas and serve with avocado, and black beans.

## **Stuffed Peppers**

**Ingredients:**

4 bell peppers

1 c. Vegan feta cheese, crumbled

1 can rinsed and drained cannelloni beans

½ c. couscous

1 minced garlic clove

4 sliced scallions

Salt

Pepper

1 tsp. oregano

Lemon wedges to use for serving

**Directions:**

1. Slice off a little layer from the bottom of your bell peppers so that they are able to sit flat while you are working. Slice the tops from them as well, discard the stems, and take the seeds and the ribs from the peppers.
2. Take out a bowl and add the oregano, garlic, scallion whites, couscous, feta, and beans inside. Season with some pepper and salt and then toss to combine.
3. Stuff the peppers with the bean mixture and then place the peppers inside a prepared slow cooker.
4. Cover the slow cooker and let the meal cook on a high setting for 4 hours.

5. Sprinkle the peppers with the scallion greens and serve with some lemon wedges before enjoying.

## **Zucchini and Eggplant Parmesan**

### **Ingredients:**

1/2 c. olive or vegetable oil

2 c. bread crumbs

1 Tbsp. water

1 eggplant cut in rounds

1 zucchini sliced in rounds

2 jars spaghetti sauce

1 qt. canola oil

1 pkg. Vegan mozzarella cheese, shredded

1 pkg. vegan Parmesan and Romano cheese blend, shredded

1 Tbsp. vegan Parmesan

### **Directions:**

1. Take out a bowl and fill it with the water. Place the bread crumbs into another bowl.

2. Take a slice of the eggplant and place it into the water so that it gets coated on both sides. Gently press into the prepared bread crumbs as well.

3. Repeat this step with the rest of the zucchini and eggplant slices. Let the vegetables set for about 5 minutes before continuing.



4. Pour the oil into a skillet, making sure that there are at least a few inches of oil in the skillet. Heat it up for ten minutes so that it is almost smoking.

5. Place a few slices of the zucchini and eggplant into the skillet and let them fry for 5

minutes on each side before draining on a plate with some paper towels. Repeat with the rest of the vegetable slices.

6. When you are done with this, bring out a slow cooker and pour half a cup of the sauce into it. Lay the zucchini and eggplant slices on top of the sauce before topping with a bit of the two cheese blends.

7. Repeat these layers until all of the vegetable slices have been used and top with the rest of the sauce.

8. Place the lid on top of the slow cooker and cook on a low setting for about 8 hours or until the sauce begins to bubble. Give the dish about 10 minutes to cool down before serving.

## **Southwest One Pot Dinner**

### **Ingredients:**

1 diced green pepper

1 ½ c. black-eyed peas, dried and soaked overnight

1 chopped onion

Chopped garlic cloves

1 can drained sweet corn

¼ c. chili powder

1 can diced tomatoes

2 tsp. cumin

½ c. vegan shredded cheese, Cheddar

2 c. rice, cooked

**Directions:**

1. Drain out the black-eyed peas and rinse them off well. Place these into the slow cooker along with the tomatoes, corn, garlic, onion, and green pepper.
2. Season it all with the cumin and the chili powder, making sure to blend it all together well.
3. Cover the slow cooker and cook the meal on a high setting for about 2 hours. After this time you can stir in the cheese and the rice.
4. Cook for another 30 minutes to heat it all through before enjoying.

**Mushroom Stroganoff**

**Ingredients:**

500 g sliced mushrooms

1 diced onion

1 Tbsp. olive oil

2 Tbsp. tomato ketchup

1 stock cube prepared in water

3 tsp. paprika

3 sliced garlic cloves

Chopped parsley

4 Tbsp. vegan sour cream

**Directions:**

1. Take out a big pan and melt the oil inside. When the oil is completely melted, add in the onion and the mushroom and let them cook for about 10 minutes. You will know they are done when they start to soften and shrink in size, but you do not want them to be all the way done cooking.
2. Move these vegetables over to the slow cooker before adding in the sliced garlic, paprika, ketchup, and stock.
3. Place the cover on top of the slow cooker and cook the ingredients together for about 4 hours on a high heat setting.
4. After this time is up, stir in the chopped parsley as well as the vegan sour cream until it is well mixed. When that is done, serve over some noodles and enjoy!

**Spinach and Bean Enchiladas**

**Ingredients:**

- 1 can rinsed black beans
- 1 pkg. chopped spinach
- 1 c. corn
- 8 oz. vegan grated Cheddar cheese
- ½ tsp. cumin
- Salt
- Pepper
- 2 jars salsa

8 corn tortillas

4 sliced radishes

1 chopped romaine lettuce head

½ c. halved grape tomatoes

3 Tbsp. lime juice

½ sliced cucumber

2 Tbsp. olive oil

Sliced scallions to use for serving.

### **Directions:**

1. Take out a bowl and mash up half the beans. When these beans are mashed up, add in some pepper, salt, the rest of the beans, a cup of vegan cheese, cumin, corn, and the spinach. Mix in order to combine well.
2. Spread out one of the salsa jars at the bottom of your slow cooker. Divide up the bean mixture between the 8 tortillas and then roll them up, placing the same side down in the slow cooker.
3. Top everything with the rest of the vegan cheese and the salsa.
4. Cover the slow cooker and let it heat up on a low setting or about 3 hours or until heated through.
5. Right before serving, bring out another bowl and toss the cucumber, tomatoes, radishes, and lettuce inside with the pepper, salt, oil, and lime juice. Serve this with the tortillas and sprinkle a little bit of the scallions over it all before enjoying.

### **Vegan Pot Roast**

**Ingredients:**

½ tsp. onion powder

6 oz. Seitan quick mix

½ tsp. thyme, dried

½ tsp. salt

½ c. water

1/8 tsp. pepper

3 Tbsp. tamari

1 Tbsp. olive oil

1 lb. carrots

2 halved sweet yellow onions

1 lb. quartered new potatoes

Salt

Pepper

¼ c. dry red wine

1 ½ c. vegetable stock

2 crushed garlic cloves

1 tsp. thyme

**Directions:**

1. To begin this recipe, bring out a big bowl and combine together the pepper, salt, thyme, onion powder, and seitan mix. When this is

well combined you can take the tamari sauce (about two tablespoons of it) and the water and add it into this mix.

Make sure to mix it all together well and add in some more water if it seems like it is too dry. Need this until it is smooth, which is going to take around 3 minutes. Pour this mixture inside your prepared slow cooker.

2. Once you are done with this you can bring out a big skillet and heat up the oil on some medium heat. When the oil is warmed up properly, you can add in the potatoes, carrots, and onions and let them brown quickly.

3. Once these are nice and browned, you can season to your taste with salt and pepper before moving the whole mixture over to the slow cooker.

4. At this point you can add in the thyme, garlic, the rest of the tamari sauce, the wine, and the stock.

5. Cover up the slow cooker and let this mixture cook on a low setting for about 8

hours or until everything is cooked through.

6. After this time is up you can take out the seitan and the vegetable from the slow cooker. Take the seitan and slice it up on a serving platter so that everyone can have some. When that is done, surround it with the vegetables and spoon on a little bit of the cooking gravy to help give more flavor and keep it moist.

7. Serve this right away and enjoy.

## **Chow Mein**

### **Ingredients:**

1 ½ c. celery, chopped

1 lb. chopped tofu  
1 ½ c. carrots, chopped  
6 chopped scallions  
1/3 c. soy sauce  
1 c. vegetable broth  
¼ tsp. red pepper flakes  
½ tsp. ginger  
8 oz. sliced water chestnuts  
1 can drained bean sprouts  
1/3 c. water  
¼ c. cornstarch

**Directions:**

1. To start, take out the slow cooker and get it all set up how you would like. Take all of the ingredients except the water and the cornstarch and combine them inside the slow cooker.
2. Cover the slow cooker and let these ingredients cook on a low setting for about 8 hours.
3. When the meal is almost done, bring out a small bowl and combine the water and the cornstarch until it is smooth. Slowly add this into the slow cooker.
4. Cook some more, making sure to leave the lid a little bit off the pot so that the steam can get out. Cook for about 20 minutes.

5. Serve this dish with some rice and enjoy.

## **Squash Lasagna**

### **Ingredients:**

2 pkg. winter squash puree

1/8 tsp. nutmeg

1 pkg. baby spinach

1 container vegan ricotta

Salt

Pepper

12 lasagna noodles

8 oz. grated vegan mozzarella cheese

Salad for a side

### **Directions:**

1. To begin this recipe, take out a bowl and mix together the nutmeg and the squash and then set to the side.

2. In another bowl you can combine together a little pepper, salt, the spinach, and the ricotta and set that one to the side as well.

3. Bring out the slow cooker at this time and spread out about half a cup of your squash mixture. Top with about 3 lasagna noodles, making sure to break them into pieces to get them to fit. Top with the rest of the squash mixture, another three of the noodles, and then half of the vegan ricotta mixture.



4. Repeat these layers, making sure that the final layer is the ricotta mixture. Sprinkle the top with some of the cheese.
5. When all of the layers are done, cover the slow cooker with the lid and cook on a low setting for about 4 hours or until the noodles are tender.
6. Serve this dish warm with a salad on the side if you would like before enjoying.

## **Coconut Tofu Curry**

### **Ingredients:**

- 8 oz. cubed tofu
- 1 c. halved and peeled onion
- 2 ½ c. seeded and chopped green bell pepper
- 2 tsp. peeled garlic
- 1 ½ tsp. salt
- 1 Tbsp. curry powder
- 1 Tbsp. garam masala
- 2 Tbsp. peanut butter
- 8 oz. tomato paste
- 10 oz. coconut milk

### **Directions:**

1. To begin this recipe, bring out a food processor and place all of the ingredients except the tofu inside. Blend until they are all smooth and creamy.

2. Bring out the slow cooker and pour the mixture from the food processor inside. Add in the tofu before placing the lid on top.

3. Cook the meal on a low setting for about 4 to 5 hours before serving warm.

## **Vegan Meatloaf**

### **Ingredients:**

2 tsp. olive oil

2 minced garlic cloves

1 minced yellow onion

1 Tbsp. thyme, dried

1 ½ c. cooked pinto beans

12 oz. crumbled tofu

¾ c. ketchup

1 Tbsp. Dijon mustard

2 Tbsp. soy sauce

½ c. ground walnuts

¼ c. bread crumbs, dried

½ c. rolled oats

½ c. wheat gluten

2 Tbsp. tapioca starch

Salt

Pepper

2 Tbsp. minced parsley

2 peeled and cut carrots

2 shallots

2 peeled and cut Yukon Gold potatoes

2 Tbsp. brown mustard

1 Tbsp. cider vinegar

1 Tbsp. brown sugar

**Directions:**

1. Take out a skillet and heat up a little bit of oil inside. When the oil is heated up, add in the onions and let them cook so they become soft, for around 5 minutes.

2. After that is done, add in the thyme and the garlic and cook for another minute.

3. Take out a food processor next and combine the ketchup, tofu, and beans, mustard,

onion mixture, and sauce. Process until it is mixed well.

4. In a big bowl you can combine the parsley, tapioca starch, wheat gluten, bread crumbs, oats, and walnuts. Season with some pepper and salt. Add in with the bean mixture and stir well.

5. Turn this mixture out on a work surface and then shape it into a loaf that is big enough to fit into the slow cooker. Press in order to get it to hold together. Oil the insert of your slow cooker or use some cooking spray.

6. Arrange your carts on the bottom of the slow cooker and then season with a bit of pepper and salt. Add in the potato slices as well and drizzle with some olive oil.

7. Place the loaf on top of the vegetables and then surround with the shallots.

8. In another bowl, combine the vinegar, brown sugar, mustard, and the rest of the ketchup until they are well mixed. Spread this over the loaf before putting the lid on top.

9. Cook the meal for about 4 hours on a low setting. When the meal is done, take the lid off, turn the slow cooker off, and then let the loaf set for about 10 minutes.

10. After this time, take it out and place onto a serving platter. Surround with the shallots, potatoes, and carrots, and then slice the loaf before serving.

## **BBQ Lentil Sandwich**

### **Ingredients:**

28 oz. crushed tomatoes

1//2 c. blackstrap molasses

6 oz. can tomato paste

1/4 c. white vinegar

2 Tbsp. apple cider vinegar

1 quartered sweet onion

3 garlic cloves

1 tsp. dry mustard

1 Tbsp. coconut sugar

1/2 tsp. salt

½ tsp. liquid smoke

¼ tsp. red pepper flakes

1/8 tsp. cayenne

4 c. cooked lentils

### **Directions:**

1. To begin this recipe, you can take all of the ingredients except the lentils and put them inside a blender or a food processor. Blend these all together until they become smooth. Pour into a saucepan.
2. Cover the pan and bring the ingredients to a boil. When they are at a boil, reduce the heat a bit and let them simmer with the lid on for about 30 minutes.
3. Pour this into the slow cooker along with lentils and place the lid on top. Turn on to  
  
a low setting and cook for about 2 hours or until heated through.
4. Take out some bread or hamburger buns and serve this on top of them to enjoy.

## **Chapter 6: Vegan Slow Cooker Desserts**

### **Apple Cobbler**

#### **Ingredients:**

4 sliced apples

½ tsp. cinnamon

2 Tbsp. syrup

¼ tsp. nutmeg

2 c. granola

3 Tbsp. olive oil

**Directions:**

1. Take the apples and slice them up so they are smaller, you can choose whether or not to leave the peel on.
2. Bring out the slow cooker and place the apples inside so they are even on the bottom.
3. In a small bowl, place the oil, spices, and syrup inside, making sure to mix well.

Drizzle this on top of the apple slices in the slow cooker. Top it all with the granola.

4. Cover the slow cooker and cook it on a low setting for about 8 hours before serving.

**Peanut Butter and Chocolate Pudding Cake**

**Ingredients:**

1 c. flour, all purpose

2 Tbsp. cocoa powder

1/3 c. sugar

1 ½ tsp. baking powder

2 Tbsp. vegetable oil

½ chocolate almond milk

2 tsp. vanilla

½ c. peanut butter pieces  
½ chopped peanuts  
½ c. dark chocolate pieces  
¾ c. sugar  
1 ½ c. boiling water  
2 Tbsp. cocoa powder

**Directions:**

1. Take out the slow cooker and spray it all up so it does not stick.
2. Bring out a bowl and stir together the baking powder, half the cocoa powder, 1/3 c.

sugar, and flour. Add in the vanilla, oil, and almond milk and stir so it just begins to become moist. Stir in the peanuts, dark chocolate pieces, and peanut butter pieces and mix well.

3. Spread this batter out over the prepared cooker.
4. In another bowl, you can combine the rest of the cocoa powder and ¾ cup sugar. Stir in the boiling water and then pour this mixture into the slow cooker as well.
5. Cover the slow cooker and let it heat up to a high setting for two hours.
6. When this is done, take out of the slow cooker and let it stand for about 30 minutes to cool. Spoon into some dishes and enjoy.

**Lemon and Blueberry Cake**

**Ingredients:**



½ c. pastry flour

¼ tsp. stevia

1 tsp. agave nectar

¼ tsp. baking powder

Wet ingredients:

¼ c. blueberries

1/3 c. almond milk

1 tsp. flaxseed

1 tsp. olive oil

¼ tsp. vanilla

½ tsp. lemon zest

¼ tsp. lemon extract

**Directions:**

1. Take out the slow cooker and get it all prepared to use.
2. Take out a bowl and mix together the dry ingredients until well combined. In another bowl you can combine the wet ingredients as well.
3. When the two bowls are combined you can add the wet ingredients in with the dry ones and the mix so that they are combined.
4. Pour this mixture inside the slow cooker, making sure to spread it out evenly. Place a clean towel between the slow cooker and the lid in order to absorb all the condensation.

5. Cook the dessert for about 60 minutes so that the middle can become solid.

6. Serve this warm.

## **Pumpkin Pudding**

### **Ingredients:**

6 c. bread cubes, stale

¼ c. chopped pecans

¼ c. raisins

¾ c. soft tofu

3 c. almond milk

¾ c. brown sugar

1 can pumpkin

1 tsp. vanilla

2 tsp. pumpkin pie spice

### **Directions:**

1. To get started, you can take out the slow cooker and grease with some oil. Transfer the pecans, raisins, and bread cubes to the slow cooker and stir in order to combine.

2. Combine the pumpkin pie spice, vanilla, brown sugar, pumpkin, almond milk, and tofu inside a bowl. Pour this mixture over the bread cubes.

3. Cover the slow cooker and heat the dish for about 4 hours on a low setting or until it is done. Serve warm.

## **Chocolate Bread Pudding**

### **Ingredients:**

2 c. whole wheat bread, stale

1 ½ c. minced and peeled apple

1 c. almond milk

1 Tbsp. flaxseeds with warm water

2 Tbsp. apple brandy

1/ c. sugar

1/3 c. chopped nuts

¼ c. minced dark chocolate chips, minced

### **Directions:**

1. Take out the slow cooker and oil it, or else line with some parchment paper. Take out a large bowl and soak the apples and the bread in with the sweetener, flaxseed mixture, apple brandy, and almond milk for around 10 minutes. If the mixture is too dry you can add in more of the almond milk.

2. Add in the chocolate and the nuts at this time before scraping the mixture back inside the slow cooker.

3. Place the lid on top and then cook the whole mixture on a high setting for about 2

hours. Enjoy!

## **Creamsicle Tapioca Pudding**

### **Ingredients:**

½ c. pearl tapioca

1 container coconut milk

1 tsp. vanilla extract

2 tsp. orange extract

Extra sweetener

**Directions:**

1. Take out your slow cooker and get it all set up. Place all of the ingredients inside the prepared slow cooker.

2. Put the lid on top of the slow cooker and let it cook on a high setting for about 2

hours or on a low setting for 4 hours.

3. When the pudding is almost done, you should give it a taste and decide if it needs more sweetener or not.

**Peach Cobbler**

**Ingredients:**

5 sliced peaches

¼ c. sugar

2 Tbsp. flour

1/3 c. dried cranberries

¼ tsp. cinnamon

1 c. water

2/3 c. quick cooking oats

1/4 c. melted vegetable oil

3/4 c. brown sugar

### **Directions:**

1. To get started on this recipe, take out a bowl and place the sugar and flour inside.

When they are mixed, toss in the peaches and mix them around in order to coat the fruit.

2. Next, add the oats, cinnamon, and cranberries into the bowl and toss them around in order to mix as well.

3. Place the peach mixture and the water into the prepared slow cooker. Slowly pour

the oil on top of the peaches before sprinkling on the brown sugar.

4. Cover the slow cooker and turn it on to a low setting. Cook the dish for about 4

hours or so, so that the peaches have time to become tender.

### **Conclusion**

There is a lot that you will love about using a slow cooker in order to make all of your vegan meals. This particular diet can be really hard to deal with, and many people will choose to not go on it because they feel that they do not have the time that is needed in order to devote to it, or they think that they will have to spend hours and hours in the kitchen just trying to get each meal done.

As you can see, with many of the recipes that are presented in this book, you are going to be able to make some amazing meals for the whole family, even those who are not vegan, in just a few minutes.

You can serve these for your family or choose to give them to friends and others who come to visit. Many of the recipes will work no matter the occasion and even your non-vegan friends will be happy to give them a try.

This is the beauty of using the slow cooker. You can just put all of the ingredients inside in the morning, go off on your way to getting work and everything else done, and then, when you come home, the meal is done and ready to be enjoyed. This can save you time as well as money compared to getting home, being too tired to cook, and then taking the whole family out to eat.

The next time that you are in a hurry to create a delicious meal for the whole family but you just do not have the time to get it done after work, take a look through this guidebook. You will be able to find all of the recipes that you will need to make everyone happy, whether you are doing breakfast, soups, main dishes, or desserts. And they are all vegan too, making it healthy and wholesome for everyone.

Herbal Antibiotics

*56 Homemade Holistic Remedies to Help Prevent, Treat and Heal  
Illnesses Naturally*

*Ella Marie*

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## **Introduction**

Bacterial infections may result from an array of sources. Yet they can prove to be very difficult to take care of. Most people reach for over-the-counter medications. When these fail to get results, they make an appointment with their doctors, and typically walk out with antibiotics to take care of the infection.

However, there are numerous herbal antibiotics that you can use at home that won't cost you a fortune. In fact, many of them you may already have available in your home. Others are easily accessible, and you can buy them online or at local retailers as well.

Herbal antibiotics don't have any side effects which is a common issue with prescription medications. On top of that, over time your body builds up a tolerance to prescription antibiotics.

This can render them useless in the future if you get sick frequently.

Prescription antibiotics are also known to wreck havoc on your gut resulting in what is called dysbiosis, which is when the bad bacteria over-power the good bacteria inside your gut. This imbalance will

usually result in a wide array of health issues, such as candida overgrowth and a lowering of the immune system to name a few.

Herbal antibiotics that are used to take care of bacterial infections are referred to as astringents.

Adding such foods to your regular diet can boost your immune system and reduce the risk of such infections even occurring.

Herbal antibiotics can be used when you need them without any hassles or waiting periods. Most of them can be used by both children and adults. In this book, you will learn about the fifty-six different options you have!

It is also important to understand there may be times when you do need to take antibiotics prescribed by your doctor. However, when you use these natural remedies you can significantly reduce the risk of becoming ill with bacterial infections.

## **Chapter 1**

### **Why Synthetic Antibiotics are a Big Problem**

#### **in Today's Society**

Not only do synthetic antibiotics result in harsh side effects, they are attributed to an array of issues in society today. In fact, they have been considered one of the big problems that modern medicine and science need to take a close look at.

#### **Lack of Information**

The biggest issue is most people don't even realize there are natural herbal antibiotics available that they can use. They assume their doctor knows best because that is the mindset that we have promoted in society. If the doctor says you need antibiotics, you go out and get them without asking questions.



For many people reading this book, that may be an eye-opening statement. You may even be angry that you have spent so much money for prescription antibiotics when you had other cheaper and healthier options. Yet you may not have been aware until now that they even existed or that they could help you feel better.

Unfortunately, until society as a whole is better informed that natural herbal antibiotics are a choice, the over use of synthetic antibiotics is going to continue.

## **Liver**

The liver is a very important organ of the body. It needs to work properly in order for us to feel our very best. Using synthetic antibiotics regularly can damage the liver. This can make it harder for the body as a whole to perform the processes that keep you healthy and feeling your best.

## **Interact with Other Medications**

If you have other health concerns, you may already be taking various prescription medications.

It's possible, however, that they don't interact well with synthetic antibiotics. You may suffer more side effects, or your other medications may not work as well. This can make you vulnerable in regards to your overall well-being.

## **Dehydration**

One of the common side effects of synthetic antibiotics is diarrhea. As a result, dehydration can occur as the body is losing fluids and electrolytes. A person may not feel thirsty, but this doesn't mean they are staying hydrated, so special care needs to be taken.

## **Vaginal Yeast Infections**

Studies have linked the rise in vaginal yeast infections to the use of synthetic antibiotics. This is because they often kill the good bacteria as well as the harmful bacteria. The body relies on the good bacteria to keep things balanced. Even young girls can get vaginal yeast infections for this reason.

Ironically, the way most doctors treat them is to prescribe yet another antibiotic. This can become a cycle that is both uncomfortable and unhealthy. Vaginal yeast infections can cause itching, burning, and discomfort.

### **Creation of Superbugs Due to Resistance**

There are scientists and medical professionals who worry that synthetic antibiotics are creating superbugs. They are making it harder and harder to successfully treat simple bacterial infections.

This is because the body will start to build up a tolerance to antibiotics. Then it becomes increasingly difficult to kill the infection with the same drugs.

This is especially a concern for young children, who tend to get sick easier and more frequently than adults. If they are given synthetic antibiotics often, they stop being as effective. This can result in a simple bacterial infection turning into something that requires hospitalization.

### **Hypersensitivity and Allergies**

Not everyone does well with the use of synthetic antibiotics. The body can become hypersensitive or allergic to an ingredient in the medication. For example, many people are allergic to penicillin, but they aren't aware until they take it for the first time.

Their face may swell up, they may break out in a rash, or they may find breathing difficult. Such concerns require further medical attention and often additional medication to take care of the symptoms.

## **Cost**

The cost of synthetic antibiotics continues to increase constantly. Even those with health insurance are often frustrated with co-pays and deductibles. Or they may discover that when they get to the pharmacy, their insurance doesn't cover the particular type of antibiotic that has been prescribed.

For example, amoxicillin is usually covered. Yet many patients are now resistant to its positive effects due to their body's tolerance for antibiotics. As a result, they are prescribed Z-Pac, but this is rarely covered by health insurance plans.

## **Risk to Children/Pets**

Any time you have synthetic antibiotics in your home, there is a risk to children and pets. There is the risk they will find and consume them. An overdose of such medications can be very serious, not only for children but for adults as well.

Taking more than the daily suggested amount won't help you get better in less time. You also have to take the medication for the entire duration it was prescribed, even if you feel better. If not, there is a risk that the bacteria won't be completely destroyed and you will have to start all over again with the medication.

## **Huge Profits for Companies**

The huge profits that pharmaceutical companies make from the sales of synthetic antibiotics amounts to billions of dollars annually. This is part of the reason why there isn't really a push to get consumers to rely on herbal antibiotics. These companies would rather make money than focus on the overall well-being of society.

## **Chapter 2**

### **Often Found in Your Kitchen**

Several of the natural herbal antibiotics from which you can choose are already in your kitchen.

If you or your family members get bacterial infections often, add more of them to the foods you prepare. They will enhance the flavors of your foods and drinks, and offer you a natural way to remain healthy.

### **Apple Cider Vinegar**

There are high levels of both malic and acetic acid found in apple cider vinegar. It also contains high amounts of amino acids and vitamins. It is a powerful way to fight ailments as it is antiviral, antibacterial, and anti-fungal.

Taking a spoonful in the morning and at night is a great way to fight health concerns. If you don't like the taste, you can mix it with a glass of water to dilute it.

### **Cabbage**

The healing powers of cabbage are enormous, but too many people don't eat it. Add this to your diet at least once a week to boost your immune system. You can also drink fresh cabbage juice daily for a week to help you bounce back from a health issue that has depleted your energy.

### **Coconut Oil**

Not only does coconut oil help reduce the risk of bacterial infections, but it can make the foods you prepare healthier. It offers plenty of overall health benefits and it also tastes great! Any recipe that calls for the use of vegetable oil can be healthier with this one simple change. You can use this several times per week as part of a healthier diet. It is small changes like this that add up the most.

Coconut oil can help to boost your immune system. It also offers anti-fungal properties and plenty of powerful antioxidants. It is

believed to help improve blood sugar levels and to boost brain function. If you don't want to cook with it, add a spoonful to your coffee in the morning for a healthy boost and more energy.

## **Fermented Foods**

What comes to mind when you think about fermented foods? Many people associate it only with alcohol. However, there are health benefits to fermented foods as they are classified as a probiotic. They will destroy harmful bacteria but not the healthy bacteria found in the body.

Some great choices in this food category include cultured vegetables and raw pickles. You can also take a daily capsule form of it that you find at the local health food store. Fermented foods offer plenty of antioxidants and necessary microorganisms. The foods offer more benefits than the capsules.

## **Garlic**

For at least 2,000 years garlic has been used around the world as a source of medicine. It has been used for ear infections, the flu, and even the Black Plague. Garlic contains powerful antioxidants that kill harmful bacteria.

It also eliminates free radicals in the bloodstream, so the immune system becomes stronger.

Allicin is the active ingredient found in garlic, and it helps with destroying both viruses and bacteria—something a prescription antibiotic isn't able to do.

Garlic can be consumed in meals in the form of cloves. It can also be made into a juice. If you don't like the taste of garlic, there are also capsules. You only need a small amount to attain the benefits; too much garlic can actually upset the stomach. If you take any type of blood thinning medication, avoid using garlic as a natural herbal antibiotic.

## **Ginger**

Not only is ginger powerful, it has a very strong aroma. The smell is the result of the various essential oils and compounds it is comprised of. Some of these properties offer anti-inflammatory and antibacterial properties. Only a small amount of ginger should be consumed at a time.

## **Honey**

The sweet, delicious taste of honey makes it a popular item in any kitchen. However, it also offers antibacterial properties. Many cultures relied on raw honey before synthetic antibiotics were introduced.

An antimicrobial enzyme is found in honey, and it prohibits various types of harmful bacteria from growing. It is also believed to help with the liver and to reduce toxins in the body that can destroy the immune system. Honey can be added to drinks, consumed on toast, added to hot cereal, or consumed raw.

## **Onion**

Many people cook with onion for the flavor, but they are also helping their immune system.

Onion is believed to help with treating just about anything you can imagine. This includes bacterial infections and even inflammation.

Onion contains sulfur compounds, and that is what makes it a very good herbal antibiotic. They can also help to reduce the symptoms of the common cold and the flu, which are viral—not bacterial—illnesses.

## **Sage**

If you tend to suffer from upper respiratory infections, sage is a great option to help you feel better. Adding this to your food regularly can

boost your immune system and protect against such health concerns developing. You don't need to add much sage to make a difference.

## **Chapter 3**

### **Herbs**

There are also plenty of herbs you may use for cooking or to create an herbal drink. There is a lengthy list of such herbs that offer you the value of natural antibiotics. You may already be using some of them.

Others you can buy locally, either fresh or dried. It is important to do your best to find high-quality herbs. The better the quality is, the more power they will be worth when fighting off bacterial infections.

### **Allspice**

Offering exceptional antioxidants and anti-inflammatory elements, allspice is certainly something to consider for herbal antibiotics. It can be used for various recipes, so it is often a type of preventive aid. It can give the immune system a boost so you are less likely to suffer from bacterial infections and other ailments. It is quite potent and a small amount of allspice goes a long way in flavor.

### **Anise**

This is a spice often used in Asian food dishes, but it can be added to just about anything. You don't need too much of it, though, as it does have a bold flavor. It tastes like licorice so it is often mistaken for the former in dishes.

Anise has been used as a healing herb for many centuries in Asia and around the world. Its antibacterial properties are just one of the valuable elements it offers. It also provides plenty of antioxidants.

Don't exceed a dose of 500 mg per day. If you are going to take a maximum dose, break it up into two or three doses throughout the

day instead of all at once.

## **Basil**

Add basil to most of the dishes you cook, and it will boost your immune system. Basil oil can be added to foods you don't cook, including salads. It will help you to stay healthy and if you do start to get a type of bacterial infection, it can help kill the harmful bacteria early on.

## **Bay Leaf**

The endless benefits from bay leaf make it a popular option for those fighting bacterial infections. It also helps to reduce acne and alleviate stomach problems. The oil from bay leaf helps reduce the ability of harmful bacteria to grow. It can also fight the growth of several forms of fungi.

## **Cardamom**

Perhaps one of the best hidden secrets relating to fighting harmful bacteria is cardamom. It contains high amounts of cineol. It is also a very common way to fight chronic bad breath.

This is a very useful herb for the treatment of sore throat and coughing. You shouldn't use cardamom if you have gall stones or if your gall bladder has been removed.

## **Caraway Seed**

You will get the best results if you seek black caraway seed oil. For thousands of years, it has been used to help with a variety of health concerns. It is a powerful way to fight bacteria that causes deep infections that can be difficult to combat.

This oil should be taken when you feel the initial onset of such health problems. Take a teaspoon in the morning and again at night until symptoms are no longer present. If you don't like the taste, add a bit



of honey to the oil. The daily recommended dose for prevention is 50 mg to 100

mg.

## **Chervil**

The history of chervil goes very deep in many cultures around the world. It grows wild in many regions, and it didn't take long for the value to be discovered. The best way to use it is to boil some chervil leaves in a cup of apple cider vinegar. Remove the leaves and drink the concoction with a few spoons of honey mixed in to make it sweet.

Chervil is a great option to consider for a chronic cough. Such coughing can make it hard to sleep at night. Sipping on some tea made from this herb before trying to sleep can help you get the rest you really need.

## **Chili Peppers**

There are quite a few varieties of chili peppers out there to pick from. Some have a mild heat and others have a medium or very hot heat. You don't need to consume too much of these chili peppers to reap the benefits. They can keep the body healthy and the harmful bacteria from growing.

## **Cinnamon**

On the sweeter side of things, there is cinnamon, which also offers protection against harmful bacteria. Cinnamon can be used in baking various sweets or it can be sprinkled into drinks to make them sweeter without the use of sugar. It can help reduce the symptoms of the common cold, muscle spasms, vomiting, and inflammation.

## **Cloves**

Not only can cloves help win the battle against bacterial infections, they can also be used to reduce pain. Placing a few boiled cloves in your mouth between the teeth and the gums can reduce pain and inflammation until you can be seen by your dentist.

Cloves can also be used to treat mild pain due to inflammation, such as the symptoms of arthritis.

Cloves can help to reduce nausea and vomiting due to the flu, health concerns, or even side effects of prescription medications.

## **Coriander**

One of the popular uses for coriander is to prevent the risk of food poisoning. It can also help fight various forms of infections that seem to be resistant to prescription antibiotics. (This resistance can happen when a person takes them too frequently). You can add it to just about any food item and it won't alter the taste.

Joint pain is often reduced with the use of coriander. Some people find it also naturally takes care of hemorrhoids for them. Women who are pregnant or nursing may use it to increase their milk flow.

## **Cumin**

Adding a small amount of cumin to your food will enhance flavor. This is especially true of Peruvian food dishes. Cumin is a powerful antibiotic choice. It contains thymol, and this also helps improve the efficiency of prescription antibiotics, should you need to take them.

## **Dill**

A tiny amount of dill goes a long way due to the tangy flavor it delivers to foods. Dill can also help your body fight off infections and boost your immune system. Fresh dill can be found in the summer and early part of the fall. However, you can obtain dried dill all year long. Dill has also been useful in the fight against bone loss.

It can be applied to the inside of the mouth or the throat to reduce pain. It is important not to use dill if you are taking lithium as your doctor has prescribed. Dill can result in the body not processing lithium like it should.

## **Fennel**

Many people sprinkle fennel seeds in their food or on top of salads as a way to boost metabolism. It is a common element for effective long-term weight loss. Fennel also has antifungal and antibacterial properties to offer.

## **Lemon Balm**

Not only does lemon balm taste and smell delicious, it is highly antibacterial. It is also a calming herb that has been used for centuries to help reduce stress and anxiety. It is offered as a tea, dried leaves, capsules, and extracts. Lemon balm shouldn't be used by anyone who takes thyroid medications.

## **Marjoram**

The common cold can be debilitating, but marjoram is a good way to reduce the length of time it lingers. It offers help for both bacterial and viral ailments. It is gentle enough that many parents use it for infants and young children. Yet it is effective enough to offer help for adults, too. It is offered as an oil and dried leaves.

Marjoram is often made into a tea that can be given to children to reduce a runny nose or the effects of the common cold. It can also be used to fight a dry cough that seems to linger. Ear pain and a sore throat are also reasons to use marjoram.

## **Mints**

Mints offer various essential oils that boost the immune system and soothe the digestive system.

They may be used in various food items you buy at the store in an effort to extend shelf-life.

Mints can also be added to tea in the form of oil or leaves to help reduce bacterial infections.

This includes those that affect the throat and the sinuses.

## **Mustard**

Mustard seeds can be used to make a variety of great tasting food dishes. You only need a small amount to get the value they offer. Even the smooth mustard condiment contains such seeds and has antibacterial benefits to offer.

The use of mustard can help to reduce muscle pain and inflammation. It is also a good choice for treating the common cold. Black mustard leaves can be used in salads and other food dishes. You can also take capsules to gain benefits or boil mustard seeds to make tea.

## **Nutmeg**

There are numerous uses for nutmeg in addition to adding flavor to foods. While many people add it to sweets such as desserts, it can be added to all types of foods. It has often been used to fight E. coli and staph infections. It features antimicrobial properties that help to reduce harmful bacteria.

Nutmeg can also reduce joint pain and mouth sores. In addition, it can alleviate nausea and diarrhea. Don't use more than 120 mg per day or it can result in hallucinations.

## **Oregano**

Oregano isn't just for enhancing the flavor of your best Italian dishes. It is also a way to remain healthy due to the great antibacterial

properties it provides. The oil from oregano leaves has the most potential.

It has been compared to the value offered by the prescription antibiotic called penicillin. Some studies have indicated oregano can help kill prostate cancer cells. The use of oregano can be very good for respiratory tract issues including a cough, croup or asthma.

For such ailments, the recommended dose is 200 mg per day. It shouldn't be used by those who take medications for bleeding disorders.

## **Parsley**

There are some definite antibiotic properties to be found in parsley. It mainly comes from the oil extracted from parsley seeds. It can fight several forms of bacteria and fungi. One of the common ailments parsley is good for is staph infection.

It can also be used to prevent and heal urinary tract infections (UTIs) and to lessen the pain from kidney stones. It can reduce the length of time the common cold lingers and reduce the risk of jaundice. It is often used for infants that suffer from colic.

## **Pepper**

There are several types of pepper that you can use to help reduce the risk of bacterial infections or to fight them. This includes black pepper, chili pepper and cayenne. They are also useful for fighting intestinal-related issues, as well.

All pepper contains capsicum, and that is what fights bacteria. The hotter the pepper is, the more powerful it will be in fighting the bacteria. However, you need to make sure the foods you put pepper into don't become too hot for you to consume.

## **Rosemary**

An essential oil that smells very good is rosemary. It can be used as an oil on the body or breathed in through an infuser. If you use any essential oil, you only need a few drops because they are very powerful. Don't add more than two drops of it to your bathwater.

Rosemary offers amazing benefits for the immune system. It is a type of aromatherapy that is also used for treating chronic asthma problems. It can fight against mold, fungi and bacteria.

## **Sage**

Reducing inflammation and offsetting bacterial problems are well known benefits of sage. This is typically offered as a dried leaf that is used for cooking. However, the leaves can also be boiled and strained to make a strong tea.

Some experts believe daily intake of sage can reduce the risk of diabetes and Alzheimer's disease. It is often used to reduce the pain and pressure from a sinus infection. It can be inhaled to reduce a dry cough or swelling of the airways caused by asthma or bronchitis. The daily dose shouldn't exceed 2.5 mg.

## **Tarragon**

Initially, tarragon was a natural antibiotic used to prevent food poisoning in various dishes. It was considered a great preservative that allowed food to have a longer shelf-life and without consumers becoming ill. Tarragon was also an early medicine for intestinal concerns and to fight tuberculosis.

It can also be a natural way to promote better sleep habits. Too often, a person will feel groggy when they take over-the-counter or prescription sleep aids. Tarragon can help you to sleep well without that difficult side effect to contend with.

The dose to take depends on one's age and the severity of the ailment. It is best to start out with just a small amount and see how it

works for you. Slowly increase the dose if you need to in order to get the most benefits.

## **Thyme**

Another option for cooking and reducing bacterial problems is thyme. It is typically used for chronic dry coughing. It is also a good resource for those that suffer from breathing problems including asthma and bronchitis. Thyme can help to soothe the digestive tract as well.

Thyme can help with whooping cough, even when it is affecting young children. It can treat laryngitis and sore throat. If the tonsils are swollen, it can help with reducing the pain and inflammation.

## **Turmeric**

A natural spice often found in dishes from the Middle East is turmeric. The main ingredients offer the ability to block enzymes that allow harmful bacteria to spread. Turmeric has properties that help reduce bacterial infections, inflammation, and various forms of chronic infections. It can also assist with chronic headaches and bronchitis.

Even though turmeric is spicy, it can be a natural cure for heartburn. For those that love spicy foods but not the after-effects, this can be a dream come true! It can also reduce pain and inflammation from mild to moderate arthritis.

## **Chapter 4**

### **Extracts**

Perhaps you have heard about the value of various extracts. These are often capsules that contain ingredients that have been created to benefit your overall health and well-being. If you already use one of these daily extracts as a supplement, you are fighting off bacterial infections without even realizing it!

These extracts aren't expensive and they can make a significant change in the way you feel.

Consider what these extracts offer so you can pick one that best fits your needs.

### **Colloidal Silver**

Various properties offered by colloidal silver include killing bacteria and germs. This extract, which is actually a mineral, has been used for more than 100 years to kill bacteria and fungi. It has also been used to take care of an array of viruses.

Colloidal silver can also help with the healing process of topical wounds and open sores that don't seem to heal as they should. It can be very helpful for those suffering from bronchitis. It can also increase energy in those suffering from chronic fatigue.

This mineral should only be used in small amounts. Make sure you follow the usage instructions on the supplement packaging. The potency of colloidal silver can vary from one product to the next.

### **Chrysanthemum Lavandulifolium Extract**

This particular extract has a very similar makeup to that of synthetic antibiotics. It is believed to be one of the oldest products used by various cultures to cure health concerns. It can also help to boost the immune system by promoting the replication of the healthy cells.

### **Echinacea**

The recovery time from a bacterial infection or fungal infection can be reduced with the use of echinacea. It can help with lessening the symptoms and duration of ear infections, respiratory infections and sinus problems. It also reduces inflammation, so a sore throat won't be as debilitating.



Most people take echinacea as a capsule supplement. If the oil is used, a few drops should be taken from a dropper in a glass of water once per day. Many people like to make echinacea tea with a small amount of honey to sweeten the taste.

### **Grapefruit Seed Extract**

The vibrant antioxidants found in grapefruit are commonly known. Yet not everyone is a fan of the taste of the fresh fruit or juice. Others choose to sweeten it with a lot of sugar, but that can cause other health problems down the road.

A positive solution is the consumption of grapefruit seed extract. It offers anti-fungal and antibacterial elements. Studies have found more than 800 types of bacteria and more than 100

types of bacteria can be killed by this extract. The good news, too, is that it won't kill the healthy bacteria your body needs.

### **Lavender Oil**

Many people rely on lavender oil to help them relax and sleep better. This essential oil is also well known for reducing inflammation. It is also an antibacterial extract that can reduce respiratory problems, sinus infections and bacterial infections that affect the throat and the ears.

Lavender oil can reduce infections all over the body in terms of severity and duration. You only need a few drops of lavender oil as it is very potent. You can add the drops to your bath water or you can put them into a diffuser.

### **Neem Oil**

A small amount of neem oil goes a long way for overall health benefits. This oil comes from the neem tree. The leaves are also available to purchase, but the oil has the most value for your body.

Neem has been used for more than 4,000 years in India and Africa to help improve skin and reduce the amount of time it takes for the body to heal.

Neem oil also helps to reduce the growth of both viruses and bacteria. At the same time, it is a natural pain reliever and it can help to reduce inflammation. It can bring down a high fever in a short amount of time. Often, it is used to reduce the effects of nausea and an upset stomach, which can be side effects of various prescription medications.

### **Pau d'Arco**

Some people assume pau d'arco comes from France due to its name, but it is actually native of South America. The main ingredient in this herb is lapachol, which can reduce infections caused by bacteria, fungus, and viruses. Some experts also believe it has properties that can help fight certain forms of cancer.

However, most people use it as relief from the common cold. There are those that will tell you that if they take pau d'arco as soon as they feel the early symptoms of a cold, they are fine within a few days. They don't feel the severity of the cold, and it doesn't linger.

Others decide to use a low dose of pau d'arco daily during the cold and flu season. They do so as a way to boost the immune system and reduce the risk of becoming ill. This is especially true of those that work around lots of other people, as they tend to be more vulnerable to such airborne ailments.

### **Seed Nut Extract**

While seed nut extract is often used to control diabetes, it also has plenty of antioxidants to offer.

It can be used to control problems with glycemic index (GI) and chronic bacterial infections.

You can purchase seed nut as a capsule to be taken daily as prevention. However, the best benefits come from the oil that is extracted from the seed nut. This essential oil is powerful, so you only need a few drops at a time.

## **Tea Tree Oil**

Tea tree oil was used by medical professionals until the 1940s when they started using penicillin, yet it is still considered one of the best natural antibiotics available. It comes from the leaf of the plant which is native to New South Wales and Australia. It is both antibacterial and antiviral. It is powerful enough to treat MRSA and other staff infections.

This essential oil is very powerful and should be used conservatively. Only a drop or two is necessary to get results. You can use the leaves and boil them, but the best results come from the extracted oil version.

## **Chapter 5**

### **From Plants**

Quite a few natural herbal antibiotics come from plants. They were used by ancient cultures to help prevent illness and cure various ailments. They can also help you to stay healthy or fight a bacterial infection.

### **Aloe Vera**

The plant known as aloe vera is one most people have used for soothing burns. This includes cooking burns and sunburns. This plant grows in climates that are hot and dry. It can also help to fight bacterial infections and even herpes.

To use aloe, just cut open the leaves of a plant and get the sap from it. You can boil it and breathe in the vapors to help the body to recover from health ailments. For burns, it is applied directly to the

affected area. Some people create aloe juice and drink it to boost their immune system.

There are also capsule supplements of aloe vera available that can be used for an array of health concerns. The daily recommended dose is between 100 mg and 200 mg per day.

## **Cryptolepis**

This is a flowering plant that is native to Gambia and Congo. Cryptolepis is extracted from the root of the plant. It is often used as a means of treating malaria and type II diabetes. The antibacterial elements make this a very potent entity in the fight against inflammation and harmful bacteria.

Cryptolepis can be found in a variety of forms. The powder and the capsules are very common.

The tea offers more benefits for the body but the taste can be bitter. Adding some honey or nectar can make the taste more enjoyable.

## **Echinacea**

For hundreds of years, echinacea has been used to give the immune system some help. It has also been used to fight infections of both the bacterial and viral variety. This is a very potent herb, and it can destroy serious forms of bacteria, including those that cause staph infections and MRSA.

Echinacea seems to be one of the popular, go-to, herbal antibiotics. This is because it helps with such a wide range of health concerns. It can be taken daily in low doses to help prevent bacterial and viral problems. It can also be reached for quickly when you sense an illness coming on.

Many people find that echinacea helps them naturally feel better. There are very few people out there that don't get a positive

response health-wise when they use it. There are both capsules and liquid forms offered at most health food stores.

## **Eucalyptus**

The oil that comes from eucalyptus has been used around the world for thousands of years. It is native to Australia and it has been used as a pharmaceutical antiseptic. To extract the oil, the leaves are boiled or steamed.

The extraction process can be difficult and time consuming. That is why it is so expensive.

Eucalyptus oil should never be applied directly to the skin without being diluted. If you do so, it can result in burning and itching of the skin. The negative effects can counter the positive ones, so always make sure you dilute it. This oil should never be taken by mouth.

This is a great option for someone who hasn't had success with other herbal antibiotics or even much relief from synthetic antibiotics. Such health concerns can include chronic sinus infections and chronic ear infections.

## **Juniper**

The juniper plant is well known for the great tasting berries it offers. They are found in various foods and beverages to add flavor. This is an antibiotic form of herbal medicine that is often overlooked. It can help reduce problems due to bronchitis or inflammation. It can also fight bacterial infections.

For health benefits, juniper oil is a good choice. The dose is about 100 mg per day. If you use actual berries, the dose is only 10 g per day. It can be hard to get fresh juniper berries all year long, but the oil can be found online or from a health food store.

## **Licorice**

The great smell and taste of licorice makes it enticing for both children and adults. It offers antibacterial and anti-fungal properties. It is often used to reduce inflammation. It is a good choice for chronic problems with bronchitis and viral infections.

Licorice helps the immune system so it can be used to fight off the common cold and the flu. It is best used in small amounts though. The whole root offers the best medicinal value. It shouldn't be used by anyone with high blood pressure.

If you have a sore throat or strep throat, creating a tea made from honey and licorice root can sooth it quickly. Add 1 teaspoon of licorice powder to 8 ounces of hot water. Drink twice a day until you feel better.

## **Olive Leaf**

There is no denying the overall benefits from olive leaf. These include reducing inflammation, eliminating harmful bacteria, and strengthening the immune system. It is often used by those who suffer from arthritis and digestive problems.

The daily recommended dose to treat ongoing health concerns is 30 mL. For prevention, the dose is between 10 mL and 20 mL per day. It can be taken by mouth in the liquid form, but you shouldn't exceed 2 tablespoons per day.

## **Chapter 6**

### **From Trees**

A few options for herbal antibiotics come from trees. While this list is shorter and lesser known, it doesn't make of them lesser or unaccessible options.

### **Goldenseal Root**

While goldenseal root isn't as widely known as other herbal antibiotics, it shouldn't be overlooked. It can win the battle over fungus and bacteria. It is also used to reduce chronic inflammation. This is a very potent plant and it can reduce swelling in the throat quickly.

It soothes the lining of the mucous membranes, which can become irritated by respiratory problems or a sinus infection. Goldenseal root can also reduce a chronic dry cough that inhibits sleep.

### **Poke Root**

Poke root is very strange-looking, and it grows in the rich soil areas of North America. This root can be very useful for fighting bacteria and giving the immune system some help. You do have to be careful using it, however, as too much poke root can be poisonous. Don't use more than one drop per day or it can cause damage to the kidneys.

### **Usnea**

Mostly known as an antioxidant, usnea is also a great way to fight harmful bacteria. It can also keep forms of fungus at bay and help you maintain a very healthy immune system. This is a great option for someone dealing with a chronic cough. Usnea soothes the mucus membranes.

### **Woodworm**

While woodworm is mainly used to treat infections of worms, it can also help with Crohn's disease and inflammation problems. It is an herbal antibiotic that helps the body to fight off bacterial and viral problems.

Woodworm is an essential oil that should be used in small amounts. It can be found as a capsule as well. Don't exceed 5 g of this substance daily.

## Chapter 7

### Best Herbal Choices for Various Ailments

Selecting the best herbal antibiotics for various ailments is important. While most of them have the means to kill harmful bacteria, others also take care of harmful fungus and viruses. There are also those that boost your immune system.

Each person will react to herbal antibiotics differently. This is because each individual's body chemistry is different. You may need to experiment with a few options before you find what helps you to get well or to use as prevention.

What you choose to use may also vary based on the health concerns you are immediately facing.

When you don't feel well, you need a quick solution to help you return to feeling your very best in the least amount of time.

In order to successfully fight bacterial and viral health problems, you should do all you can in order to feel your best. It's important to realize the potential of herbal options. Here is a quick reference list that you will find beneficial.

Acne — aloe vera, calendula, tea tree oil

Alcohol use — kudzu, primrose

Allergies — chamomile

Alzheimer's disease — ginkgo bilbao, rosemary

Angina — hawthorn, garlic, green tea, willow

Anxiety — chamomile, hops, kava, lavender, passion flower, valerian

Arthritis — capsicum, ginger, turmeric



Athlete's Foot — tea tree oil

Bronchitis — echinacea

Burns — aloe vera

Common cold — andrographis, echinacea, licorice root

Cough — eucalyptus

Depression — St. John's wort

Diarrhea — bilberry, raspberry

Dizziness — ginkgo, ginger

Earache — echinacea

Eczema — chamomile

Flu — echinacea

Gingivitis — green tea, goldenseal

Hay fever — butter bur

High blood pressure — garlic, hawthorn

High cholesterol — apple, cinnamon, flaxseed

Hot flashes — red clover, soy

Indigestion — chamomile, ginger, peppermint

Infection — echinacea, garlic, ginseng, tea tree oil

Insomnia — hops, kava, valerian

Lower back pain — caracole, thymol, willow bark

Migraines — butterbur, feverfew

Morning sickness — ginger

Muscle pain — capsicum, wintergreen

Nausea — ginger

Sore throat — licorice, mullein

Stuffy nose — echinacea

Toothache — clove oil, willow

Yeast infection — garlic, goldenseal, pau d'arco

## **Chapter 8**

### **Talking to your Doctor About Herbal**

#### **Antibiotics**

Don't be shy if you would like to talk to your doctor about herbal antibiotics. Armed with the information you have learned here, you may want to try using some of these remedies instead of synthetic antibiotics.

You should have a good enough relationship with your doctor that you can communicate with him or her openly. Let him or her know why you are going to try herbal antibiotics. Keep in mind that there may be times when you or someone in your family does need a prescription.

However, you can let your doctor know you are going to try natural antibiotics both as prevention and treatment. If you aren't able to take care of the bacteria that is causing problems, return to the doctor for an assessment and try synthetic antibiotics at that time if deemed necessary.

Most medical professionals are going to respect your decision. They can put notes in your medical files as well as in the files for your children. They will appreciate your honesty, and they will ask you to report to them if you have any questions or concerns.

Many medical professionals support the use of herbal antibiotics. However, they aren't able to promote them to their patients due to their type of business. If you have a doctor that tries to convince you not to use herbal antibiotics, you may want to reconsider your choice of who you turn to for medical care.

Even if they don't agree with your choice, most professionals are going to respect the decisions you have made. It is very important for you and your doctor to be on the same page regarding your healthcare needs and the needs of your family. Don't hide the fact that you use herbal antibiotics from your doctor.

## **Chapter 9**

### **Tips for Getting the Best Possible Herbal**

#### **Antibiotics**

It is extremely important to understand that the quality of natural herbal antibiotics influences their value and effectiveness. It makes sense to ensure you get the best possible options. Don't cut corners with cost only to end up with a product that doesn't work like it should.

#### **Research Before You Buy**

Don't assume one product is the same as all of the rest. Be a well-informed consumer. Do your research before you buy any herbal antibiotics. Take the time to read online reviews to see what people have to say.

Read the ingredients as well, because you will be amazed at what is sometimes added that you don't want. Pay attention to online

reviews from real consumers. They are far more valuable than testimonials you find about products. Consumer reviews tell you what they bought, what they used the product for, and the results they received.

While herbal antibiotics work differently for people based on their body chemistry, you can get a good idea of what may work for you. If it seems to work well for the majority of uses, it is a good product to consider trying.

### **Credible Online Sites**

You may be able to get some amazing deals on herbal antibiotics when you buy them online.

However, you do need to make sure you buy them from a credible online site.

Find out how long the business has been open. Remember, anyone can create a professional-looking website. You need to find out how long they have been selling and how many complaints they have received.

Will you get a tracking number when your order ships? What is the quality of their customer support? Is there any type of refund policy or guarantee offered?

Take the time to compare several websites so you can get a realistic idea of what is offered.

Make sure you compare the pricing and the shipping, too. Sometimes, you will find a lower price but when you add on the shipping it causes a huge jump in overall cost.

If there is a place to enter a promo code or discount code, open up a second browser and search for one. By copying and pasting what you find, you will save money each time you order.

## **Buy Fresh Herbs When Possible**

If you plan to use herbs you can cook with your herbal antibiotics, try to buy them fresh. You may be able to get them at the produce department of your grocery store. Depending on the time of year, there may be farm markets around you that offer them.

Remember, adding such fresh herbs to the foods you cook can be a great line of defense from bacterial and viral health concerns. These herbs can also enhance the taste of the food you serve for your family.

## **Grow Your Own Herbs**

There are also kits you can buy that help you to grow your own herbs. This is less expensive than buying fresh ones locally. You don't need a large amount of space to grow them. In fact, some of these kits are small enough that you place them on the windowsill in your kitchen.

## **Follow Dosage Instructions Completely**

Never exceed the dosing instructions for herbal antibiotic products. Too often, people will increase the dose thinking it will help them to get better in less time. That isn't true though and it can result in side effects or serious illness.

When the dosage has low and high options, start out with the lowest possible dose. If you don't feel you are getting the maximum benefit, then you can gradually increase your intake until you reach the appropriate threshold. If the directions say to divide the product up into two or three doses per day, don't take it all at once.

## **Proper Storage**

Don't overlook properly storing herbal antibiotics. Generally, you need to keep them away from light, heat, and moisture. Don't store supplements in the bathroom due to the moisture caused by

showering. Don't place any medications or herbal products on a counter where they can be exposed to sunlight.

Instead, store them in a cool, dark location that is also dry. Keep a good eye on expiration dates, too. Make sure you keep all herbal products and other forms of medications out of the reach of children or pets.

## **Using Essential Oils**

The potency of essential oils is important to understand. A few drops diluted in water can be more than significant. Most essential oils shouldn't be applied directly to the skin without diluting them. They shouldn't be consumed orally either.

Never mix essential oils together unless you are following a specific recipe. Otherwise, you could create some adverse reactions that aren't appealing and won't help you accomplish your health goals.

## **Conclusion**

Bacterial infections can be hard to avoid due to the constant exposure we have to germs and to other people. However, their symptoms can be severe and can keep energy levels and quality of life low. A bacterial infection rarely gets better on its own, and it can deplete your immune system in no time at all.

Prescription antibiotics are often very expensive, even if you have insurance coverage. They can also create an array of side effects, such as nausea, diarrhea, dry mouth, insomnia and shaking.

None of those side effects are easy to deal with.

The use of natural herbal antibiotics has been taking place since the beginning of time. In many cultures, there were people who would go out and collect the herbs and extracts. They would offer these items to those that were suffering from symptoms of bacterial infections.

You are now aware of fifty-six possible options for naturally preventing and curing bacterial infections. You may have to experiment with some of the options to find what works best for you! Do your part to stay as healthy as possible.

This includes getting at least eight hours of sleep each night and daily exercise. Eat a well-balanced diet with minimum amounts of sugar. Practice relaxation techniques including meditation and communication to reduce stress. Maintain healthy relationships and avoid dangerous lifestyle habits including drinking and smoking.

Keeping your body healthy is going to help you attain the quality of life you want. The use of natural herbal antibiotics can help boost your immune system and bounce back if you should be affected by a bacterial infection.

Studies over the past several decades indicate frequent use of antibiotics result in antibiotic-resistant infections. This means a simple illness could result in hospitalization or even death because the body isn't able to use those antibiotics successfully to get well.

The Dash Diet for Weight Loss

*The Ultimate Beginner DASH Diet Guide For Weight Loss, Lower Blood Pressure, and Better Health Including Delicious DASH Diet Recipes Ella Marie*

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## **Introduction**

I want to thank you and congratulate you for downloading the book "*The Dash Diet.*"

This book contains proven steps and strategies on how to lower your salt intake, improve your health, and enjoy great food.

If you have ever had symptoms that led to doctor's visits and medication, then you want to think about utilizing a diet like the DASH diet. Maybe your doctor has said you suffer from: A heart condition

Hypertension

Weight gain

Diabetes or kidney disorders

I want you to know that this diet is a great option for you. The DASH diet is not just a diet, but a healthy alternative to transition your eating into a structured way to achieve optimal, long-term good health.

One problem that people run into over time is that they have all these great foods that they want to eat, but they don't realize that the salt content is so high that it's damaging their bodies.



The DASH diet is a way to rebalance your food so you can enjoy healthy options in everything you consume, that way you can ensure that you'll be around for a very long time! Because we worry so much about work stress and getting through the day, we sometimes fail to look at the amount of salt that's in the processed foods we eat. That's where the DASH diet comes in, because the DASH diet ensures that:

you're eating healthy

you're eating fresh

you're consuming a lot of fruits and vegetables

Not only are you having a lot of fiber, but you're tying in a lot of protein through fresh meats like fish and other seafood, turkey, chicken, beef, and tofu.

The DASH diet is more than just weight loss; it's healthy eating, and that's why I want you to consider this diet as your healthy alternative. In this handy book, you'll learn about: What the DASH diet is and how it can help you

The DASH diet in a step-by-step process

The DASH diet to lose weight

Combining foods and making adjustments, because part of dieting and part of changing your diet is making small adjustments with each and every meal Diet and exercise

Different types of food that you can have that can help to lower your blood pressure Different types of meal plans that you can consider and sample diets in phases that might work for you

Tips, pointers, and things that you may want to factor in as you switch over to the DASH diet

Remember one problem that people find along the way is that they want to eat things that are processed and have high salt content, and when they do that, they have to take a medication to bring the salt level down because their blood pressure is too high. That's why I want you to look at the DASH diet.

This natural alternative can not only have medicinal effects and great benefits, but it can also help to:

Lower your blood pressure

Address your diabetes issues

Lose weight

Ultimately, I know the goal you have is to fix your sodium intake so you can stop taking blood pressure medicine and live a better life. The DASH diet will help you learn how to make adjustments to live a better lifestyle, and ultimately, that's the goal with this book.

Thanks again for purchasing this book, I hope you enjoy it!

## **Chapter 1**

### **What is the DASH Diet?**

The DASH diet started out as a concept to help lower sodium and as a way to help people lose weight. The goal when it first began was to lower blood pressure. As the diet became more popular, it also became a healthier way of life. The DASH diet is basically a better way of targeting what you eat and ensuring that you are eating healthy meals by incorporating healthy, fresh foods. Because it ties things in such as healthy fruits, vegetables, nuts, seeds, whole grains, and fresh meat, you will find that not only is this diet tasty and enjoyable, but you'll wish that you had started it sooner!

The DASH diet is based on the letters in the word, which stand for Dietary Approaches to Stop and prevent Hypertension. This diet was

set up as a step-by-step process to help you prolong your life by limiting the amount of salt that you consume. Instead of eating a lot of processed foods, you will focus on foods that are rich in vitamins, nutrients, and minerals such as calcium, potassium, and magnesium.

## **GETTING STARTED**

When you start the DASH diet, you want to keep track of how much you're eating as you work on portion control. You'll have different meal plans that you can have on a daily basis. The goal is to do the DASH diet a little bit at a time with each meal. You could start out using it for weight loss or just to lower your salt intake, practicing the diet and monitoring what you eat over the next two to four weeks.

After that, you want to keep it going. Have your blood pressure checked again so you can see how many points it has gone down; people who have tried the DASH diet have found that it really helps. The DASH diet can also help combat things such as heart disease, stroke, various forms of cancer, osteoporosis, and different levels of diabetes. The diet is able to target these different areas because you're changing the foods that you're eating. As you eat more fresh foods, such as your nuts, seafood, and greens, you're consuming healthier natural nutrients that are not processed like frozen foods.

## **HOW CAN THE DASH DIET HELP ME?**

The purpose of the DASH Diet is to:

Change your eating habits

Lower salt intake in your diet

Reduce your blood pressure

Ultimately, this is done as you change what you eat. That's why it boils down to you, as you look at food in a new way.

## **WHAT'S IN YOUR PROCESSED FOODS?**

Someone may choose to eat a low-fat, frozen meal as a way of dieting. They sell these in different forms at the grocery store. The frozen meals may say on the packaging that they can help to lower your cholesterol, or they may say that they are low-fat and that they are a healthy alternative. However, when you look at the ingredients, you will likely see 700 to 800 milligrams of salt.

When you combine this with your other foods throughout the day, you may find that your salt level is so high that your feet are swelling up, you're re-taining a lot of water, and your blood pressure is skyrocketing! That's where the DASH diet comes in. With the DASH diet, because you're actually changing what you eat, those frozen foods are going right out the window! You can actually see changes right away because you're lowering salt consumption immediately.

As you incorporate more fresh and healthy foods, you'll start to see better benefits such as your skin clearing up and your digestion getting better, and you may find that your bowels actually move better. This is because you're incorporating healthy foods and a lot of fiber.

## **FIBER-RICH FOODS**

A person who is eating a frozen meal for dinner may only have that and no additional vegetables to accompany it. Or, if they do incorporate a salad, they may only be adding lettuce and tomatoes. The problem here is if you're not consuming rich nutrients that your body needs, you can have digestion issues such as constipation.

## **PROTEIN BENEFITS**

Other ways that you can help to change your eating habits with the DASH diet include how it will help you to incorporate fresh meat. Because you're using high levels of protein, it will trigger your body to expel extra salt and extra water. Protein helps to build muscle, and that's why you want to ensure you have a lot of it in your diet, as well

as a lot of fiber to help you process it. That's why the DASH diet has included a lot of healthy vegetables and healthy fruits to ensure that you can easily digest your protein.

## **SAMPLE MEALS AND THE MINERALS IN THEM**

When you look at a sample meal, it may be something like salmon for dinner. While you have salmon as your protein, you may want to have spinach and a side of sweet potatoes with that.

Spinach contains calcium and iron, and your sweet potato contains calcium and different forms of magnesium and potassium. It's also rich in fiber, along with the spinach, which will aid in your digestion. The salmon will serve as your protein, and it's also a form of rich omega-3 fatty acids.

As you incorporate different nutrient-rich foods and proteins into your diet, this will enable your body to work the way that it should. You'll be better able to process foods, it will aid in digestion, and you can also enjoy the benefits of having a nutrient-rich diet, protein (which will build muscle), and lower fat.

## **METABOLIC EFFECTS**

As salt comes off your diet, you're ridding your body of excess water, so you start to lose weight.

Protein also helps you build muscle in addition to lowering your bad fats and increasing your good, healthy fats. With this nutrient- and protein-rich diet, you will live a better life.

## **LOW SALT BENEFITS**

Lowering your salt intake can:

lower your blood pressure

reduce migraines or chronic sinus headaches

lower your risk for diabetes

reduce water retention

reduce the risk for heart attacks and strokes

reduce weight

As you continue with the DASH diet, you can actually develop a weight loss program. This can help you target the areas where you're having problems. You can combine the DASH diet with healthy snacks and your meals. For example, when you go to work or when you're at the gym, you can have healthy shakes or healthy snacks to ensure that you maintain the DASH diet all throughout the day.

## **DAILY SALT INTAKE**

As the DASH diet helps lower your salt intake, it increases your likelihood of having a healthier life that you can enjoy. Keep in mind that daily salt levels are usually about 3,500 milligrams or higher. They may even be 4,500 to 5,000 milligrams depending on what you're eating.

## **CONSULT A PHYSICIAN**

Your doctor may welcome the idea of you starting a diet like this. Have your doctor assess your sugar level, your blood pressure, your heart rate, and any medications that you may be on. That way, while using the diet, you'll be able to track your progress over time.

This book is divided into two parts, which are Phase 1, how to use the DASH diet on a daily basis, and Phase 2, how to incorporate exercise into your diet. I will also focus on having healthy foods and snacks, making daily adjustments, and establishing meal plans. So let's begin...

## **Chapter 2**

## **Weight Loss: Using the DASH Diet for**

### **Weight Loss and Exercise**

When you get ready to lose weight, you may make the mistake of trying to do it yourself. You may start out with the best of intentions; you find a diet plan that looks like it might work, load up on frozen, low-fat foods, and buy all of those protein bars. You may think you have a plan for success, and that's where you made the first mistake.

Food products may say they are healthy, but in reality, their salt level could be high without you realizing it. In the end, you may find that your blood pressure is still high or has gotten even higher! But because you saved time in the kitchen and your frozen meals tasted so good, you keep eating them!

Then, on top of that, you're constipated. That's a problem that happens when you go on a diet on your own or when you go on the wrong type of diet. When you get ready to use the DASH diet for weight loss, make sure the changes you make start in your refrigerator and your cabinet—by getting rid of those frozen and unhealthy foods.

### **CLEAN OUT THE FRIDGE AND THE CABINETS**

Rid your cabinets of all processed foods. That means take out all of those TV dinners and protein bars. Limit the amount of alcohol and caffeine that you consume. Caffeine consumption does not necessarily affect blood pressure (aside from an initial spike), but you may want to limit your caffeine intake or keep it down because it can elevate your heart rate.

The DASH diet will help lose weight because it utilizes a lot of natural foods that don't have the preservatives and additives contained in processed and frozen foods. As you test it out to see whether or not your body will take to the diet, you may quickly realize that it's the type of diet you want to have for the rest of your life. You

can incorporate a lot of fruits, vegetables, and good protein in the form of meat.

As you lower your risk for things like stroke, heart disease, and other ailments that are related to hypertension, you will see that the DASH diet quickly becomes something that is not just about losing weight but is about maintaining a healthy lifestyle.

## **THE DASH DIET FOR WEIGHT LOSS**

You're going to ideally have three full meals per day, and you will also have two to three small snacks in between. This diet is not about depriving you of food; you don't have to worry about starving or feeling like you can't eat. You'll be able to eat a lot of good, protein-rich foods. Let's look at some of the things that you can have in the diet so that you can make the appropriate changes.

### **HEALTHY SNACKS**

Nuts like almonds, peanuts, walnuts, cashews, and pecans can help ensure that you stay full throughout the day. You can also incorporate things like pumpkin seeds and edamame. If you get hungry and you want something sweet, your options are dried cranberries, raisins, bananas, apples, or any other piece of fruit. Don't worry; when you switch to Phase 2, you'll be able to have healthy nachos and potato skins or even make your own healthy snacks, like apple bran muffins and granola bars!

Keep in mind this is just a sample of some healthy snacks. This is not even incorporating the actual healthy foods that you can have once you achieve your optimal weight loss. That's why when you finish Phase 1, you want to stay on the DASH diet into Phase 2. When you switch over to the regular diet plan for life in Phase 2, the meals will get better, just like the snacks did.

You'll be able to have things like bean dip, edamame hummus, and even whole wheat muffins.



## **INCORPORATING EXERCISE INTO THE DASH DIET**

When you start exercising while you're on the DASH diet, the one thing that you may have to consider is how you're going to fuel your body. In the past, maybe your way of fueling your body was with a candy bar or a protein bar, but that may have been the reason you started packing on the pounds in the first place. With the DASH diet, you want to have appropriate foods that will help you during and after your workout.

For example, you want to have something that will fuel you for the workout and give you energy, which can come from proteins and carbs. Before a workout, consider having nuts like almonds, yogurt in a shake, or hard boiled eggs. You can also make your own granola bars or trail mix, or you can have a wheat muffin with peanut butter or eggs in a pita before you head to the gym.

## **MAKE YOUR OWN FAVORITE FOODS**

As you get further along in the DASH diet and you start combining foods to make your own healthy recipes, you may find that you want to make your own great snacks, such as granola bars. You can incorporate things like molasses and honey into them. You can also fill them with lots of good nuts and seeds to give you the nutrients and minerals that you need and to fuel yourself during a workout.

## **SHAKES AND PROTEIN**

You can also make your own protein shakes to give you the fuel you will need for a workout.

Try having a shake with yogurt, strawberries, bananas, cucumbers, broccoli, peppers, and anything else with fiber for fuel.

This will also aid in digestion, so you won't have to worry about having problems with constipation. If, on the other hand, you have a problem with loose bowels, then make your protein shakes a little bit milder; have something like a mango protein shake with watermelon,

a cantaloupe shake with strawberries, or a banana, and limit your greens until you finish your workout at the gym. Adding veggies to a shake is about balance for your digestion, and you will know when you need to add more green!

## **CURB CRAVINGS**

If you have cravings during your workout or even at lunchtime, a small snack, such as a bag of almonds or a few pieces of low-fat cheese, can work wonders. You can also have a nice, healthy salad at lunchtime, with lettuce, tomatoes, tuna salad, and red onions in it. You can use a low-fat pita to hold it. This meal will give you enough protein to get through lunch and the workout.

## **WORK ON BUILDING MUSCLE**

Make sure you use a good cardiovascular workout that utilizes the treadmill, elliptical, or stair master. You also want to ensure that you start building muscle because doing so burns fat, which helps you lose weight. Keep in mind that gaining muscle may initially cause you to appear like you're gaining weight.

Workouts are also about longevity. You want to ensure you're combining your food with a consistent workout regimen. You don't want to try to burn as many calories as you can and then come back the next day and do the same thing; you will quickly burn yourself out, and you don't want to do that. Work out and train consistently, and in the long run, your body will feel better and you will be able to maintain optimal health. Be sure to stretch and drink a lot of water before, during, and after your workouts.

## **BURNING MORE CALORIES**

A lot of people switch over to the DASH diet because they want to learn how to eat healthy and exercise for life. When you watch certain shows about weight loss, they may show people in the gym who try to burn 6,000 calories a day. These shows let you see people who drop ten pounds a week, and that's not healthy. Not only

does it lead to stress fractures, but you can lose so much salt that you end up in the hospital. That is not your goal. You want to work on a consistent plan.

If you want to burn a pound in a week, you will have to burn 3,500 calories per week to lose that pound.

This kind of weight loss can also be achieved by taking in fewer calories per week. You want to find a good balance between your workouts and your diet. Try to incorporate protein shakes into your workouts. Include things like bananas and yogurt that have potassium. Incorporating a lot of calcium into your diet, and give your body enough fuel to exercise.

## **THE DANGERS OF MERCURY**

Be careful with having a lot of fish in your diet. You may think having tuna every day at lunchtime will help you lose weight, but you have to be very careful with your mercury intake.

Try to have no more than the equivalent of two cans of tuna per week. Mercury can damage the kidneys, and you don't want to have to worry about this.

## **Chapter 3**

### **Lowering Blood Pressure: Foods and**

#### **Minerals that Help**

If you've ever had to wear a monitor to keep track of your blood pressure, or if you've ever had to take blood pressure medicine, then you know that one of the best things you can do is lower your blood pressure naturally.

There are a few key ways to do this, which you should consider doing if you don't want to be on blood pressure medicine for the rest of your life. This medicine may lower your blood pressure and heart

rate, but it could also have adverse effects such as sluggishness. It would be best if you didn't have to take any blood pressure medication.

Keep in mind that with the DASH diet, there are certain foods that will naturally lower your blood pressure. Foods that are rich in potassium, for example, and foods such as potatoes, sweet potatoes, and even bananas help with your pressure. Other foods that can help include ginger, as ginger is anti-inflammatory.

Incorporate foods that are rich in vitamins and minerals into your diet. This way you're actually targeting a homeopathic way of changing your lifestyle by changing your eating habits. Also include magnesium and potassium, which can fuel your body and combat various diseases and illnesses.

## **CONSULT A PHYSICIAN**

If you're on blood pressure medication, check with your doctor to discuss coming off of it. If your pressure is usually 180 over 100, taking your blood pressure medicine may lower it to a healthy 120 over 80. When you start eating a diet, your blood pressure may drop even lower—

too low, like to 90 over 60! You could have trouble standing up and may get dizzy, and you definitely don't want that.

Your doctor may lower the blood pressure medicine as you are on the diet to avoid this problem.

You can also ask your doctor about investing in a blood pressure cuff so you can keep track of your blood pressure at home. Don't ever stop a blood pressure medication suddenly, and don't stop it on your own. You have to consult with a doctor, as sudden changes can be life-threatening.

## **DAILY INTAKE**

If you're doing a regular DASH diet, you want to try to consume about 2,200 to 2,300 milligrams of sodium every day. For a low-salt DASH diet, try to keep it down to about 1,500 milligrams of salt per day. This would be useful if you are worried about your health, are over the age of fifty, or have high blood pressure, a heart condition, hypertension, diabetes, or kidney disorders.

On the DASH diet, ideally you want to consume about 2,000 calories per day.

This will include all sorts of great nutritional products, such as beans, poultry, fish, and some red meat—in moderation. You can still have sweets and low-fat products in small quantities. So, let's take a look at the breakdown.

## **CEREAL, PASTA, AND BREAD**

Ideally you want to have about six to eight servings per day. You can have cereal for breakfast time, pasta for lunch with tuna salad, and rice with dinner. Also keep in mind that you're going to make substitutions, such as whole wheat bread or 100% whole grain bread instead of white bread, brown rice instead of white rice, and wheat pasta instead of regular pasta.

## **CARROTS, BROCCOLI AND GREEN LEAFY VEGETABLES**

You generally want to stick to about four to five servings of veggies each day. try to incorporate various veggies into each meal. At breakfast time, you may have carrots and celery in a shake; when you make eggs, you may add onions and green peppers.

At lunchtime, you want to always incorporate a salad, whether it's a fruit salad or a regular salad made with mixed greens and lots of veggies. At dinnertime, try to have a salad and a hearty, leafy green vegetable like kale or spinach. Don't buy canned vegetables, which can have a lot of salt in them. Instead, look for frozen or fresh.

## **HIGH MINERAL CONTENT**

Your vegetables should also be rich in iron, zinc, magnesium, potassium, and other minerals and nutrients. Make sure you target foods like kale, spinach, sweet potatoes, broccoli, squash, zucchini, tomatoes, peas, green beans, eggplant, red onions, garlic, and ginger, which are very heart-healthy.

## **STRAWBERRIES, BANANAS, AVOCADOS, AND MORE**

Have at least four to five servings of fruit each day. The purpose of this is to ensure that as you ingest fiber; it helps with digestion. Part of the DASH diet is about having high protein, and the fiber will help to ensure that you're able to digest your food more easily. Another benefit is that you're also ingesting a lot of vitamins and nutrients that your body needs.

## **MILK AND YOGURT**

If you're going to have dairy products in your diet, such as milk or yogurt, you want to try to have at least three servings per day. This can be incorporated into things such as low-fat and low-sodium cheese, yogurt, and milk. You can have milk with cereal. Your yogurt can go into a parfait, smoothie, or protein shake, and cheese can be an afternoon snack.

## **SEAFOOD, POULTRY AND RED MEAT**

Have six servings of meat each day. You can have low-sodium bacon in the morning. You can have turkey, chicken, or tuna fish at lunchtime, or mix them up in a healthy salad or pita wrap.

Dinner can be any assortment of meats such as salmon, tilapia, red meat like ground beef, or steak in moderation, depending on your cholesterol. Meats are a good source of protein and include iron and zinc as well as vitamin B.

## **PEANUTS, ALMONDS, AND SUNFLOWER SEEDS**

You want to ensure that you have nuts, beans, and seeds in your diet—at least four to five servings each week. Make sure you don't have a lot of high-fat nuts like pistachios. If you happen to be a vegetarian, you will find that your nut and seed consumption incorporated with soy-based products can work well in the DASH diet. You can also incorporate things like tofu into a healthy salad that has lots of veggies and nuts in it.

Some foods to consider are walnuts, almonds, pecans, peanuts, and even pine nuts in moderation.

Beans such as edamame, lentils, black beans, navy beans, red beans, pinto beans, and chickpeas are rich in fiber and have a lot of minerals and nutrients in them. When you start making your own soups and dips, like hummus, you can really come up with great recipes.

## **SUGAR AND YOUR SWEET TOOTH**

Your sweet tooth may be calling, but try to limit your sugar intake. Eventually you'll be able to fight off the sugar cravings. Don't switch over to diet sodas because they are just as bad for you, and don't necessarily switch over to artificial sweeteners which can also be just as bad or even worse; try to cut down on the amount of real sugar that you use.

You can look for sugar-free versions of different things like hard candies, cookies, and even sorbets and ice creams. If you are having trouble finding these, consider making your own. It's not that difficult to make your own sorbet, and you may actually find that you enjoy it more as you experiment with different flavors.

## **FATTY FOODS AND OIL-BASED PRODUCTS**

Try to limit your fatty foods to two to three servings each day. Consume good fats and not bad fats. Good fats are saturated; bad fats are trans fats. Trans fats are normally found in fried food, so don't fry your food. You can bake everything instead. If you want

something like fried chicken, there are several ways to bake it that make it taste better—try dipping the chicken in a nice batter and adding Panko bread crumbs for extra crunch!

To ensure that you get enough saturated fat but you don't overdo it, try to limit how much butter, cheese, cream, and eggs you consume. Use real butter instead of margarine, and simply use less of it. For any salad dressings that you would use, check the salt and fat contents so you don't have too much of either one.

## **Chapter 4**

### **Adjustments: Tracking Changes and Making**

#### **Daily Adjustments**

If you're working on the DASH diet, you want to keep in mind that there are going to be daily adjustments that you have to make. For example, you may be out with friends and family and you're tempted to order those greasy nachos or that fried food. You have to be strong and remember that on the DASH diet, you can have those same great foods but in a healthier version.

With your diet adjustments, your way of cooking will be about adding more nutrients and ensuring you have foods with less salt in them. The problem is, though, it's hard when you're not at home because sometimes you're hungry and you just don't know what to eat. That's where the DASH diet comes in.

#### **MAKING SUBSTITUTIONS**

As you start to look at your daily intake of food, you're going to have to make adjustments. For example, if you are out and you go for lunch with friends, maybe there are healthy alternatives that you can find at a restaurant. You could have a buffet-style salad where you can build your own salad, or maybe you can order a piece of grilled chicken with lots of steamed veggies.



## **MODIFY ANY MENU**

Sometimes, though, you may find that there are no healthy alternatives in an area you go to with friends and family. They may pick the fast food joint, or the restaurant with really unhealthy options. That's where you have to be very careful with what you eat. You may have to ask for specific things that you can have, like sliced tomatoes, lettuce, and tuna salad with no salt, and specify how you want it to be delivered.

For example, instead of a tuna salad on toasted bread with grilled cheese, get it on a pita without the grilled cheese. The cheese won't be low-fat, and the bread may be white bread.

## **DON'T BE AFRAID TO ASK FOR HEALTHIER OPTIONS**

Also be sure to ask for something like a low-fat yogurt and mixed fruit. When eating out with friends or family, you may have trouble finding something that you can have. Eat differently than you normally would so that you consume less sodium. Keep in mind that a majority of fried foods are high in salt.

## **PLAN AHEAD**

You can carry food with you. For example, if you know that you're going to be out for a long day, take a snack with you. Carry almonds in your bag, as almonds are light and also filling. Or think about carrying a little stick of low-fat cheese. Also think about something like grape tomatoes that you can take with you on the go.

As you make small adjustments to your snacks, you're also going to want to ensure that you incorporate this into all of your meals. Additionally, encourage your family to eat the same healthy diet so they can fight illnesses and diseases like you're doing.

## **MAKING MEAL ADJUSTMENTS**

Let's target different areas that have to be adjusted. Maybe you're not used to having breakfast because you don't have time to make it. You can always carry packets of oatmeal with you.

Preferably, you want to look at something like steel-cut oats, which have lower salt and more vitamins, nutrients, and minerals.

Or you could grab a protein shake, which is fast. Make it the night before and leave it in the blender in the refrigerator, and in the morning, have your shake and go. In your shake, you could combine granola, yogurt, and a lot of fruit and baby spinach; that way, you will be loading up on healthy nutrition.

## **BREAKFAST ON THE GO**

Another option is having hard boiled eggs for breakfast. You can carry these to work with you because they're easy to transport. In traffic on your way to work, you can have something healthy like a protein shake to hold you over until you get to the office.

## **HEALTHY SNACKS**

When you buy your snacks, buy lots of healthy alternative such as grape tomatoes, edamame, celery sticks, and baby carrots, that way you have little things that you can graze on when you want to have a light snack.

If you want something sweet, go for strawberries or even cherries.

Because you're seeking out healthy alternatives, you're always going to keep something on hand that can serve as a light and healthy snack. If it's hard to fight these cravings, consider having something like home-made baked potato chips that you slice thin and bake in the oven.

You could also have nuts that you roast in a pan. You can quickly make this with almonds, sunflower seeds, and peanuts. Just throw everything in and sauté it lightly. It only takes a few minutes. You can

even have it over yogurt for added benefit, but save some for your salad later!

## **LUNCH AT WORK**

As you are at work, it may be hard to find good, healthy options. Try to in-corporate chicken, turkey, tuna fish, or salmon into your lunch. For other meals at lunchtime, you can try grilled chicken or oven-roasted turkey breast. Do not buy deli meat turkey or meat that is sold pre-packaged. These are usually extremely high in salt and nitrates. Only seek out the oven-roasted versions to reduce salt consumption.

You can also have multigrain breads with your meat: nut breads, whole wheat bread, or wheat pitas. Look for the low-carb alternatives. If you can have a salad at work each day, that would be great; add more healthy veg-gies beyond the basic lettuce and tomatoes such as green peppers, red peppers, cucumber, radishes, shredded carrots, celery, onions, red onions, corn, green beans, and broccoli.

As you can see, by incorporating more sources of fiber, protein, and nutrient-rich foods into your lunch, you're fueling your body, giving it what it needs, and not consuming high-salt foods.

## **DINNER**

A lot of restaurants have dishes that might look healthy, but they are really loaded with a lot of salt and saturated fats. For example, you have to be careful with some restaurant chains out there.

Look for the calorie breakdown on their menus so you can see which selections are low in salt.

Also make sure that you're sticking with your diet by getting things such as a piece of grilled chicken or a piece of grilled salmon and a healthy salad or mixed vegetables with it.

TIP: Want to look like you're not even on a diet? If you know to which restaurant you're going, check out their menu online ahead of time. That way when they ask you for your order, you won't sound awkward or like you've been put on the spot!

## **ORDERING FOOD AT VENUES**

For the times that you may want to go out to a movie or to a baseball game, for example, you don't want anything that is processed or frozen. Most of the available foods, such as hot dogs, French fries, and popcorn, will be high in salt.

It would be better for you to bring something healthy from home such as your cheese, grape tomatoes, celery, or carrots. Avoid eating something that's going to increase your blood pressure.

If you can't take food with you, get peanuts in the shells or fries with no salt..

TIP: If you ever find that your feet are starting to swell, ask yourself what it was that you ate that day. Sometimes there are hidden salts in things like spaghetti sauce, barbecue sauce, and salad dressing. With a low-salt diet, you'll be able to tell as soon as you have something that has a lot of salt because you might be retaining water the next day!

## **SNACKS YOU MAKE YOURSELF**

People who are used to snacking on chips may find it hard to start with the DASH diet because they're so used to having the salt. An alternative is something like trail mix or granola mix that you make yourself. Even some new cereals now have high protein levels in them. Just make sure they are low in salt.

## **READY-TO-GO SNACKS**

Keep your granola in little baggies, and always take some with you. You should always have ready-to-go foods in your refrigerator, like

cut-up apples, hard boiled eggs, and other foods you can take with you. You can also buy little Jell-O cups; make sure they are sugar-free and they can travel well. Don't forget the spoon!

## **Chapter 5**

### **Meal Plans: Sample Diets, Tips and Pointers**

#### **HOW TO START THE DASH DIET: A SAMPLE MENU**

When you start the DASH diet, you're going to want to incorporate a few things that you might not think about all the time. This is going to take some time to get used to. Maybe you are used to grabbing a bagel with cream cheese for breakfast, or you're used to just getting a burger on the go. With the DASH diet, you're going to think about different ways that you can incorporate fresh food into your meal plans. The first place you want to begin is in the grocery aisle.

#### **BETTER GROCERY SHOPPING**

Be sure that you buy healthy foods. A good place to start with is your juice aisle. Yes, you will be able to have your favorite juices. You should buy juices like:

Low-sodium tomato juice

Sugar-free cranberry juice

Orange juice

Apple juice

#### **PRODUCE**

Next, when you buy your actual foods, you want to look for things in your produce aisle such as lettuce, tomatoes, bell peppers, grape tomatoes, regular tomatoes, carrots, and baby carrots.

#### **SNACKS**

Be sure to buy things that you will enjoy, such as sugar-free Jell-O, which can be fillers and don't have high calories. Also look for low-fat cottage cheese, cranberries, dried fruit, and healthy nuts like peanuts in the shells, cashews, pistachios, pecans, walnuts, and almonds.

## **MEAT AND SEAFOOD**

Next, you want to look for meat that you're going to be making fresh, so look for things like oven-roasted turkey, chicken breasts, whole chickens, legs and thighs that you can bake, and fish like tilapia, salmon, or flounder. Don't limit yourself with the meat and seafood; you can make great salads with shrimp or shrimp and grilled steak. While you don't want to have a lot of red meat, you can have beef stew, roast beef, and pot roast, as these will likely have you tossing a lot of veggies into the mix.

## **SAUCES AND DRESSINGS**

Look at your dressings and any sauces that you would use on them. If you make a sauce for spaghetti, try to make it one that is fresh from tomatoes or tomato paste as opposed to one that is a pre-made spaghetti sauce in a can, as these tend to have a lot of salt in them. If you do have to go with a high-salt kind, you can always dilute the sauce with a little water.

## **PHASE 1**

This is the weight loss phase of the DASH diet, and we've included a sample menu to show you all the great options you can enjoy!

## **BREAKFAST**

A sample breakfast might include egg whites, scrambled eggs or egg beaters, and low-salt juice.

## **MORNING SNACKS**

A morning snack might be something like grape tomatoes, celery sticks, or baby carrots. You could also include a little piece of low-fat cheese or hard boiled eggs, which are nice sources of protein.

## **LUNCH**

For lunch, look for something like smoked turkey, oven-roasted turkey, or chicken that's been grilled. Have it with or in a salad, and consider your sugar-free Jell-O for a light dessert or filler.

Also consider a light snack like popcorn with no butter or salt that you make at home

## **AFTERNOON SNACKS**

A snack in the afternoon could be something like a handful of almonds and a few carrots, or you can have the Jell-O if you didn't have to earlier in the day.

## **DINNER**

When you get to dinner, you may want to think about something like your oven-roasted chicken or turkey and a side of mixed vegetables, or you could have a salad with a very light dressing. You can make your own vinaigrette or use a light olive oil as a dressing.

## **DESSERT**

For your dessert, maybe have Jell-O, or have a little piece of cheese and tomatoes. If you really want something sweet, have a few strawberries and some almonds.

As you reprogram your brain to eat real foods, you will notice that everything that you added was healthy, protein-rich, and high in nutrients and minerals, such as veggies, fruit, and dairy.

## **PHASE 2**

As you go into Phase 2, this is where you're going to start to add more healthy foods. Keep in mind that this phase is for when you've achieved your actual weight loss and are now targeting higher proteins, higher fiber, lower fat, and lower salt.

## **BREAKFAST**

For breakfast, consider having scrambled eggs or hard boiled eggs. You can also have a little bit of fruit, like a mixed fruit cup or a blend of strawberries and bananas. You can have orange juice, coffee or hot chocolate.

## **MORNING SNACK**

For a morning snack, consider having almonds and low-fat yogurt. This can help ensure that you curb any cravings. The almonds also serve as a small way to burn fat.

## **LUNCH**

At lunchtime, you can make your own turkey, chicken, or tuna wrap. You can use lettuce, a pita, or a tortilla shell, and then add in healthy veggies like onions and peppers if you would like. Fill it with tomatoes and lettuce, roll it up, and enjoy!

## **AFTERNOON SNACK**

For your afternoon snack, you can have a little more protein, like a handful of nuts again. You can have yogurt, a fruit cup, or Jell-O. Try having peanuts in the shells; you'll actually eat less this way.

## **DINNER**

For dinner, make something hearty like grilled chicken parmesan. Serve it with a red sauce, and add a little low-fat cheese to it. You could also add squash, zucchini, and other vegetables to your sauce to make it rich. Have a big side salad with that and you may not even want dessert!



## **DESSERT**

If you still have room for dessert, consider having strawberries, almonds, or a yogurt parfait.

As you see from the diet, you're incorporating homemade foods, avoiding fried and salted foods, and consuming foods that are rich in nutrients and minerals. This can help lower your blood pressure and keep it low. Ultimately, your weight loss and diet changes are about setting goals and achieving them one step at a time.

Because I know that the DASH diet is something that you could accomplish successfully over time, it's just a matter of changing your thinking. That's why I've put together a few tips that can help you reprogram your mind and reassess your eating habits.

## **SAY NO TO PROCESSED FOODS**

When you go through your cabinets, get rid of frozen, processed, or high-salt foods. That means frozen pizzas, frozen TV dinners, frozen chicken nuggets, frozen French fries, or anything that is processed should be thrown out. Fill your freezer with healthy options like frozen fruit, veggies, and fresh meat. Always think less salt. The DASH diet is going to help you lower your salt intake, and this can help lower your blood pressure. But that means you're going to have to do your homework as well.

## **READ THE LABELS**

Look at the salt content of whatever it is that you're eating. For example, a bag of chips may have 250 milligrams of salt. Can you find one that's only 60 to 80 milligrams of salt? You want to eat healthy and be consistent about it as much as you can.

## **RESTOCK THE SHELVES**

Be sure to restock the shelves with the foods that you will be eating in the diet. Make a list of all the new goodies that you're going to pick

up at the store, such as yogurt, mixed nuts, veggies, and fruit. The one thing that causes people to fall away from a diet is when they say, “Oh, I can't find anything to eat.” That's not true. You just don't know what to eat—yet. That's why you have to make sure you have things that you can have on the diet. It will be quite a lot, so experiment!

## **COMING UP WITH NEW RECIPES**

Your new diet and new way of looking at food will have you enjoying a lot of great, new dishes.

However, you may find that you feel like you're just having the same thing every day. So, as you work on your diet plan, focus on new ways to eat healthy and on new recipes that can be used with the DASH diet. Don't be afraid to put that fruit in the oven and dry it out for a tasty treat.

Don't be afraid to have peanuts in the shells. Don't be afraid to bake kale or make your own granola bars. That's the fun of a new diet: making it your own!

## **TIME TO ADJUST**

Because the concept is new, it will take time to adjust. Give yourself time and you'll see how the benefits pay off down the road. Look for ways that you can use the DASH diet to make healthier versions of the foods you may start to miss.

## **REVAMP FRIES AND PIZZA**

For example, if you liked having pizza, whether it was frozen or you ordered it, you can still have it as a better version. Try experimenting with a pita, fresh tomatoes, and low-fat and low-salt cheese. Maybe you were used to those greasy French fries. Well, you can still have them; just ensure that you're utilizing all fresh ingredients, like fresh-cut white potatoes or sweet potatoes. That way you can make sure that you're getting the nutrients your body needs.

## Conclusion

The goal as you adjust to the DASH diet is to work on the ways you can lower salt, adjust to new foods, and substitute salty, processed, and fried foods with fresh foods. These new foods are better for you and safer for your body. That's the main goal of the diet—to ingest food that your body will benefit from and will put to good use. You don't want to have your body loaded with salt, because then you're causing your heart to work harder and making your blood pressure skyrocket.

The next step in making the DASH diet work is having a mineral-rich diet with lots of nutrients and vitamins. As you are feeding your body the proper foods, not only will it work more productively for you, but you'll see your skin has a healthier glow to it, you'll feel rejuvenated, you'll lose weight, and you'll be able to fight off all those nasty diseases and illnesses that you couldn't before.

Don't see the DASH diet as a way for a quick fix. See it as a move that will allow you to eat healthy for life. People are learning that not only are they living healthier lives, but they have a bounce-back like they never did before! That's what you should have too. Each day should be an empowered one; have the healthy eating habits that will fuel your body from the time you get up to when you go to bed each night. You should also incorporate the DASH diet into what you feed your family because these healthy options will benefit them as well!

Mindfulness Meditation

*12 Simple Steps to Being Present And Eliminate Your Daily Stress  
Through Mindfulness Meditation*

*Ella Marie*

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## **Introduction**

Mindfulness can be described as a mirror-thought. It reflects just what is without further ado, precisely the way it is going on. There are no inclinations. Moreover, mindfulness is a non-judgmental perception. It is that capability of the psyche which enables you to see without feedback. With this capacity, one sees things without judgment.

One is astonished by nothing. One basically takes an adjusted enthusiasm toward things precisely as they are in their regular states. One does not choose and does not pass judgment. One simply watches. It is beneficial for you to understand that when we say, "One does not choose and does not pass judgment," what we mean is that the meditator watches encounters like a researcher watching an item under a magnifying instrument without any preconceived ideas, just to see the article precisely as it seems to be. In the same way, the meditator notices impermanence, unsuitable quality, and magnanimity.

It is mentally unimaginable for us to watch what is happening inside us dispassionately, in the event that we don't in the meantime acknowledge the different states of the brain. This is particularly true with unsavory states of psyche. So as to watch our own particular trepidation, we must acknowledge that we are afraid. We can't analyze our own particular sadness without tolerating it completely. The same is valid for aggravation and disturbance, disappointment, and each one of those other uncomfortable passionate states.

You can't analyze something completely in the event that you are occupied with dismissing its presence. Whatever experience you may be having, mindfulness simply acknowledges it. No pride, no disgrace, what is there will be there.

Therefore, in entirety, mindfulness is a fair-minded watchfulness. It doesn't take sides. It doesn't get hung up on what is seen. It simply sees. It doesn't attempt to evade the awful mental states.

There is no sticking to the average and no escaping from the unpleasant. Mindfulness treats all encounters just as, all musings similarly, all emotions just as. Nothing is smothered. Nothing is subdued. In other words, there is no prioritizing.

Mindfulness is not considering. It doesn't get included with thought or ideas. It doesn't get hung up on thoughts or suppositions or memories. It simply looks. Mindfulness registers encounters, but it doesn't analyze them. It doesn't name them or arrange them. It simply watches everything as though it was happening surprisingly. It is not an examination that is focused around reflection and memory. It is, fairly, the immediate and quick encountering of whatever is going on, without the medium of thought. It precedes thought in the perceptual procedure.

Mindfulness can also be described as the awareness of the present. It is the recognition of what is going on at this moment. It stays everlastingly in the present, unendingly on the peak of the continuous wave of sitting back. In the event that you are recalling your second-review instructor, that is memory. When you then gotten

mindful that you are recollecting your second-review educator, that is being aware. On the off chance that you then conceptualize the methodology and say to yourself, "Goodness, I am recalling," that is considering.

Mindfulness is a form of alertness, which is non-egoistic in nature. It happens without reference to self. With care one sees all phenomena without references to ideas like "me," "my," or "mine."

For instance, assume there is pain in your left leg. Normal cognizance would say, "I have pain."

Using mindfulness, one would essentially note the sensation as a sensation. One would not attach that additional idea "I." Mindfulness prevents one from adding anything to discernment, or subtracting anything from the same. One does not upgrade anything. One does not underscore anything.

One simply watches precisely what is there—without mutilation.

Mindfulness is consciousness of progress. It is watching the passing stream of experience. It is viewing things as they are evolving. It is seeing the conception, development, and development of all phenomena. It is viewing phenomena maturely and passing on. Moreover, it is viewing things minute by minute, ceaselessly and watching all phenomena— physical, mental, or passionate—that is quickly occurring in the brain. One simply kicks back and watches the show.

Mindfulness is the recognition of the essential nature of each passing wonder. It is viewing the thing emerging and passing ceaselessly. It is, in a way, the process of perceiving how that thing makes us feel and how we respond to it. It is watching how it influences others. In other words, one is an impartial onlooker whose sole occupation is to stay informed.

The meditator who is creating self-awareness is not concerned with the outer universe. It is there, yet in contemplation, one's field of

study is one's encounter, one's contemplations, one's sentiments, and one's discernments. In meditation, one will be one's research center.

The universe inside has a colossal trust of data holding the impression of the outer world and significantly more. An examination of this prompts complete opportunity.

Mindfulness is participatory perception. The meditator is both member and spectator at one and the same time. On the off chance that one watches one's feelings or physical sensations, one is feeling them at that same minute. Being aware is not an erudite mindfulness. It is simply mindfulness. The mirror-thought illustration breaks down here. It is the attentive knowledge of life, an interest in the continuous methodology of living.

It is extremely difficult to describe mindfulness in words, not on the grounds that it is intricate, but since it is excessively basic and open. The same issue crops up in all aspects of human experience. The most essential idea is dependably the most troublesome to bind. Take a gander at a word reference and you will see an agreeable sample. Long words, for the most part, have compact definitions. However, short essential words like "the" and "be," can have definitions a page long. Also in material science, the most troublesome capacities to depict are the most essential ones that manage the most basic substances of quantum mechanics.

## **Mindfulness Basics**

We often get perplexed, and feel like life is slipping away ceaselessly. We accept that life is meaningless and beyond our control. We rush and stress and we're reluctant to back off. By living thusly, we miss the real life that we have been sent on earth to experience. We additionally increase the danger of sickness and damage.

There are two facets of mindfulness namely, mindfulness in regular life and mindful meditation.

Both are paramount and important to get the profits of mindfulness. Mindful meditation is altogether different from transcendental contemplation or other comparative practices where you center consideration on one thing and prohibit all different considerations and distractions. Those practices can lead to profound states of smoothness. Mindful meditation starts by centering, to create serenity and soundness. However, then it goes past that state to one of centered consideration.

As opposed to overlooking or stifling contemplations that come into the brain, considerations are noted and watched deliberately without judgment, minute by minute, as events in the field of mindfulness.

Today, mindfulness is not generally a religious practice, yet since Buddhists initially created it, there exists the concept of vipassana meditation, which stresses a Buddhist focus. For individuals who are extremely occupied, meditation obliges discipline on the grounds that it includes requiring some investment every day to do practices which will fortify the ability to be mindful in day to day life.

Mindfulness in ordinary life is basically minute-to-minute mindfulness, so any movement is an event for polishing the practice of mindfulness. All it takes is moving from auto-pilot mode to a mode of awareness. Learn to be the witness of your considerations and feelings. Get mindful of the foundation, "static" of conventional obviousness, and how seldom you are quiet inside yourself. By watching your feelings and the good and bad times of life, you figure out how to surf the waves. Underneath the surface of the waves are the placidness, quality, and vitality of the universe, which will settle everything in your life.

Mindfulness can be achieved in everyday life by incorporating simple activities like: While brushing your teeth, feel the touch of the brush on your gums, the taste and scent of toothpaste and the coolness of the water when you flush your mouth.

When consuming food, feel the composition of the sustenance in your mouth and the different flavors and fragrances. Don't ponder on



different things or talk, and don't contemplate your next nibble until you have relished the current one totally.

When conversing with somebody, truly listen and hear what they are stating without passing judgment on them, considering different things, or arranging what you need to say next.

Mindfulness or the state of being aware is a cumulative result of simple day to day events and your total involvement in each one of them.

Studies indicate that in only eight weeks of preparation and mindfulness, the mind and the way it forms feeling under anxiety might be changed. At the end of eight weeks, the insusceptible framework is more vigorous, individuals feel calmer, and they feel better about their bodies. The danger of harm is significantly lessened. Anxiety is an aggregate personality/body reaction to an apparent danger. Reactions originate from envisioned dangers.

The anxiety response includes the endocrine and focal sensory systems that discharge anxiety hormones into our bodies. Since life is brimming with turbulence, we are regularly in a state of stress that brings about such physical issues as hypertension, misery, migraines, spinal pains, and sleep deprivation. Stress measurably causes an issue of the musculoskeletal, cardiovascular, nervous, and gastrointestinal frameworks.

Unbending thinking and practices that may have once kept us safe turn into our foes when our reality perspective is tested. Anything that doesn't fit into our idea of "typical" is alarming and becomes a cause of our stress. To adapt to mental uneasiness, numerous individuals try to stay busy all the time, or they create addictive connections to sex, nourishment, alcohol or medications. Stress undermines the soundness of our brains and our bodies and can conceivably slaughter us. Besides this, it additionally ransacks us of the nature of life.

## **Practicing Mindfulness**

There is an anecdote about a 43-year-old man who was under care after a few hospitalizations and received medication for anxiety-related midsection ache and overpowering anxiety. He reported "I didn't have one good encounter all week." The specialist asked, "Do you shower before work?" The man replied, "Consistently." The advisor inquired as to whether he delighted in showering and the man replied, "A whole lot". "Thus, you do have charming encounters consistently," said the specialist. The man replied, "You mean those little encounters also count?"

Mindfulness obliges withdrawing consideration from the past and the future at whatever point they are not required. Your psyche has a tendency to escape the present into the future and the past, which are both illusory. What's to come is either envisioned to be preferred over or more awful than the present. Your past is a history of great and awful encounters, which are not the present moment. To be free of time is to be free of the mental need of the past for your personality and the future for your fulfillment.

Do you talk and ponder on the past? Assuming this is the case, you are not living in the present.

Your past and your future are not you, right now. By not dragging the past into each minute, you come back to the minute in which you are currently living. When concentrating on the present, be mindful of time as it is required to perform objectives. On the off chance that you set an objective and move in the direction of it, you are incidentally mindful of time, yet your center is on the present. On the other hand, if you set an objective and concentrate on the objective, the present is simply a going stone to the future and the present loses its natural value.

## **Managing Thoughts, Reactions and Emotions**

Life has cycles of pleasurable moments and terrible nightmares. When we rehearse mindfulness in the event that something makes us furious or harms us, we stop quickly to watch the moment.

We turn into the witness of the circumstances and get mindful of our responses. By taking a gander at things in a non-judgmental manner, we detract the force from the circumstances and don't let it sustain our feelings. For instance, on the off chance that you get cut off while traveling in a high traffic situation, instead of responding with street fierceness, essentially watch the cars cut you off, feel your annoyance, and hold up to see what happens next. The displeasure will hit a crest and after that dissolve by surfing the feeling and viewing it without judgment.

"Surrender" is the straightforward alternative to contradicting the stream of, life. Acknowledge the "NOW." By tolerating the circumstances and making positive moves, we are more successful than by opposing the circumstances and taking negative or no action. In awful or horrendous circumstances, we can make a strategy, or when there is no hope, we can plan. But, this planning must not comprise anticipating the future and running "mental films" that causes us to dismiss the present. If we can't make any move or can't expel ourselves from the circumstances, we must go deeper into surrender, without surrendering. There must never be any imperviousness to actuality. Change frequently occurs with practically no movement at all by going all the more profoundly into the present.

Pessimism is internal safety, and this safety is negativity. Negativity can't change actuality, but it prevents alluring conditions from happening. We must recognize the pessimism and internal safety and attempt to drop it. Mental and physical strains emerge when there is safety. The free stream of vitality through our body is confined and our wellbeing endures. We make our own particular issues and ache with this pessimism. In the event that we can't drop it, we should either center consideration on it, or get transparent to permit whatever is irritating us to pass through us.

As opposed to responding with protection or strike, offer no safety. This doesn't mean you turn into a doormat and endure the awful conduct of others or acknowledge circumstances that are not

positive. On the contrary, it implies that they lose their control over you.

## **Managing Problems**

We bear numerous loads in the psyche. We envision things that may happen later on. When we are brimming with past and future issues, there is no space for new solutions. We can decide to dispose of this trouble by concentrating on the one thing we can do immediately, holding up.

There are two sorts of holding up:

### **1) Small-scale holding up**

This includes things like car influxes or the line at the supermarket for example. These are extraordinary open doors for mindfulness, where we can watch the things and individuals around us, and our own particular feelings, as opposed to getting restless. The actuality is, we are holding up, and we must hold up.

### **2) Large-scale holding up**

It is waiting for a greater house, a compelling relationship, achievement, or the next raise. Some individuals use their entire life holding up in light of the fact that they need the future, not the present. Genuine success is completely tolerating our present actuality and appreciating what we have.

## **Managing Emotional Turmoil**

When we are not aware of the present, each event that induces emotional pain abandons a deposit of torment that lives on in us. This amassed agony is negative vitality that involves our body and brain. It might be torpid, or it could be dynamic. In some individuals, this past agony is dynamic for up to 100% of the time with the result that they live completely in torment. Other individuals might just encounter past agony in specific circumstances, connections, or

when it is initiated by a blameless comment or a thought. These painful moments can lead to negative, awful, or self-ruinous musings, practices or sentiments.

It is best to get hold of the past event that causes emotional turmoil at the exact minute it stirs from its torpid state and feel its vitality. Be totally mindful of it. When you do this, the torment loses its control over you. On the off chance that we relate to it, it can assume control over us, get to be some piece of us, and survive inside us. Don't battle this agony. Simply watch it and acknowledge it as what it is in the moment. People looking for salvation later on are attempting to escape some torment. On the off chance that they concentrate on the present, they experience their agony, which they fear. This dissolves the pain affecting you from the past.

### **Managing Tormenting Relationships**

When we encounter tormenting feelings on seeing someone, we typically see that person to be the reason for those sentiments. We project our sentiments outward and assault the other individual. Individuals depend on connections, pills, nourishment, and liquor to conceal their agony. At the point when these things are not accessible or when they quit living up to expectations, the pain is uncovered. In actuality, it is not that person who is causing agony to us, it is us. We have permitted it to happen to us. We must face the agony that is in us instead of attempting to escape it by accusing others. At exactly that point, our agony will break down into the past.

### **Managing Physical Conditions**

Disease and physical ache are an integral part of one's life. It is proposed not to mark ailment on the grounds that that provides for its actuality, strength, and congruity in time. By standing up to ache and sickness, even demise, just in the present, it is diminished to one or a few of these elements: physical torment, shortcoming, uneasiness, or handicap. Surrender to these variables, not to the thought of illness. We should not accuse ourselves, feel

blameworthy, or accuse our lives of its unfairness. The majority of that is the feeling of resistance.

In the event that we get to be genuinely sick and feel furious at these proposals, it is evidence that the ailment has gotten to have become a part of our feeling: of self and that we are guarding our character and the illness. Our diseases have nothing to do with who we really are. Surrender to the minute and it will change you. Fear and torment won't essentially be changed into bliss, yet they will be changed into a profound acknowledgement that surpasses straightforward feelings.

## **Steps to Mindfulness**

This chapter includes some steps to mindfulness and some tips for living in the moment.

However, these steps must be incorporated with a feeling of gratitude. You should be thankful for all that you have. The fact that you can eat, walk, contemplate and concentrate is the reason why you should be thankful. Mindfulness is a way by which you can connect not only with your own self, but with the whole world as well. The act of living in the present shall leave you happier and healthier.

## **Breathing**

It is said that on the off chance you need to spare yourself thousands in psychologist charges, then you must figure out how to breathe properly. The breath is a great spot to begin. We are breathing constantly, if typically unknowingly. By tuning in, we can bring together, our brain and body, and attach ourselves to the present moment.

You can truly feel strain and anxiety coasting endlessly. Feel the breath coming into your body through the tips of your nostrils and after that leaving your body once more. Take a stab at imagining your breath as a loop. Imagine the breaths in topping off a large portion of the loop then streaming specifically into the breaths out. It

is a persistent movement. At whatever point you recognize your brain has meandered, you must bring it again to the breath.

In the event that you need to take it above and beyond, on your breathe-in imagine white mending light entering your body and on your breathe-out imagine tension and strain leaving your body.

### **Awareness of Your Bodily Sensations**

We typically live in our heads and totally disregard our body unless we are in pain. We imagine that our psyche is totally separate from our physical body. To get mindful of your body, send your breath to diverse parts and recognize those body parts. Notice the shivering in your fingers, discharge the anxiety in your stomach, get mindful of the highest point of your head, and feel the pressure in your neck. Getting mindful of your body will bring you into the present moment. It will tweak your faculties and calm the psyche. A great spot to work on tuning in to your body is in the shower. Give careful consideration to the inclination of the water moving over each part of your body, the sensations and the temperature. Bring yourself into complete physical mindfulness.

### **Concentration on Your Mindfulness**

Fixation is truly the basis of practicing mindfulness successfully. After everything, you can just practice to the degree that your psyche is smooth. Without focus, your brain will be similar to an uneven ocean in a storm. Consider focus like steady consideration on one thing. It is the measure of time that we can stay centered before we recognize that our psyche has meandered. You must only do one thing at a time. Gradually and deliberately, bring reason into your activities and get mindful of your considerations, movements and particularly your breath.

On the off chance that you are checking your email, simply check your email. You should not log into Facebook in the meantime. On the other hand, if you are consuming dinner, simply consume dinner, don't check your phone and watch the news as well. Each time you

perceive your focus has meandered, bring yourself back to focus on your breath. This won't happen overnight. However, with practice, you will get it. The deeper your focus is, the deeper you can enter into mindfulness and its profits.

## **Mindful Eating**

This includes taking a seat at a table and consuming a feast without participating in any other exercises - no daily paper, book, TV, radio, music, or talking. Just consume your dinner, giving careful consideration to which bit of food you select to consume, how it looks, how it smells, how you cut the food, the muscles you use to raise it to your mouth, the surface and taste of the food item as you bite it gradually. You may be stunned at how distinctive food tastes when consumed along these lines and how filling a feast can be. This method of eating is also useful for the digestion process.

## **Mindful Walking**

While strolling, you must focus on the feel of the ground under your feet and your breathing.

Simply watch what is around you as you walk and stay in the present. Release your inhibitions and take a gander at the sky, the perspective, and other walkers. Feel the wind, the temperature on your skin and feel delighted in the moment.

**Understand That You Aren't Your Thoughts and Emotions** A key to mindfulness is the comprehension that your psyche is encountering numerous influences. We generally aren't even mindful that it is occurring. When you comprehend that your brain prattles away, you can avoid letting each thought disturb your inner peace. This is the place where enormous profits begin to happen. You are NOT your sentiments, and you are NOT

your considerations.



When you say, "I am disturbed," do you truly imply that you are feeling? If we were our sentiments or considerations, when they vanish, we ought to vanish as well. But we don't.

Thoughts, emotions, and feelings blur away. We can additionally prevent them from advancing by changing our considerations. Your sentiments are similar to a climate framework passing through. They are not you.

### **Get Adequate Sleep**

We need slumber to revive our brains and bodies. It is just as simple as this. When we are tired, we can erratically hop from errand to assignment without any genuine clarity. We wind up treading a tiring loop of ceaseless errands. It is an interconnected round, the old chicken or the egg philosophizing. We require mindfulness to sleep, and we need slumber to practice mindfulness. Awful rest propensities damage our bodies. Like a motor without an oil transform, we begin to break down.

### **Meditation**

Meditation opens an entirely new world. You have to turn off your psyche. Your mind does a lot of considering, and we generally aren't even mindful that it is occurring. At the same time, these considerations are influential, and now and again musings can wind into upsetting, negative contemplations and control us. By viewing your brain, you can avoid urges and negative considerations, and you can lead a life free of stress.

### **Patience**

Our brain is extremely anxious and fretful. When we start a mindfulness drill, we create tolerance each time we stop and practice. Keep in mind that everything comes in its own particular time. It's like cooking an egg. If you attempt to hurry it, the yolk will break and make a huge mess. It's especially important to take a gander at your own particular quietness when resentment emerges.

Realize that mindfulness is a practice that can take years to ace. When you first start and you find that your brain is ricocheting from thought to thought, don't be excessively hard on yourself.

Create the persistence to realize that it will come in time. Getting eager with a mindfulness practice is just going to back off your progression.

## **Interconnectedness**

Everything is associated with everything else. Without daylight, there is no life, without water there is no life, without trees there is no oxygen. It is a complex web of finely adjusted interconnections. It is extremely hazardous to imagine that we exist separately from everything else. Nothing is permanent and the only thing constant is change. This is a fact that can help you in appreciating your circumstances, relationships, and belongings. Each and every thing that you come in contact with is your connection to the world. However, every connection is temporary.

Therefore, it should be appreciated for the time that it is there. Mindfulness allows you to discover the different threads of interconnections and give you a broader picture of life.

## **Other Mindfulness Techniques to Practice**

Mindfulness has been depicted as a state of being in the present, tolerating things for what they are, i.e. in a non-judgmental manner. It was initially created to help in temperament regulation and backslide aversion and in despondency. It has been found to have respectable wellbeing profits.

Some day-to-day activities that can be useful for achieving mindfulness are:

### ***One Minute Exercise:***

Observe a clock or watch. Your undertaking is to center your whole consideration on your breathing, and nothing else, for the moment. Have a go - do it now.

### ***Exercise for De-stressing:***

You must choose an erect stance and at that point ask yourself: "What is happening with me right now?" You essentially permit yourself to watch whatever happens. Name any contemplations that you have and afterward allow them to sit, unbothered. Simply be ready to give them a chance to buoy away. Breathe in your surroundings. At the point when feelings or memories of frightful occasions happen, don't permit your own self to wind up. Provide for them short names, for example, "that is a dismal feeling," or "that is a furious feeling," and afterward simply permit them to float or buoy away. These memories and emotions will bit by bit diminish in force and recurrence. Soon you will start to distinguish yourself as a destination eyewitness or witness instead of an individual who is irritated by these considerations and sentiments.

### ***Breathing Exercise:***

Stay with any troubling musings for a couple of minutes. Then, as you give them a chance to buoy away, tenderly redirect your full attention to relaxing. Give careful consideration to every breath finished and done as they musically take one after the other. This will ground you in the present and help you to move into a state of mindfulness and self-awareness.

### **Mindful Meditation**

Practicing mindful meditation is a pledge that numerous oppose, yet it requires far less time and exertion than most individuals believe it does. The time of the day isn't critical; the customary practice is. In a perfect world, it ought to be rehearsed for 20 to 30 minutes twice a day in a calm room with a shut entryway with no preoccupations. You may want to begin by doing 5 to 10

minutes once a day rather than pointing for the "perfect" objective and afterward feeling overwhelmed by it and missing the mark.

Utilize a clock to guarantee that you ruminate as long as you arranged. In the meanwhile, it is beneficial to look for a peaceful and tranquil place, for example, taking a seat in your office or sitting in your auto, getting primed to drive home from the exercise center after your everyday workout. Once more, pick a period when diversions will be negligible. This chapter illustrates one of the most popular methods of performing this form of meditation.

### **Step 1**

The first step for any form of meditation is to get into the right posture. You must sit in such a manner that your legs are crossed. Besides this, you must use a meditation pad for a better and more convenient meditation session. You may also choose to sit with your legs broadened straight out or to sit in a seat with a firm back, keeping your feet on the floor and your spine straight, and tucking in your bottom marginally to keep your vertebrae adjusted appropriately. On the off chance that you have any back, pelvic, or neck ache, back help is fundamental.

Indeed, you may need to rest, with your head propped up at a 45-degree angle. In case you're sitting up, close your eyes. If you're lying down, keep your eyes half open to keep yourself from nodding off.

### **Step 2**

Focus your eyes. With your eyes shut, center them on one spot, conceivably around the tip of your nose or on your "third eye" (the chakra, or vitality point amidst the eyebrow). On the other hand, turn straight ahead toward the internal parts of your eyelids. As an alternative, you may also choose to roll your eyeballs upward. Whichever eye position you pick, make certain it feels good and that your eye muscles are loose. In the event that you have elevated uneasiness or reasons for alarm, you may need to open your eyes

partially or even completely, turning straight ahead toward a spot on the divider or out the window at a stationary item, with a specific end goal to suppress those sentiments. An alternate thought is to close your eyes, and envision being in a spot where you generally feel loose, protected and secure.

### **Step 3**

Pay regard to your convenience. With your eyes shut or part of the way open, focusing them on one spot, breathe in with consciousness of your lungs and your stomach. As you breathe in, say to yourself, "In." Exhale from your lungs and afterward your mid-region, saying to yourself,

"Out." Do this each one time as you relax. You can additionally utilize the words "climbing" and

"falling ceaselessly," or "solace" and "giving up," or "surrender" and "discharge."

### **Step 4**

Place your hands in an unwinding and animating mudra (hand position). In Buddhism, the mudra, or position of the hands, in meditation is imperative, on the grounds that it influences the stream of vitality all around the body. There are three customary mudras. Likely the most prevalent one is to touch the thumb and first finger to one another, and after that hold your palms up, with your different fingers loose and straight, and rest the backs of your hands on your thighs.

### **Step 5**

Be mindful! As you breathe, rationally note the musings, sentiments, sounds, tastes, smells, and physical sensations, like tingling, temperature, torment or uneasiness, or emotions of greatness and softness that you encounter. Don't attempt to examine any of what you're noting. Essentially be available, open, and watchful. Watch the nature of sensation in the event that it has one, and arrange it: "greatness in shoulders," "astringent taste," "yard cutter outside," "tormenting contemplated child," etc. Don't investigate this thought or feeling unless it happens more than twice, in which case, inquire as to whether you have to manage it now or after your meditation.

On the off chance that it needs to be tended to immediately, permit yourself to be available with that sensation, feeling, or redundant thought without judgment as it blurs away or diminishes in power. Subsequently expound on it in a diary, think about it, or converse with a companion or advocate about it.

## **Step 6**

Slowly return to conventional cognizance. Take three long, moderate, full breaths, taking in through your nose and out through your mouth. Rub the palms of your hands together to produce hotness, and place the palms over your eyes and face. Open your eyes and gradually lift your hands far from your face as you come back to mindfulness. Breathe in profoundly and stretch your arms up over your head, with your hands interlocked. Curve gradually to the right and afterward to the left. Do this a few times, and after that curve forward to your feet. Consider whether anything of vitality uncovered itself to you. In such a case, expound on it in your diary, ponder it, or just move on.

In case you're envisioning a distressing circumstance in which it will be trying to remain nonreactive, or you'll have to have the capacity to get to your innovativeness more than ordinary, attempt to calendar a meditation session quickly.

## **Conclusion**

Positively living in your "NOW" isn't simple, yet it is very compensating. The most ideal approach to get up and go on your own way, "without a moment's hesitation," is to comprehend the potential deterrents and plan ahead of time on how you'll manage them.

### **Mindfulness requires progressing exertion.**

Mindfulness takes a great deal of work. However, the fortunate thing is that the more time you drill, the less demanding it gets, and the more cheerful your life gets to be. From the start, your musings will be in bedlam, and everything will appear to be crazy. Your circumstance will feel vulnerable. But the more you concentrate on being where you are completely, the simpler it will be to discover true serenity in the given moment and time. Mindfulness is best accomplished when it is practiced throughout the day. It's not only for when you take a seat and contemplate.

Concentrate on being aware of your contemplations when you're doing ordinary assignments and it will be simpler to stay mindful when things get extreme.

### **There will be diversions.**

When you're on your excursion to getting more aware of your own self, it appears to be as though the universe begins tossing stuff at you simply to provide you challenges. The preoccupations could be issues throughout your life, show in your connections, or old negative convictions popping up from your past. These are incredible open doors to practice living in the moment. They will help you in becoming stronger, better, and all the more in tune with yourself.

The issues and difficulties we face are, in actuality, educators,.

### **Advancement doesn't generally come rapidly.**

Advancement may appear to be excruciatingly abated. There will be times when you join to things and circumstance that you need, which

will make it troublesome to be completely in the moment. It's difficult to be careful when you're failing to move on or fixating on what's to come.

### **You may need to surrender.**

Like with any beneficial adventure, you will have a craving for surrendering and giving up numerous times. It is through these times that you feel most baffled that you are nearly a leap forward. Our lives are very similar to the seasons. We experience chilly, dull winters, and upbeat, stretching summers. Everything goes back and forth. It's the rhythmic movement of life.

When you understand that the testing times are there to help you develop, you will naturally feel more quiet and loose.

### **Your objectives may challenge your mindfulness.**

Having objectives is phenomenal, key even, yet when you get to be excessively connected to them, something terrible happens. You realize that you're over-attached when you begin feeling baffled, furious, and negative.

Connection tangles our clarity. You are seeking after your objectives on the grounds that you accept that they will make you euphoric. Keep that in mind when you begin letting your objectives pull you into an upsetting state of psyche. On the off chance that you concentrate on the great things around you, you'll feel that satisfaction that you think you have to pursue. This will make you much more content in the long haul, and, obviously, at this time.

### **You may overlook that the journey is the goal.**

Most individuals miss the fact that the fun of a journey is not in the destination, but in the journey itself. Have you ever perceived that when you achieve an objective, it is not as energizing as you thought it would be? Of course, it feels incredible to hit a turning point, but in the event that you don't supplant that objective with another, you will



soon end up feeling unfulfilled. People need objectives so they can have a feeling of reason and satisfaction. It is during the adventure that we learn, develop, and get better.

When you're honing mindfulness, recollect that there is no place to touch base. In the event that you concentrate on what is going on at this time, the rest will deal with itself. Indeed, the most edified experts on earth need to manage troublesome circumstances and disorganized musings.

The distinction is that they have figured out how to acknowledge the minute for what it is. When you do this, you turn into the gatekeeper of your internal space, which is the best way to feel great inside and discover significant serenity at this moment.

## POSITIVE THINKING

*20 Practical Tips to Overcome Negative Thoughts And Achieve True Happiness And Success For Life!*

*Ella Marie*

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### **Introduction**

Some people might think that positive thinking only comes easily when you are happy, healthy, and successful in your career, social, and family life, but the truth is that positive thinking is the most important ingredient to being happy, and not just in the future, but right now as well.

All too often people only highlight their shortcomings and their negative experiences in life. No wonder, for it is a part of human nature to remember negative information more vividly.

According to psychologists, the human mind deals with positive and negative emotions using different parts of the brain. Since negative thoughts require one to think deeper (such as problems), one is more likely to remember them. For instance, if someone tells you that you are kind, but humorless, you are more likely to think, why does he think I am humorless? You will surely ponder on the negative part of the comment and take the positive feedback for granted.

So what does this say about positive thinking? If you have been building the habit of concentrating too much on negativity and perfectionism, this might prove to be quite a challenge, but only in the beginning, because you have to unlearn the habit of negative thinking and replace it with habits that will lead you to thinking positively more often.

Positive thinking focuses on positive emotions and traits, such as; joy, excitement, creativity, humor, love, courage, wisdom, knowledge, and inspiration. Positive thinking is the foundation of Positive Psychology, which has three main aspects:

The Subjective aspect which has to do with feeling good, such as satisfaction, happiness, and well-being

The Individual aspect which concentrates on your definition of how to be a good person, such as your strengths, values, ability to love, forgive, and interact with others.

The Community aspect which concentrates on your social responsibilities, altruism,

and other qualities that will enable you to go beyond your own being and reach out to others through positive actions.

Positive thinking itself is not a goal one should aspire to reach. In fact, if you so choose, you can think positively right now. Recall the scene in Peter Pan where he told the kids to think of any happy little thoughts so they could fly (of course, pixie dust was one crucial prerequisite to flying). The kids started to think of memories and things that made them feel happy, such as Christmas, sleigh bells, and snow. You, too, can try it right now: think of a happy thought from the past, even just one simple happy memory from the past. Dwell in it and let yourself laugh out loud if the memory was a particularly funny one.

If you dwell too much on the negativity in your life, you might find it difficult to recall happy memories at first. However, do not worry because all you need to do is practice all the time. By practicing positive thinking each day, your mind will be able to recall good memories more easily, solve problems more efficiently, and deal with difficult situations more effectively.

Ultimately, positive thinking makes life worth living and empowers you to expand your knowledge and use your strengths and talents to bring out the best in yourself.

When you learn to think positively, it does not matter how old you are or what kind of abilities you have right now. Everyone has the potential to improve by changing the way they look at things and at themselves. Take some time to feel grateful for having the ability to understand what you are reading here right now, because if you are

able to do this, then your brain is certainly able to learn how to focus on the positive.

## **What it Takes to Become a Positive Thinker**

Anyone can become an optimistic person as long as one proactively makes the decision to choose positive thinking. That is the beauty of being a human being: you always have the freedom of choice. While it is true that you cannot always choose to change your situation in life, you can still always choose your thoughts about them. Notice what happens in the following scenario:

It is your birthday, and a loved one decided to give you a present. Upon seeing the wrapped box, you cannot help but guess as to what contains inside. An image of something that you have been desiring at the mall immediately pops into your mind; you just cannot help but hope that it is what is inside the box.

You excitedly tear off the wrapping paper and what does it reveal? You cannot help thinking that it must be the ugliest vase that you have ever seen. You immediately feel disappointed, but you try to conceal it because you do not want to hurt the giver's feelings. Now, there are so many possibilities as to what the next step might be for you.

If you were a decent person, but tends to dwell on the negative, you would probably thank the giver and at least try to pretend to like the present, but secretly dwell on thoughts such as how ugly the vase is and on how to get rid of it as soon as everyone goes home.

On the other hand, if you were a positive thinker, you would immediately notice one good quality of that vase (such as its color or shape) and focus on it. By doing so, you can genuinely be appreciative of it and be able to honestly tell the giver that you love the color of this vase.

Your positive thoughts would then consider the best way to make use of the vase, not because you want to please the giver, but

because you recognize the good qualities of that vase.

Based on this little scenario, you can see that positive thinking is all about being selective with where you focus your attention. By choosing to pay attention to the good, you will be more calm, happy, and content. It does not mean you are being blind to faults of others; it just means that you are aware of the negativity, yet you choose to make the best out of the situation.

People usually base their thoughts on their emotions. Some even have the habit of immediately acting upon them. The fight or flight response is a clear example of this. For instance, when you see a lion standing right in front of you, terror explodes in your mind and compels you to choose between fighting back or run away as fast as your legs can carry you. Your instinct to survive goes on hyper-drive and floods your body with adrenaline, enabling you to take immediate action.

However, the modern world does not necessarily call for one to immediately translate emotions into action all of the time. The humans' fight or flight response has now evolved to enable one to deal with contemporary situations, such as facing an angry boss, a cheating partner, or an empty bank account. There are far more situations now that allow one to take a step back and think before taking action. Negative emotions are nevertheless your body's natural way of telling you that something is not right. But when they are experienced chronically, it would lead to more disastrous effects, such as stress, anxiety, and depression. It is for this reason that people, particularly psychologists, pay so much attention to negative emotions and how to deal with them. It is for this reason that positive emotions take a backseat in most people's minds. Positive emotions do not seem to be directly associated with any form of action to save one's life from doom, that is why it is easy to take them for granted.

## **Appreciate Positive Emotions**

Barbara Fredrickson, a psychology professor, highlighted the importance of paying attention to positive emotions, and this has led

her to conceptualize the Broaden-and-Build Theory. This theory describes why positive emotions are important and why you should appreciate them: They improve your attention and thinking skills. In other words, you are likely to be more creative and open-minded when you are experiencing them.

They relieve you from negative emotions. For instance, chronic stress is alleviated by instilling contentment and pleasure.

They boost your ability to solve problems and cope with difficult situations. Positive emotions keep you from falling into depression by letting you find satisfaction and comfort with others and within yourself.

They boost your social, intellectual, physical, and psychological well-being. For example, positive emotions from spending fun times with friends boosts your interpersonal skills, endorphins from exercise encourage you to improve your physical prowess, and the sense of satisfaction after learning something new boosts your desire to broaden your knowledge.

Positive emotions, according to the theory, lead to a better life because they promote your overall healthier development.

## **22 Tips on Positive Thinking**

### **Manage Your Negative Emotions**

To manage your negative emotions, you should develop your Emotional Intelligence or EQ. To develop this, you can do the following: whenever you experience a certain emotion, be it positive or negative, the first step is to recognize the main cause that triggered this emotion. Next, consider the beliefs that cause you to feel the way you do. After that, you can rate on a scale of 1

to 10 the intensity of that emotion. Finally, ask yourself whether the emotion is worthy of your time and energy. Once you have taken

these steps, you can then consider the best course of action to deal with it.

For instance, let's say a friend ignores your messages and it is making you feel anxious. Before coming up with all sorts of guesses as to why your friend is not replying, do your best to observe the emotion first. Is it really caused by your friend's not replying to you, or is there a more serious underlying problem? Does the emotion cause physical discomfort (such as a fast heart rate and sweaty palms)? How intense is it? Is the situation worth worrying over? By worrying about it, will you be able to come up with a solution? If not, what should be the right solution?

Here are some suggestions on how to transform your negative emotions into action in a positive way:

Expend all of that energy. If you are angry or anxious, take a walk, go running, swim, or any other healthy form of exercise.

Talk it out. Face yourself in the mirror and talk it over. Let your thoughts flow out in the form of words only you can hear. Let it all out in private until you exhaust yourself. Then, move on to finding a logical solution.

Relax. If you are feeling overwhelmed, take a breather by listening to some relaxing music or taking a short nap. You do not have to be in such a rush all of the time.

Socialize. Talk to a friend or to your pet about the problem. Let the wild emotion fade away by engaging with others for a while.

Do something pleasant. If you like window shopping, then go to the mall and take a look at a few things. If you like painting or writing poems, translate the emotion through your art. If you are out of ideas, pick up a mop or a broom and clean your house; doing your chores is actually a cheap form of therapy.



Beware, though, of ineffective ways of coping with negative emotions. While they might seem effective, they actually trigger a downward spiral that can lead to even worse situations and emotions in the future. The most common of these are: turning to drugs and alcohol, deliberately avoiding the problem, doing passive things such as oversleeping and watching too much television, and avoiding socialization.

## **Retrain Your Brain**

The brain is a powerful organ, controlling all of the body's vital functions, including all human emotions. The mind has such control over the body that mental strain, such as being stressed or feeling pressured, can cause physical responses in the body, such as nausea, headaches, and dizziness. But another amazing aspect of the brain is its capability to learn, change, and adapt.

This means you can change how you think and how you respond to things around you. You can condition your brain to become more positive.

The human brain continues to learn and grow, and certain parts of the brain that are exercised more, such as those responsible for memory, or cognition, grow larger, that is why even older people can still learn new skills, or take on new work that is very different from what they had done in the past. In the same sense, you can teach yourself new ways of reacting or responding to negative circumstances. Such as in cases of disappointment, instead of holding on to the regret for a long time, or even throwing blame towards others, you can consciously choose to let go of these regrets, and as you continue to hone this new mindset, it becomes easier until it is practically second nature. In fact, by being more optimistic and positive, the brain can solve problems faster and more efficiently, compared to times when the mind is flooded with negative emotions and pessimism toward the possible outcomes.

## **Calm the Mind**

In order for you to have positive thoughts, you have to start at the neutral zone, with being at peace and aware, without being judgmental of who you are, what you do, and whatever occurs around you. Before panicking, worrying, or falling into despair, take a moment to reflect: is it really so hopeless? Is there really nothing you can do? Is it really that big a deal? Once you ask yourself these questions calmly, you can also answer them calmly. By now, you would have a choice, to be a pessimist or an optimist, and conscious choice is very important in the desire to be a positive thinker.

One of the common ways to find peace or calmness is mindful meditation, which is an offshoot of traditional Buddhist meditation. Here, you will take some time away, find a quiet, comfortable spot, and reflect upon your current thoughts and actions without being critical of them. In this exercise, you must focus only on the present, paying no attention to past regrets or fears regarding the future. See only what is happening, only those things that are in the here and now, and you will feel your worries and troubles melt away, you will be able to enjoy and appreciate your life without it being muddled by trivial concerns. You will be able to find the core of your being that defines you and what your happiness should be, no longer subjected to external difficulties or fears. This will alleviate your stress and give way to a healthy and positive state of mind. Along with this, there are physical benefits as well, such as stronger immunity and better sleep patterns.

### **Focus on the Good Things**

How happy you are with the way you are also affects how you respond to the world. People often have the tendency to be over critical of themselves and often focus on what they think they don't have or don't have enough of. This tendency causes negative thoughts to flood the brain, making you more stressed and disheartened. This is why it is so important to focus on the positive things in one's life rather than the bad, the missing, or the lacking.

When you reflect upon your life, your job, or even your appearance, always remind yourself of the good things first and be satisfied with

what you find. Accept that this is how it is and appreciate what you have. Things only seem the way they are according to how you choose to see them, there are many aspects in life you cannot control, especially the things that are external to you, but what you have complete control over is how you choose to see things and what you choose to bring to the foreground. For example, when getting a transfer at work, you can choose to think that your work was unsatisfactory to your supervisor, or that you are not essential to the team, but you can also choose to see it as a challenge because your higher ups trust you can cope with a new job, or as an opportunity for you to hone more skills and better yourself. You can agonize and doubt yourself over the former, or you can come to work with eagerness and optimism at the new possibilities because of the latter.

## **Use the Power of Affirmations**

As is already established, the mind is a powerful thing, but sometimes, you would find yourself thinking in a way that you deem unhealthy. This is where affirmations come in. Affirmations can be a way for you to communicate with yourself deeply and concretely, for you to realize what it is you really want in life, and what is truly important to you. There are some published booklets of affirmations that you can use that focus on a certain theme, such as getting over heartbreak or to be motivated, but you can also write your own affirmations according to what you want to achieve.

When writing your own affirmations, make sure to stay positive, in the present, focused, and deeply personal, this is about you after all. Try to focus on a certain goal, such as becoming more patient with others if you have a temper, then you can make affirmations that will help you with your goal, but also remember to keep it believable for your subconscious. Instead of "I will never lose my temper" you can say, "I will be more forgiving and calm in a difficult situation" and give yourself the chance to grow.

Affirmations are easy and useful tools in changing how you act and feel, allowing you to become the kind of person you want to be.

## **Keep a Positive Body Image**

Society's standards of beauty can be high, almost unattainable, for both men and women. People are bombarded with images of the 'perfect body' or the 'perfect face', and feelings of inadequacy or even of being undesirable can consume anyone.

By no means are you defined by your appearance. You are so much more than your body type, size, or looks, and that is something you have to recognize. However, the way you perceive your body can change how you perceive your inner self. If you are critical of your body, or think you are unattractive, you might think you are not worthy of love, respect, and appreciation, even from yourself. But if you learn to see your body with generosity and love, so shall you look upon your inner self with generosity and love. Your concept of self-worth is not external to you, how others see you is secondary to how you see yourself.

Start by focusing on good things about your body rather than the negative things. Instead of obsessing over wrinkles and blemishes, look at the parts of your body that you are proud of, like how your hair falls over your face, or how your lashes are especially long. If you find this difficult, simply consider how complex and remarkable the human body is, how millions of cells are working to keep you alive and healthy, how every muscle and bone are coordinated just so you can dance or run. You will never run out of things to appreciate about your body.

## **Exercise**

Regular exercise will keep our bodies in tip-top shape, and will also benefit our minds. Being active is an important part of being a positive thinker, being alert and ready to take action means a can-do mindset that is invaluable if you want to be successful. Exercise can cause you to have better mood patterns, be more energetic and prevent many prevalent illnesses caused by the sedentary lifestyle most people have nowadays. Exercise is known to bolster the release of endorphins that can also heighten feelings of happiness.

Before starting on an exercise regimen however, be sure to be aware of your body's capabilities and limitations. Overexerting yourself on the first day might discourage you from following it up; try to do it slowly and surely. It is also wise to dispel any unreasonable expectations from exercise. You won't be able to run a half-mile in your first attempt at jogging, nor will you get abs after a week of sit-ups, try not to focus on how you want to look through exercise, but more on how much healthier you will be, how your mind will benefit, and how much happier exercising your body can make you.

## **Eat Healthy**

Loving your body equals giving it the nutrition it needs and staying away from any foods that can have adverse effects on your health. Fast food and junk food may taste good, but these are exceedingly unhealthy and can cause rapid weight gain, especially if coupled with little to no exercise, leading to obesity, diabetes, and heart problems.

As a rule of thumb, remember to eat more leafy greens, fruits, whole grains, and fish in your basic meals. Cut back or just generally avoid sweets, processed, baked goods, and fried fast food as well as refined sugars such as carbonated soft drinks, candies, and sugary breads.

Along with good nutrition, healthy eating habits are also a must. Eat appropriately, don't gorge yourself and don't starve yourself. Eating too little can slow down your metabolism and even cause faster weight gain. Try to stop eating when you start feeling full, don't wait until you are stuffed, lessening your daily calorie intake.

Remember, you can control your weight simply by eating healthy and some light exercise. But don't be discouraged when you don't get the results you wanted, do it for the sake of your health and outlook, not for a dress size.

## **Have Adequate Sleep**

The adequacy of your sleep is just as important as how active you are. Having deficient sleep can affect the levels of stress hormones, immunity, and even heighten risks for heart disease, not to mention it can definitely affect our mood as well. You tend to be grumpier after a restless, sleep deprived night.

To have adequate sleep, it is important to know how much sleep you need and have regular sleeping patterns. If you are sleepy after sleeping 7 hours, try to go to bed 30 minutes earlier next time and so on, until you find the optimum length of sleep you need, when you wake feeling the most rested. Also, try to go to bed at the same time every night and regularize your sleeping and waking times. This will set your internal clock and allow you to have less trouble when trying to sleep.

### **Focus On The Present!**

Worrying over the past or agonizing over the future is exhausting and helps no one. Having focus is crucial to being happy. Without focus, our mind tends to wander, and more often than not, it wanders towards negative things rather than the good things. Isn't it true that you often think of the rent more when you think you might be short for the month than when you have paid your rent on time?

Being focused in the present allows you to view it in a practical way and allows you to be able to make conscious choices on how you ought to feel about things. You can CHOOSE to savor the good things in the now rather than what dissatisfies you. When you catch yourself thinking negatively toward yourself or others, try to take it back with a compliment, or focus on a positive aspect. Focus on the present allows you to take timely action and keeps you away from unnecessary worry. Studies have shown that people who are focused on their tasks tend to be happier people rather than those who often have their minds wander away. Is it focus that makes people happier, or are unhappy people just more prone to be lost in thought because they find the present boring or unsatisfactory? Either way, enhancing your focus can lead you to be more

productive, and thereby, more satisfied, with yourself and make you more productive, alert and energetic in pursuing your goals.

### **Find Substantial, Simple Pleasures**

Although happiness is a more long term concept than pleasure, you can derive long-term happiness by finding simple pleasures in the midst of the daily grind. It is a misconception that finding delight in little things is a childish quality. It is important to derive pleasure from little things so that our happiness does not rely on one key aspect that, if it goes awry, can disrupt the whole, such as only focusing on work, one's appearance, or one's reputation.

You can find pleasure in a smile from someone beloved, the trust of a close friend, or even a cloud shaped like an elephant. If you learn to recognize these simple pleasures, you can make happiness grow and strengthen it daily. Remember that happiness is a state of being you choose to be in, not the dollars in a bank account or a big promotion at the end of the day. What good do all these do if you do not enjoy your day to day life?

There are also those who believe that allowing yourself pleasures can cause you to be less productive, and pleasure can be reason for someone to escape the reality they find intolerable, but simple, wholesome pleasures can keep you happy and actually make you more productive.

This is the reason that most work places invest a lot of money in gyms, vacations, and fun outings.

### **Have Meaning in Your Life**

A purposeless life is an empty life, and a frivolous life is a superficial life, like a house of cards bound to fall apart eventually. It is important to find fulfillment and meaning in whatever it is you do. Great success can be derived from the unquenchable desire to grow, mature, and improve when people are doing things they are passionate about. You can find success in something you don't really

care for, but isn't success in a field you love so much more satisfying?

And if you so love a certain field, or you believe that what you do matters, aren't you even more driven to succeed?

Leading a meaningful life with hard work and virtue may not be fun and easy, but knowing you have integrity and that you are doing something worthwhile will give you a sense of wellness and can lead you to finding true happiness and contentment. Doing something meaningful for you and pursuing it with vigor will help you find your true potential, as opposed to doing tasks that you don't really care for mechanically. Pursuing meaning in your life will allow you to grow as a person, make you surer of yourself, bolster self-confidence, and give you a feeling of fulfillment that ultimately leads to long-term happiness.

### **Realize Self-Determination**

The theory of self-determination maintains that in order to be happy and motivated, there are three, basic universal needs that people have to realize; namely, autonomy, competency, and relatedness. These three needs need to be fostered and supported in order for you to reach utmost productivity, creativity, and functioning. On the other hand, if these needs are ignored or curtailed, there are also negative effects on your well-being.

Autonomy is each person's need to decide their life, their direction, their work, or their loves. In a sense, it means freedom, which is a vital part of anyone's life. If you have the capacity to decide what it is you want to do in your life, you will feel more motivated to achieving your goals, which would lead to more success, and knowing that you are free to live the life you want allows you to lead a happier life.

Competence is a person's need to feel able and confident in whatever it is they do. Getting an encouraging compliment or commendation for a job well done will make a person feel more motivated in doing their job, even increasing productivity and overall



wellness. On the other hand, feeling inept in a certain task can discourage creativity and growth.

Relatedness is the need for a person to make deep and genuine connections to others around them. Having meaningful, yet autonomic and able relationships is a basic need for anyone to be truly happy.

## **Hone Your Talents and Develop Your Skills**

The belief that in order to excel in a certain field requires 'genius' is a misconception that can curtail your desire to develop new skills and sharpen talents you may already possess. It is also ignorant of the fact that the people who excel at their craft were not born to excellence, they probably worked very hard at it, devoting their time and energy in becoming the masters that they have become.

The men and women who are experts or masters in their craft have earned the title through blood, sweat and tears, and this means that you can be an expert in something too, if you consciously decide to develop your skills or hone your talents. But always remember that this will take hard work, discipline and the right motivations on your part. Pursuing and devoting yourself to learning or developing a skill or talent is its own ultimate reward. Free yourself from the belief that only innately talented people can expect to be successful. No one is born an expert, even Mozart, considered a genius at a young age, became as good as he was because he pursued his love of music and gained training as a child. So if you are passionate about something, do it, keep doing it, and work hard.

## **Strengthen and Develop Your Character**

Your character is a reflection of your morals, and what you consider good and bad behavior.

Morality also sets your motivations, whether you are doing something for the wrong or right reasons. Basically, it means doing

the right thing, even if it is more difficult or even dangerous, simply because it is right.

Knowing that you have a good character, that you have not wronged anyone else, and that your conscience is clear will give you peace of mind, better opportunities, and quality friends. Having a strong, moral character is not something to be forced on anyone, it is a choice. You can choose to do the right thing for the right reasons and live a virtuous life which, according to Aristotle, is what makes up happiness, or you can choose to live by your base desires and live a life of moral degradation that can only lead to ruin. The choice is one everyone makes in daily life, and you can choose to strengthen your character everyday of your life.

Consciously trying to develop your character is invaluable when it comes to self-esteem and success. You will be able to love your inner self more if you know that you have a clear conscience, just as it will be difficult to love yourself if you are not proud or even ashamed of things you've done. Choose to do the right thing, and stand behind your choice, if you are doing something you cannot even defend when questioned by yourself, then you are doing yourself a disservice.

Morality and strength of character is also constant. There are no breaks from having a strong character. You can hide whatever wrongs you have done from others, but never from yourself.

## **Finding Motivation**

Motivation is the force behind our drive to live a full life. Motivation allows you to excel, pushes you to your boundaries and fuels your desire to grow and improve. In order to do something creatively, and well, you need your motivation.

There are two basic kinds of motivations, intrinsic and extrinsic. Intrinsic motivation refers to the natural human desire to be challenged, to stretch the limits, and to realize innate potential. When you are intrinsically motivated, you are doing something because

you want to, because it is a challenge, or a worthy cause in your mind, or because you want to realize your full potential. On the other hand, extrinsic motivation refers to the things we do for the sake of getting something else, or avoiding a certain punishment. We do it because we have to do it, to gain something, (i.e.

money), or to keep from something, (i.e. from feeling guilty, or from being demoted).

The closer you move toward more intrinsic motivations, the closer you are to living a happier, more fulfilled life. This means that you will no longer have to force yourself to wake up in the morning or begrudgingly do a task; you will be motivated to do it because you want to do it or because you believe it is a worthwhile thing to do, and this kind of motivation is vital to success.

Choice is also a very important factor in raising intrinsic motivation. If you are free to choose your course of action, you will be more appreciative of why you have to do it, you will not feel forced to do something. This means you will be able to do the job with eagerness and optimism, as opposed to just doing it because you have no other choice. Eagerness and optimism is also important if you want to be able to make positive risks, as taking risks is the only way you can realize your true potential.

## **Fostering Kindness**

Humans are social creatures. We thrive only in close proximity to others. We need each other to survive, but more importantly, we need to have good relationships in order to be happy.

This basic human need is why being kind, generous and noble is so important for true happiness.

Kindness allows you to connect to people, and make them open to you. Remember that in social interactions, you often get back what you give, so when you treat others poorly, put them down, or abuse them, they will of course avoid you, ignore you, or even be mean

right back. You have to foster kindness within you, make an effort to connect, or at least be more considerate of how others may feel.

Kind and virtuous people are more appreciated and valued by those around them, just as certain virtues are commended by society.

**Here are a few questions you can ask yourself in social interactions:** Are you being considerate?

Did you give the other person enough time to express his/her opinions?

Did you listen and think over their ideas?

Was your interaction centered on the positive (i.e. compliments, generous assessments?)

Were you encouraging?

Did you make an effort in developing rapport with that person?

Once you get the gist of being a kinder, more generous, and all-around more pleasant person, you will find yourself surrounded by positive feeling, and good people.

### **Learn to Listen**

Listening is an important skill if we want to foster substantial relationships. Listening allows us to learn, understand, and empathize, making us more socially intelligent.

One technique used by teachers to help students learn is the HEAR technique. This technique is also applicable in social interactions.

**HALT** - Stop whatever you are doing and give your full attention to the one speaking. Dispel any inner discussions or thoughts you have.

**ENGAGE** - Focus your attention, face the speaker, or nod your head to show that you are listening.

**ANTICIPATE** - Expect what the person is about to say, by awaiting the speaker's point or thought, you are also allowing yourself to focus more on what is being said.

**REPLAY** - Now is the time to analyze what was said. Exchange ideas about what was said, discuss it in depth, Doing this allows you more understanding of the situation.

Listening is not just important for personal social interactions, but for professional ones as well, such as understanding the needs of a client or resolving any contradictions among fellow workers.

## **Finding and Keeping Love**

There are two broad concepts of love, passionate and compassionate love.

Passionate love can be equated to infatuation, or the desire for someone. Feeling passionate love is often accompanied by jubilation, excitement, connectedness, even euphoria, but it also brings jealousy, mood swings, and even despair along with it. Passionate love is often temporary, as it is often triggered by idealized concepts of love or the other person, and sooner or later, reality catches up with these idealized concepts.

Compassionate love is the deep tenderness that people feel for one another. When passionate love survives the rollercoaster of emotions that come with it, the raging feeling often softens into a feeling of a more lasting compassionate love. It is said to contain four elements.

Being with someone means accepting, caring for, and respecting your partner.

Doing with someone means sharing experiences, activities and interests with your partner.

Staying pertains to the commitment you invest in each other.

Growing is the capacity and willingness to change and adapt for your partner.

These are the guidelines in keeping a healthy relationship based on love.

### **Say Something Good to Yourself Everyday**

This is a good exercise in staying positive and fostering self-love. You can do this when you wake up or before you go to sleep. Just remind yourself of the good things about you that you like or that you think is a strong suit of yours.

You can also reflect on the good things that happened in your day and how you had worked or held a role in that. Such positive statements can increase your sense of happiness and satisfaction, and also remind you of your capabilities and control over the good things that happen in your life. For example, after a particularly satisfying meeting, reflect on your role, whether you delivered a rousing talk, or if you were extra supportive of a colleague, and the positive aspects of the incident, if it brought you closer to your coworkers or helped you show them what you could do.

### **Find Something to Be Grateful For**

Being grateful for what you have rather than despairing over what you can't get is always sound advice, and in a person's life there is always so much to be grateful for, although people often forget what these are.

One might complain that his or her life is over after losing a job, forgetting that he or she has a loving spouse, supportive children, loyal friends and good health.

Reminding ourselves of our blessings will make the daily grind so much easier!

## **Savor and Enjoy the Day**

There are two ways to go about drinking fine wine, you can throw it down your throat and swallow it down while getting distracted by a spread sheet or a certain troublesome client, or you can smell it, sip it, and savor it, and milk it of all the enjoyment such an activity can give you.

Being aware and enjoying the good things in life is a sure way for you to be happier. It is about clearing your mind and allowing yourself only the sensation that is before you, immerse yourself in sensation, whether it is food, music, or just a warm bath. One of the best ways to savor something is by sharing it with someone you love and care about.

## **Conclusion**

I hope this book was able to help you to be a more positive thinker, an unquenchable optimist and bring you success.

The next step is to apply the things you've learned to your life. Go out there, be confident, and take care of your mind and body. Be fearless in finding love and happiness now that you know that the sky's the limit to what you can do.



## Introduction

**\* \* \* Before you get started \* \* \***

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## MEDITACIÓN PARA PRINCIPIANTES

*20 Consejos prácticos para aliviar el estrés y la ansiedad de ganar la verdadera felicidad y la paz interior*

*Ella Marie*

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### **Introducción**

Usted puede haber oído acerca de la meditación, y todos los beneficios que puede obtener de ella. Pero exactamente qué es, por qué es importante, y qué tipo de beneficios puede cosechar de ella? Más importante aún, ¿cómo lo haces? Este libro tratará de responder a todas esas preguntas.

En esta breve introducción vamos a discutir qué es la meditación, por qué es importante, y los beneficios que puede obtener de la meditación. Este capítulo cubrirá tres rutinas de meditación para principiantes: la meditación caminando, nuevas experiencias, y el ejercicio de gratitud. El siguiente capítulo se proporcionan algunos consejos para meditar correctamente y obtener el máximo provecho de su práctica de la meditación, y luego vamos a terminar con una breve conclusión.

### **¿Qué es la meditación?**

La meditación es simplemente ser capaz de sentarse en silencio y concentrarse en su respiración, con el fin de bloquear todos los pensamientos estresantes. Es una manera de conseguir relajado y centrado.

### **¿Por qué es importante?**

La meditación ofrece muchos beneficios. Algunos de estos beneficios son: yo. Su riesgo de desarrollar enfermedad cardíaca y accidente cerebrovascular bajará. Se ha demostrado que las personas que practican la meditación tienen un menor riesgo de enfermedad cardíaca y accidente cerebrovascular. La meditación también fortalece las diferentes áreas de su cerebro, lo que disminuye el riesgo de desarrollar la enfermedad de Alzheimer.

ii. Usted será más productivo - La investigación muestra que la práctica de la meditación regularmente hace más productivo y creativo. Así que si usted está teniendo dificultades para dar con una solución a un problema en el trabajo, o la necesidad de impresionar a su jefe con una nueva idea, tomar tiempo para meditar cada día puede ayudar a despejar su mente para que pueda romper la dura mentales barreras.

iii. Será más fácil para usted para bajar de peso - Si ha tenido dificultades para perder peso en el pasado, la meditación puede ayudar. La meditación disminuye los niveles de estrés, por lo que no será tan tentados a comer fuera de estrés, y su cuerpo no va a producir tanto cortisol. Esto hace que sea más fácil perder peso. La meditación también puede ayudar a equilibrar su estado mental y físico, que puede ayudar a reducir los antojos de alimentos. Usted estará más en sintonía con las necesidades de su cuerpo, por lo que no será tan tentados a alcanzar cosas que usted sabe que no debe comer. También será capaz de decir la diferencia entre el hambre y otras sensaciones como el aburrimiento y la ansiedad.

iv. Tus relaciones mejorarán - La meditación puede ayudar a fortalecer todas sus relaciones, incluyendo sus relaciones con tus padres, a tu jefe o tu pareja. La meditación aumenta las conexiones sinápticas en el cerebro, por lo que las personas que meditan aprecian otros más que aquellos que no lo hacen. El fortalecimiento de esas conexiones sinápticas también nos ayuda a ser más paciente, ser un mejor oyente, y ver más valor en los demás y nuestras relaciones.

. v Puede que se sienta más joven - La meditación no revierte el proceso de envejecimiento, pero puede ayudar a su cuerpo a funcionar en un nivel que es varios años más joven que su edad cronológica. Por ejemplo, si usted es de 50 años de edad y ha estado meditando durante más de 5

años, su edad biológica podría ser 12 años más joven que su edad cronológica.

vi. Puede aumentar su entrenamiento - No sólo la meditación la práctica regular le dará más energía, mejorar su concentración y mejorar su sueño, sino que también aumenta su tolerancia al dolor; que siempre es genial durante un entrenamiento.

Esos son sólo algunos de los beneficios de la meditación. En la siguiente sección vamos a discutir algunos conceptos erróneos acerca de la meditación.

### **Conceptos erróneos acerca de la meditación**

Hay varios conceptos erróneos que la gente tiene acerca de la meditación: yo. Sólo las personas con ciertas creencias o de ciertas culturas pueden meditar - Aunque es más frecuente en algunas culturas, cada uno puede meditar, sin importar las creencias o la cultura religiosa.

ii. Todas las técnicas de meditación son los mismos - Como te darás cuenta en los próximos capítulos, existen varias técnicas diferentes de meditación - todos ellos proporcionan diferentes beneficios y se puede hacer en diferentes situaciones. Por ejemplo, usted puede hacer una meditación sentado si usted tiene más tiempo y está en un entorno tranquilo. Si estás en un lugar más lleno de gente y quiere hacer una meditación más corto, se puede a las experiencias novedosas o Gratitude Meditación. También se puede hacer una caminata de meditación si estás en un entorno sereno.

iii. La meditación es sólo para ciertos tipos de personas - Todo el mundo puede beneficiarse de la meditación, incluidos los médicos, abogados, estudiantes, padres y personas jubiladas.

iv. Se necesitan muchos años para alcanzar un estado de relajación en la meditación - Muchas personas se relajan después de su primera sesión de meditación.

v Las personas que meditan charla, acto o vestido de cierta manera -. No se puede determinar el estado interior de una persona por cómo se ven en el exterior.

vi. Meditación desalienta la creatividad - Meditación en realidad fomenta la creatividad, ya que se adentra en donde se encuentra la fuente de la creatividad.

vii. Los deseos deben ser controlados cuando meditas - Deseos hacen una persona más feliz. La meditación da la energía y el equilibrio que es necesario prever, para trabajar y cumplir con sus deseos.

viii. El estrés es malo - Nuestros cuerpos pueden manejar una cierta cantidad de estrés y todavía volver a un estado de equilibrio, sin embargo, el exceso de estrés es malo. La meditación puede ayudar a lidiar con la ansiedad que viene con el trato con el exceso de estrés, dándonos tiempo para dejar de lado el estrés y relajarse - podemos incluso llegar a nuevas formas de lidiar con el estrés cuando meditamos.

ix. Usted puede lograr el equilibrio con la meditación solo - Usted necesita tanto la actividad y la meditación con el fin de lograr el equilibrio.

Ahora que ya sabe lo que es la meditación, por eso es importante, los beneficios de la misma, y algunos de los conceptos erróneos personas tienen acerca de la meditación, es el momento de entrar en cómo hacer diferentes tipos de meditación. En el resto de este libro hablaremos de unas pocas rutinas de meditación para principiantes, incluyendo el clásico sentarse meditación y la meditación caminando, y algunas otras meditaciones cortas, ideas novedosas y de la Gratitud Ejercicio. Después de eso vamos a discutir algunos consejos extra, y luego concluir con algunas reflexiones finales sobre cómo saber si usted está progresando en su meditación.

## **Sentarse**

La posición más común para estar en en la práctica de la meditación está en una posición sentada. Usted puede sentarse en una silla, o

sentarse en el suelo con las piernas cruzadas, en lo que se llama la posición de loto.

### **Cómo sentarse en la posición del loto**

Para sentarse en la posición de loto, cruzar las piernas y coloque un pie en la parte superior del muslo opuesto. La parte inferior de su pie debe estar hacia arriba y el talón debe estar cerca de su estómago. Levante su otro pie lentamente y lo coloca en la parte superior del muslo opuesto de la misma manera. Las rodillas deben tocar el suelo, y no deben tomar mucho esfuerzo para que usted apoye a su columna vertebral. Descanse su lengua en el techo de la boca, las manos sobre las rodillas, y doblar los codos ligeramente. Sus ojos pueden estar cerrados y su cuerpo deben estar relajados. Si está relajado y se siente cómodo, usted está en la posición correcta. Si siente alguna molestia, y luego ajustar la posición hasta que se sienta cómodo. Una vez que esté en la posición, cerrar los ojos y concentrarse en sus alrededores. Despeje su mente de cualquier otro pensamiento que pueda tener.

Si le resulta difícil entrar en esta posición porque usted tiene problemas médicos tales como la ciática, infecciones sacros o rodillas débiles / heridos, hay otras posiciones sentadas que puedes probar. Una cosa que puedes hacer es sentarse en una manta o cojín en pose de zapatero - las plantas de los pies están tocando, y usted puede tener bloques de yoga debajo de las piernas de apoyo. Si es difícil para que usted pueda doblar las rodillas, trate de sentarse en una manta o cojín con la espalda tocando la pared con las piernas estiradas hacia fuera en un gran angular, y rodó toallas debajo de las rodillas para apoyarse.

Si ninguna de esas posiciones sentadas trabajar para usted, también puede utilizar una silla - sin embargo, asegúrese de que usted no está hundido en la silla. Sus huesos de sentarse debe estar en la parte delantera del asiento y los pies deben estar por debajo de sus rodillas. Sus muslos deben estar apoyados ligera en el asiento de la silla y los pies deben tocar el suelo. Esto levanta

naturalmente su pecho y, naturalmente, las curvas y se extiende la columna vertebral.

No importa qué posición que elija, mantener la curva de su espalda suave y natural.

## **Cómo meditar**

Una vez que usted ha encontrado una posición que sea cómoda para usted, es meditar inicio del tiempo. Cierra los ojos y empezar a pensar en relajar cada parte de su cuerpo. Comience con sus dedos de los pies, y luego pasar a su cuerpo - recuerde relajar todos los lugares que nos son tensión, incluyendo los hombros, el cuello, los ojos, la cara, la mandíbula y la lengua. Una vez que esté sentado alto y relajado, simplemente estar quieto por unos momentos. Preste atención a su medio ambiente, su cuerpo y los ruidos que se escuchan, pero no responden a los mismos en cualquier forma o tienen algún tipo de reacción. Asegúrese de que sus respiraciones son tranquilas y profundas. Utilice su diafragma para respirar, y asegúrese de que sus pulmones se hacen un montón de aire, pero respirar normalmente. Observe cómo su respiración se siente al respirar.

Una vez que haya comenzado la respiración, llegar a un mantra - el mantra puede ser un sonido, palabra o frase que usted va a repetir durante su meditación. Usted puede hablar en voz alta o decir en silencio a ti mismo. Si no puede llegar a un mantra, puede utilizar "Aum" o "Om". En cuanto a concentrarse en su respiración o su mantra, su mente comenzará a calmarse y ser enfocada. Esto no significa que los pensamientos no se van a plantear - si surgen reconocen ellos, puso a un lado y vuelven su atención a su respiración o su mantra.

No hay tiempo específico que debe terminar su meditación, sin embargo, en el inicio de sus meditaciones deben ser cortos. Usted puede hacer sus meditaciones más tiempo ya que su práctica de meditación mejora. Si sólo puede sentarse durante un cierto período de tiempo, establecer una alarma, o decidir sobre el número de

respiraciones que a contar antes de que termine su práctica. Si decide contar respiraciones, es posible que desee utilizar un mala (rosario budista) para mantener un registro de sus respiraciones. Cuando esté listo para poner fin a su práctica, comience lentamente a notar sus alrededores. Reconozca su presencia en el espacio a su alrededor, y empezar a partes de su cuerpo en movimiento.

Cuando meditas, es importante practicar a menudo - tus sesiones de meditación no necesitan ser largas, pero sí es necesario meditar todos los días. La práctica de una cantidad corta de tiempo cada día es mejor que practicar durante un largo periodo de tiempo de unos pocos días a la

semana. Al empezar a cabo meditando probablemente será más fácil para que usted practique algún lugar en su casa donde es tranquilo y se puede tener intimidad, pero a medida que te sientas más cómodo, comenzar a buscar en diferentes lugares para practicar su meditación diaria.

Hacer una meditación al aire libre puede ser pacífica, y meditando en un autobús o en su oficina puede ayudar a aliviar el estrés del medio ambiente.

Ahora que usted sabe cómo hacer el sentarse meditación básica, vamos a hablar de otra forma popular de la meditación que realmente tiene lugar fuera - meditación caminando.

## **Meditación Caminando**

Otro tipo de meditación puede probar se llama meditación caminando. Este tipo de meditación es ideal para personas que sufren mucho estrés. También nos ayuda a tomar conciencia de las cosas fuera de nosotros mismos, ya que hay que prestar atención a las cosas que usted puede tropezar, y otros obstáculos, al hacer una meditación caminando.

También es más fácil ser más conscientes de su cuerpo cuando se hace una caminata de meditación. Esto es porque cuando usted



está sentado, las sensaciones que surgen son mucho más sutiles y más difíciles de notar.

También puede ajustar meditación caminando en los huecos en su vida muy fácilmente - una vez que he acostumbrado a hacer meditación caminando, incluso se puede hacer mientras estás caminando desde su coche en el supermercado.

### **Cómo hacer meditación caminando**

Comience de pie en un solo lugar, y observe cómo se transfiere el peso a través de las plantas de los pies en la tierra, y que hay una gran cantidad de pequeños movimientos que le permiten mantenerse de pie y equilibrado. Después de haber estado en un punto durante unos minutos, empezar a caminar lentamente pero con normalidad. Mientras que usted está caminando, prestar atención a las plantas de los pies, y notar el pie, ya que golpea el suelo, luego pasa por el movimiento de balanceo sobre la bola de su pie, y luego levantar y viajar a través del aire.

Observe cómo se siente todo el pie - no sólo las plantas de los pies, ya que tocan el suelo. ¿Cómo se sienten los dedos dentro de sus zapatos? ¿Cómo el interior de sus zapatos? ¿Qué siente el tejido de sus calcetines? Relaje los pies tanto como sea posible a medida que está notando estas cosas. Observe cómo los tobillos se sienten como el pie hace contacto con el suelo y luego pasa por el movimiento de caminar.

Observe las espinillas y pantorrillas, su ropa de tocar su cuerpo, la temperatura de su piel, y cómo sus músculos están contribuyendo a su caminata. Usted puede incluso querer caminar un poco diferente para unos pocos pasos para que puedas sentir cómo el papel de sus músculos de la pantorrilla cambian, y luego volver a un ritmo normal.

Relaje los músculos que rodean las articulaciones de la cadera. Relaje los músculos, y observe cómo su paseo cambia cuando haces eso. Observe cómo las caderas alternativamente avanzar en

la pelvis, y cómo su columna vertebral y la pelvis se mueven al mismo tiempo.

Sé consciente de tu vientre, y cómo su ropa se sientan en contra de ella, y observe cómo es el centro de su cuerpo. Observe cómo su pecho se pone en contacto con su ropa. Observe cómo sus hombros se mueven al ritmo de su caminar. Relájese ellos y hacerles comunican el golpe abajo de los brazos. Deje que sus brazos cuelguen a los lados y el swing natural. A medida que sus brazos se balancean en el aire, observe todos los movimientos en ellos y cómo el aire se siente a medida que fluye sobre sus manos y dedos.

Preste mucha atención a su cuello y sentir los músculos que sostienen la cabeza. Ahora empieza a relajar los músculos en la parte posterior de su cuello. Como lo haces, te darás cuenta de que su

barbilla mete en un poco y tu cráneo empieza a sentir equilibrada. Intenta mantener tu cabeza en diferentes ángulos y ver cómo eso cambia la experiencia. Usted puede notar que cuando se tiene la cabeza hacia abajo y la barbilla es más hacia el pecho, te sientes más hacia adentro y sombrío.

Sin embargo, si la barbilla está para arriba, observa el mundo exterior más, e incluso se puede llegar a ser más atrapado en ella, o más al tanto y atrapado en sus pensamientos. A continuación, llevar la cabeza hacia atrás a una posición en la barbilla está metido ligeramente.

Date cuenta de tus sentimientos - no estamos hablando acerca de sentirse feliz o triste, sino más bien cómo se sienten las cosas dentro o fuera de su cuerpo. ¿Te das cuenta cosas que se sienten agradable o desagradable en su cuerpo o fuera de ti? Si lo hace, simplemente les aviso - no te aferres a ellas o empujar a la basura. Simplemente deja a la deriva por - no seguirlas o tomar su mirada de ellos.

Observe sus emociones - ¿cómo te sientes? ¿Estás contento de estar haciendo lo que estás haciendo? También ten en cuenta de cómo se siente su mente - es claro, sin brillo, ocupado o tranquilo? ¿Está pensando en cosas que no tienen nada que ver con la meditación, o estás pensando en lo que estás haciendo ahora? Observe las cosas sin juzgarlas. Observe también el equilibrio entre su experiencia con el mundo interior y exterior.

Una vez hecho todo esto, pare - experimentar ti mismo de pie, y observe lo que se siente cuando ya no estás en movimiento. Note lo que su cuerpo tiene que hacer para mantenerse de pie. Siente el peso a medida que avanza a través de las plantas de los pies de nuevo. Después de haber experimentado esto durante unos minutos, terminar la meditación.

## **Las etapas de la Meditación Caminando**

No hay etapas formales en la meditación caminando, pero hay una secuencia lógica a la meditación de cómo caminar se hace, y que proviene de los Cuatro Fundamentos de la Atención Plena - cuatro niveles de experiencia que podemos utilizar para evitar que nuestras mentes se desconecte y esparcidos alrededor .

Los cuatro niveles son:

Las sensaciones físicas

Sentimientos

Mental y estados emocionales

Los objetos de la conciencia

Estos cuatro fundaciones nos permiten desglosar la meditación caminando así nos podemos concentrar en un mismo escenario a la vez. Usted no va a saber cuando se ha progresado de una etapa a la siguiente. Sin embargo, ya que cada fundación es más sutil que el anterior, vamos a trabajar a través de ellos en orden.

Antes de comenzar la meditación caminando, te quedes en un punto y la experiencia de sí mismo. La experiencia de su cuerpo, y observe todas las pequeñas emociones que tienen lugar para mantener el equilibrio y en posición vertical. Observe cómo se siente - es su mente hiperactiva o tranquilo? Esto le dará una experiencia que se puede utilizar como punto de partida para comprobar el efecto que la práctica está teniendo sobre usted.

Ahora es el momento de ser más conscientes de su cuerpo - observe las partes de su cuerpo que están tocando el suelo - los pies en este caso. Esto ayuda a estabilizar y calmar la mente, lo que hace que sea menos probable que pasear. Después de que te has convertido consciente de sus pies, relajarse cada parte de su cuerpo como usted se centra en ella - ir desde los pies hasta las piernas, y luego a su abdomen, hombros, brazos, cuello, cara, y finalmente la cabeza. Usted

puede encontrar que es más fácil estar al tanto de su cuerpo al caminar en lugar de sentarse, porque sus músculos están en movimiento.

Una vez que ha tomado conciencia de su cuerpo, empezar a ser más consciente de sus sentimientos. Recuerde, en la meditación caminando, el sentimiento se refiere a un sentido básico de gustar o no gustar, sentir cómodo o incómodo, experimentar placer o displacer. Los sentimientos son respuestas a nivel de intestino que no están tan desarrolladas como las emociones como la ira, el amor, la alegría o la tristeza. Sentimientos menudo se interponen entre las sensaciones y emociones - por ejemplo, si llegas a la oficina un día y descubre que un compañero de trabajo lleva un perfume muy fuerte, y tu instinto te dice que no te gusta el perfume, el nivel de intestino la respuesta es la sensación, y luego están las emociones que puede experimentar en respuesta a la misma. Durante la meditación caminando, podríamos experimentar sentimientos asociados con nuestro cuerpo, como el dolor, o una agradable sensación de relajación. También tendremos sentimientos asociados con lo que vemos y oímos, así como los otros sentidos que

podríamos experimentar mientras que estamos haciendo nuestra meditación caminando, incluyendo los que se imaginaban. Al prestar atención a los sentimientos, simplemente les aviso - no te aferres a ellas o empujar a la basura. Cuando estamos conscientes, es muy común para nuestras mentes para iniciar el aferramiento a las experiencias asociadas a sensaciones agradables.

Una vez que te has convertido consciente de sus sentimientos, es el momento de empezar a tomar conciencia de su estado emocional y mental. Como usted está caminando a lo largo, observe sus emociones. Probablemente va a cambiar durante su meditación caminando - al iniciar usted puede sentir aburrido, entonces usted podría llegar a ser un poco irritada como usted se pregunta lo que se supone que ser salir de esta práctica. Entonces usted puede comenzar a sentir curiosidad e interés como usted nota que su cuerpo comienza a relajarse, entonces usted puede comenzar a sentirse muy feliz como su práctica empieza a sentir más plena. Entonces usted puede tener una experiencia que te hace sentir ansioso, pero una vez que la experiencia ha terminado usted comenzará a sentirse alegre y feliz de nuevo. Cuando nuestra mente está más tranquilo, nuestros pensamientos son más propensos a estar conectado con nuestra experiencia y con la propia meditación. Cuando estamos conscientes de nuestros estados emocionales durante la meditación caminando, tratamos de permanecer en el momento. Hay menos espacio para soñar despierto cuando llenamos nuestra mente con pensamientos acerca de la experiencia de caminar, y que se convierte más satisfactorio que cualquier sueño.

La próxima fundación es objeto de la conciencia, también llamados dharmas. Aquí, estamos no sólo al tanto de la situación general de nuestras emociones y nuestra mente, sino también de lo que estamos sintiendo o pensando, y podemos organizar nuestras emociones y pensamientos de diferentes maneras. Ser capaz de organizar sus pensamientos y emociones es importante porque cuanto más se puede hacer esto, más podrás cambiar tu experiencia - Piense en ello como la escarda jardín. Usted necesita

deshacerse de las malas hierbas (los pensamientos que no desea alentar a) y mantener los que usted desea animar a (las plantas que desea crecer). Por ejemplo imagina alguien se le ocurre a usted mientras usted está trabajando, y señala que los hombros están tensos. Te das cuenta de que tienen razón, y no se había dado cuenta de que sus hombros se incrementaron alrededor de sus oídos. También observa la tensión en el cuello y otras partes de su cuerpo. Así que relajar los hombros y el cuello y se siente más a gusto. Debido a que usted notó la tensión y sabía que usted no quiere, usted puede hacer lo que usted necesita para deshacerse de él. También se dio cuenta de que no estabas relajado, y que sabía qué hacer para relajarse. Cuanto más se medita, más te darás cuenta de que no quieres sentir ciertos sentimientos, y hay algunos sentimientos que desea sentirse más a menudo porque se sienten bien.

Ahora que sabemos acerca de las cuatro fundaciones, es el momento de hablar sobre el equilibrio de la experiencia interior y exterior de la meditación caminando. Cuando hacemos la meditación caminando, no sólo estamos conectando con nuestro ser interior, también estamos conectando con el mundo exterior. Usted comienza a hacer esto si percibe la posición de su cuerpo.

Comience por darse cuenta de cómo se posiciona la cabeza, como hemos comentado en el apartado de la conciencia corporal. Cuando su barbilla está demasiado cerca de tu pecho, te vas a quedar atrapado en su estado emocional demasiado. Sin embargo, si su barbilla está apuntando en el aire, que es demasiado alto, y usted tampoco prestar demasiada atención a sus pensamientos, o pagar demasiada atención al mundo exterior. Con el fin de equilibrar el mundo interior y el exterior, la cabeza tiene que ser equilibrada - la barbilla debe ser metida muy ligeramente. Esto hace que sea mucho más fácil ser consciente de tus pensamientos, emociones, y el mundo exterior de una manera equilibrada. Usted sabrá que está en la posición correcta porque los músculos de la parte posterior de su cuello se relajan y se sienten "bien". Su cráneo también se equilibra perfectamente en esta posición, y la corona de la cabeza parece

que está apoyando el cielo . La parte posterior de su cuello se siente libre. Usted debe estar buscando en el medio - no directamente en el suelo delante de usted, o hasta en el horizonte - que debe estar buscando un poco hacia abajo, tal vez mirando al suelo 50 yardas en frente de usted.

Ahora es el momento de poner fin a la meditación caminando. Cuando se llega a una parada natural y cómodo, observe lo que sucede. Se puede sentir muy potente y párate nuevo - comparar cómo se siente al final de su meditación caminando a cómo te sentiste cuando estabas en el comienzo de su meditación caminando. Observe las vibraciones que recibe de todas las partes de su cuerpo y sus sentimientos, emociones y pensamientos. Muchas personas notan que su sensibilidad física sube después de una caminata de meditación, y que a menudo se sienten como si estuvieran hormigueo. Esto suele ir acompañado de una sensación de alegría o felicidad. Sentir los efectos de la práctica antes de ir a otra actividad. A medida que avanza en su caminar sesión de meditación en otra actividad, tenga alguna relación entre la meditación caminando y su próxima actividad, por lo que todavía hay una actitud meditativa en lo que haces.

Es muy común sentirse más sensible de lo que cree, así que asegúrese de que finalice la práctica graciosamente, y tratar de tomar el mayor grado de conciencia en la próxima actividad que realiza. Usted no puede ser capaz de ser tan intensamente consciente de su próxima actividad como si estuvieras en tu meditación caminando, pero trate de ser lo más consciente posible, y dejar que cualquier calma y la felicidad que ha conectado con afectar el resto de su día. Incluso si usted no hace ningún esfuerzo consciente de ser consciente, usted puede encontrar que usted es un poco más juntos y un poco más paciente de lo que son normalmente.

### **Aprenda poco a poco**

Cubrimos una gran cantidad de información en la última sección, y todo puede parecer abrumador. Está bien para practicar la

meditación caminando un poco en un momento cuando se inicia. Al empezar, hacer más fácil para ti, especialmente si es fácil para que usted consiga preocupado. Para sus primeros paseos, empiezas a notar que su cuerpo - usted puede ser que las primeras sesiones comienzan a notar los pies, luego agrega las rodillas, los muslos y las caderas, y luego, finalmente, estar al tanto de todo su cuerpo.

Una vez que hayas dominado ser consciente de su cuerpo, comenzando a trabajar en darse cuenta de sus sentimientos y emociones. Cuando usted ha dominado a notar su cuerpo y sus sentimientos y emociones, y sigues manteniendo tu mente en la meditación, a continuación, puede empezar a trabajar en ser consciente de los objetos de la conciencia, y siendo conscientes de los mundos interior y exterior.

La primera vez que hace la meditación caminando, asegúrese de que tiene al menos 20 minutos para hacerlo, e ir a un lugar donde se puede caminar sin ser molestados. Una vez que has hecho una meditación caminando 20 minutos y dominado, entonces usted puede hacer más breves meditaciones para caminar.

## **Haz lo tuyo**

Una vez que te has acostumbrado a la meditación caminando, está bien para personalizar la práctica. Es posible que desee pasar un tiempo más largo de ser consciente de sus emociones, o prestar más atención al mundo a su alrededor, especialmente si usted está en el país. Es posible que desee repetir una frase o afirmación, o recordar una enseñanza de Buda.

También puede adaptar los principios de la meditación caminando aplicándolos a correr, andar en bicicleta, patineta, o incluso la práctica de deportes. Si practicas estar en el momento, y siendo conscientes de su experiencia, en lugar de pensar en lo mucho que desea que el juego sea más, usted disfrutará de terminar sus juegos.



Al adaptar la práctica a su horario y sus intereses, usted tendrá más flexibilidad. A continuación, será capaz de hacer meditaciones cortas a pie al caminar de una oficina a otra, o se puede practicar la meditación caminando mientras estás en una caminata de cuatro hora en el país.

## **Caminando la meditación y la misericordia**

En el momento de Buda, los monjes y monjas practican misericordia cuando caminaban - que compartirían buenos sentimientos mientras caminaban por las calles y por el mercado. Ellos incluso compartir la misericordia hacia los animales salvajes cuando caminaban a través de los bosques y selvas.

Incluso si usted no está caminando a través de los bosques y selvas como los monjes, todavía puede compartir misericordia cuando usted está haciendo su meditación caminando. Comience su meditación caminando el camino que suele hacer, tomar conciencia de su cuerpo, las emociones y los objetos de la conciencia. A continuación, prestar atención a sus emociones, y deseo lo mejor a todos. Usted también puede querer hablar de lo que estás haciendo, si está haciendo una meditación caminando y ver a alguien que usted sabe. Usted puede decir "hola" y seguir adelante si parece que lo que hay que hacer, o se puede parar y hablar con la otra persona -

si haces eso, tratar de ser conscientes durante la conversación - no pensar en conseguir de nuevo a su meditación caminando. Si detienes y hablas con alguien, y luego volver a su meditación caminando más tarde, y cuando se inicia de nuevo pensar en por qué usted decidió detenerse y hablar con esa persona.

También puede adaptar la práctica de caminar actividades misericordia a actividades como viajar en un autobús o en tren, o conducir un coche. En lugar de dejar que su espacio de la mente, o enojarse con otros conductores, pensamientos directos de misericordia a los demás pasajeros, conductores o peatones. Este tipo de actividad puede mejorar nuestra experiencia y nos dejan

sentir más feliz, porque en lugar de brazos cruzados soñar despierto y no tener nada que mostrar, o enojarse cuando otros conductores nos recortan o van demasiado lentos, podemos sentir más en paz con el mundo y con nosotros mismos.

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También puede adaptar la práctica de caminar actividades misericordia a actividades como viajar en un autobús o en tren, o conducir un coche. En lugar de dejar que su espacio de la mente, o enojarse con otros conductores, pensamientos directos de misericordia a los demás pasajeros, conductores o peatones. Este tipo de actividad puede mejorar nuestra experiencia y nos dejan sentir más feliz, porque en lugar de brazos cruzados soñar despierto

y no tener nada que mostrar, o enojarse cuando otros conductores nos recortan o van demasiado lentos, podemos sentir más en paz con el mundo y con nosotros mismos.

## **Otras rutinas de meditación**

Hay algunas otras rutinas de meditación que son más cortas que se pueden encajar en su vida diaria con facilidad - hablaremos de los que están en este capítulo.

Experiencias novedosas - Esta meditación es un poco diferente, ya que no requiere de concentrarse durante un largo período de tiempo, como los que se sientan abajo y caminando meditaciones hacen. Esta meditación le permite ver las cosas que haces todos los días de una manera diferente, fingiendo que es su primera vez haciendo ellos. Por ejemplo, cuando ves a un compañero de trabajo, tratar de actuar como si ellos está cumpliendo por primera vez, o cuando llega a casa con su familia después del trabajo, darles la bienvenida como si usted no los ha visto en mucho tiempo . Trate de mirar a la gente bajo una luz diferente. Esta meditación es efectiva porque es fácil para empezar a buscar a las personas de la misma manera todo el tiempo - cuando nos fijamos en ellos de manera diferente, es más fácil darles toda su atención.

Otra forma de hacer esta meditación es aceptar a las personas o situaciones que sean, y tratar de no cambiarlos. Usted puede hacer esto tratando de no mejorar o cambiar nada durante un cierto período de tiempo - por ejemplo, 10 minutos. Si usted puede hacer esto, usted encontrará que las personas con las que habla de manera regular se hacen más novedoso y significativo. Otra manera de hacerlo es hablar con la gente en el teléfono de una manera diferente. Si hablas con la gente en el teléfono todo el día, incluso si los conoce, tratar de hablar con ellos de una manera ligeramente diferente - como si estuvieras solo conocerlos por primera vez, o como que no los ha visto en un largo tiempo.

Gratitud Ejercicio - Esta es otra meditación que es un poco diferente de los otros dos. También se puede hacer fácilmente en casi

cualquier situación. Para esta meditación, pensar en las personas que usted está contento de que usted tiene en su vida. Imagínate la cara y en silencio les damos las gracias por ser en su vida. Usted podría también pensar en las habilidades que usted es agradecido usted tiene - por ejemplo, la capacidad de ver, la capacidad de caminar, o el hecho de que usted tiene lo que usted tiene cuando tanta gente tiene que ir sin esas cosas. Usted puede hacer este ejercicio en la mañana cuando se despierta, en la noche cuando se vaya a la cama, o en cualquier momento que tenga unos minutos para pensar en la gente, habilidades o las cosas que

usted está agradecido de que tiene en su vida.

### **Consejos Meditación**

No importa que la meditación que elijas hacer, hay varios consejos que pueden hacer su práctica de meditación mucho más fácil - hablaremos de los que están en esta sección.

yo. No se estrese - Este es el consejo más importante para los principiantes, y la más difícil de implementar. No importa lo que sucede durante la meditación, no insistir en ello. Esto incluye estar nervioso antes de la meditación o enojado después.

ii. Que sea una práctica formal - tratar de meditar por lo menos una vez al día cuando se tiene tiempo para centrarse por lo menos durante 5 a 20 minutos. Tiempos ideales podrían ser temprano en la mañana, antes de levantarse para empezar el día, y al final del día antes de ir a la cama. Si tiene tiempo durante el día, también se puede practicar las ideas novedosas o Gratitud Ejercicio.

iii. Comience con la respiración profunda - La respiración profunda ralentiza el ritmo cardíaco, relaja los músculos, y se centra la mente.

iv. Estiramiento - Estirar afloja los músculos y los tendones, lo que le permite sentarse más cómodamente.

. v Tener un propósito para su meditación - Meditación es un proceso activo. Centrándose en su respiración, o concentrarse en un punto determinado durante un período específico de tiempo es un trabajo duro, por lo que necesita para ser enganchado a propósito mientras meditas.

vi. Aviso cuando la frustración comienza a arrastrarse para arriba en usted - Es muy normal que los principiantes se sienten frustrados. Usted podría preguntarse por qué no puede relajar su mente, o lo que estás haciendo aquí. Cuando esto sucede, se centran en su respiración y dejar de lado los sentimientos de frustración.

vii. Experimento - Pruebe las diferentes formas de meditación se mencionan en este libro. Es

posible que desee hacer sentarse meditaciones durante la semana cuando se tiene menos tiempo, y guardar las meditaciones de senderismo para el fin de semana. También puede probar diferentes posiciones, tales como sentarse, acostarse, caminar o mantener los ojos abiertos o cerrados.

viii. Siente sus partes del cuerpo - Observe cómo se siente su cuerpo cuando usted comienza a meditar. Una vez que su mente empieza a calmar, poner toda su atención en sus pies y mover su cuerpo, incluyendo sus órganos internos.

ix. Elija una habitación específica en su casa para meditar - Asegúrese de que no es el mismo lugar que hace el trabajo, el ejercicio o el sueño. Coloque las velas u otras cosas espirituales en la habitación para ayudarlo a sentirse más a gusto. Si usted está teniendo dificultades para encontrar un lugar en su casa donde se puede meditar, es posible que desee para tratar de hacer su meditación fuera, siempre y cuando no llueve. También puede encontrar una sección de un espacio para utilizar como un lugar de meditación.

incógnita. Comprometerse a largo plazo - Así como lo hace con cualquier hábito saludable, de comprometerse a largo plazo, no sólo

para un período específico de tiempo. No se concentre tanto en cómo se siente cada día, pero ¿cómo se siente el paso del tiempo.

xi. Escuche las cintas de instrucción y CDs - Estos pueden ser muy útiles si usted está recién empezando y no está seguro de cómo meditar correctamente.

xii. Trate de tener momentos de conciencia durante el día - Estar en el momento en que estás haciendo ciertas actividades, como conducir - no dejar vagar su mente.

xiii. Asegúrese de que no se verá afectado durante su meditación - Uno de los mayores errores que hacen los principiantes es que no se aseguren de tener condiciones pacíficas para la práctica de la meditación. Haga su meditación cuando otros no lo son todo, o cuando están durmiendo, y apague cualquier cosa que podría ser una distracción, como el teléfono o la alarma del reloj.

xiv. Observe pequeños ajustes - Para los principiantes, el movimiento físico menor puede convertir una meditación de una experiencia frustrante para un ser pacífico. Otros pueden no

notar estos ajustes, pero pueden significar todo para su práctica de meditación.

xv. Utilice una vela - Meditando con los ojos cerrados puede ser difícil al principio. Tener una vela para concentrarse en su meditación puede hacer mucho más fácil.

xvi. Háganlo juntos - Meditando con una pareja tiene maravillosos beneficios y mejorar su práctica.

xvii. Medita cuando sea más conveniente para usted - Temprano en la mañana suele ser el mejor momento, porque hay una quietud mágica de la mañana, y tu mente no está lleno de todos los pensamientos por lo general se obtiene al final del día. También puede ser que sea menos perturbado por factores externos en ese

momento. Pero si mañana temprano no es conveniente para usted, meditar en un momento diferente. Lo importante es hacerlo.

xviii. Agradece al final - Una vez que haya terminado con su práctica de la meditación, pasar 2 o 3 minutos sentirse agradecido de que se puede practicar la meditación, y que tu mente puede centrarse en ella.

xix. Observe cuando se empieza a perder interés en la meditación - Meditación es un trabajo duro, y se llega a un punto en el que empieza a no encajar en la imagen más. Esto es cuando usted necesita practicar al máximo. Volver a los libros o CDs que leído o escuchado a ser reactivada. Si usted está perdiendo interés en la meditación, usted puede estar perdiendo el interés en otras áreas de su vida también.

## **Conclusión**

Si has practicado alguna de las meditaciones se tratan en este libro, de lo que has comenzado a experimentar los beneficios de la meditación. ¿Cómo saber si usted está progresando con su meditación sin embargo? Como recapitulación para este libro, me gustaría ofrecer algunas maneras de saber que su práctica de la meditación está trabajando.

Otras personas notan que se está cambiando - A veces es difícil darse cuenta de que está cambiando, pero otras personas pueden comenzar a notar que está cada vez más sereno, reaccionar de manera diferente a las situaciones que se presentan, y estás más amigable .

Su concentración está mejorando - Si has intentado contar tus respiraciones, como se explica en la sección "Cómo meditar" del capítulo sobre Sienta la meditación, es posible dado cuenta de que usted es capaz de concentrarse durante períodos más largos de tiempo. Si usted ha estado contando hasta diez consistentemente durante un tiempo, cuando sólo se podía contar hasta cinco antes, a continuación, intente contar hasta 20, o tratar de contar hasta diez

un par de veces en una fila. Si eres capaz de hacer eso, incluso si usted todavía tiene pensamientos perdidos arrastrándose hasta de vez en cuando, eso es genial! No te preocupes por el hecho de que sigues teniendo pensamientos perdidos - el hecho de que usted es más consciente significa que usted está haciendo progresos.

Cosas interesantes están sucediendo durante sus meditaciones - Usted puede notar que diferentes cosas están sucediendo durante sus meditaciones. Por ejemplo, es posible que note que está desarrollando diferentes patrones de respiración, o que su cuerpo se está moviendo en el tiempo con el latido de su corazón. No te preocupes demasiado por estas experiencias, simplemente significa que usted está comenzando a concentrarse más. Si te preocupas demasiado por ellos, van a convertirse en una distracción.

Sus problemas de postura está corrigiendo espontáneamente - A veces las personas notan ciertas partes del cuerpo se relajan de forma espontánea - si usted tenía un problema con su postura, que puede desaparecer una vez que empiezas a meditar

con regularidad.

Se comienza a notar cosas a tu alrededor - Es una muy buena señal cuando se empieza a reducir la velocidad y observar la belleza del mundo que te rodea es.

Al darse cuenta de su postura más - Cuando te vuelves más consciente de su cuerpo, puede observar cómo ese conocimiento te hace más castigada. Usted puede incluso comenzar a darse cuenta de su postura afecta tus emociones y tu mente.

Se está empezando a notar que usted tiene opciones - En lugar de reaccionar de inmediato a todo lo que le sucede a usted, usted puede comenzar a darse cuenta de que usted puede elegir cómo responder a diferentes situaciones. Puede ser más creativo y reflexivo con la forma de responder, en lugar de responder de la manera que siempre tienen por costumbre.



Se comienza a notar las cosas que dices o haces - La mayoría de la gente reacciona, entonces se dan cuenta de lo que han dicho o hecho después.

## BICARBONATO DE SODIO CURE

*Descubre los beneficios de energía increíble y de Salud de bicarbonato de sodio, su historia y utiliza para cocinar, limpiar y curar enfermedades Ella Marie*

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# Bicarbonato de sodio Extintor

## Conclusión

### **Introducción**

El propósito de este libro es abrir los ojos a los beneficios de un medio ambiente más limpio, más saludable y una vida libre de toxinas. Al limpiar, comer alimentos saludables, y el cuidado de nuestros cuerpos sin duda ayudará, no es suficiente si nosotros como sociedad seguimos utilizando productos químicos nocivos y consumir productos contaminados con pesticidas y otras toxinas. En este libro, arrojar algo de luz sobre estos temas mientras se discute uno de los mejores productos que conozco en términos de ayudar a la gente a llevar vidas más saludables y eliminar sustancias nocivas de su entorno.

En este libro, me referiré a una amplia gama de temas relacionados con el bicarbonato de sodio, incluyendo sus usos y sus beneficios para nuestra salud y el medio ambiente. El bicarbonato de sodio es un producto sorprendente, ya que no sólo es muy eficaz, pero también es barato, fácilmente disponible, y biodegradable. Además de centrarse en la historia y aspectos científicos, voy a opinar sobre las comparaciones entre bicarbonato de sodio y otros productos de limpieza para el hogar, hable con gran longitud de la amplia gama de usos de bicarbonato de sodio (como tratamiento para la dermatitis del pañal, las picaduras de insectos, y las picaduras de medusas; extintoras de incendios; habilidades de limpieza de gran alcance; producir el saneamiento, y mucho más), así como proporcionar consejos útiles e incluso algunas de las actividades que puede probar que proporcionan gran diversión para los niños.

### **La ciencia detrás de todo**

El término técnico para el bicarbonato de sodio es "bicarbonato de sodio." La fórmula química para el bicarbonato de sodio es  $\text{NaHCO}_3$  y en realidad es bastante simple. El bicarbonato de sodio tiene una capacidad única para interactuar con los ácidos y otras bases para

neutralizar el pH de algunas sustancias. Esto puede ser útil, ya que la salud de un cuerpo está influenciada por su nivel de pH.

## ¿Qué es el pH?

El pH sigla científico significa "poder del hidrógeno." El p es una abreviatura de "potenz", que es

"poder" en alemán, y H es el símbolo atómico para el hidrógeno. El pH de una sustancia o solución es una medida de su acidez o alcalinidad. La escala de pH va desde 0 hasta 14, con 7 es neutro. Cualquier cosa con un pH de menos de 7 es ácido (un ácido), mientras que nada por encima de 7 es alcalino (una base).

Cuando el bicarbonato de sodio entra en contacto con sustancias ácidas, tales como el ácido del estómago, se neutralizarlos y equilibrar las cosas. Un ejemplo perfecto de un ácido está neutralizado es el consumo de antiácidos para controlar la acidez (ácido del estómago), una práctica que se remonta miles de años, cuando los sumerios primera comenzó el intento de prevenir la acidez y el reflujo ácido (aunque sus métodos eran muy diferentes, como les tomó años para descubrir los beneficios de la alcalinidad para equilibrar el ácido). Con el fin de contrarrestar un ácido, la base debe ser igual o cerca de, al menos, igual de fuerte. Por ejemplo, el ácido del estómago se estima en alrededor de 1.5 - 2 en la escala de pH, por lo que requiere una base fuerte, tal como leche de magnesia (hidróxido de magnesio), que es de aproximadamente 10

en la escala de pH, para neutralizarla.

Un hecho interesante es que lo que nos referimos como "acidez" en realidad no tiene nada que ver con el corazón. Más bien, es más acerca de los jugos gástricos que son secretadas por el estómago para digerir los alimentos. La quemadura que sentimos es causada por esta secreción desequilibrada de jugos, que es un resultado directo de factores tales como opciones horribles alimentos, estilos de vida tóxicos, y los niveles de agudos de estrés.

Para ser honesto, la mayoría de las personas no están equilibrados en términos de alcalinidad contra la acidez en estos días, ya que la mayoría de las personas consumen alimentos poco saludables, que tiene mucho que ver con todo. La dieta humana occidentalizado es muy desequilibrada, y esto debe cambiar si la gente es conseguir realmente bien y permanecer de esa manera. En lo que va de la escala de pH, la siguiente información le puede dar una mejor idea de cómo se presenta esta escala a cabo, así como algunos ejemplos de sustancias y sus niveles de pH.

Batería de ácido - 0

Ácido Sulfúrico - 1

El vinagre, jugo de limón - 2

Soda - 2.5

Zumo de naranja, manzanas - 3

Lluvia Ácida - 4

Tomates - 4.5

Banano, Café Negro, Abeja Picaduras - 5

Leche - 6.5

El agua pura - 7 (completamente neutral si puro)

Sangre humana - 7.4

Agua Mar - 8

Polvo para hornear - 8.3

Bicarbonato de sodio - 9

Hidróxido de Magnesio - 10

Amoniaco - 11

El agua jabonosa - 12

Lyme - 12.4

Bleach - 13

una lejía - 13.5

Vaciar Cleaner, hidróxido de sodio - 14

La escala del pH es una parte importante de la química en términos de cómo el cuerpo humano se desarrolla y mantiene su salud y funcionalidad. Al estar equilibrada en el medio parece ser la mejor posición desde un punto de vista de la salud. Sin embargo, como se ha dicho, que no es realmente lo que está pasando con la mayoría de la gente. Todo esto es parte de un rompecabezas gigante que está en el lugar para promover la vida y mantener la pelota en movimiento. Muchos artículos han salido a la superficie en la que expertos arrojan luz sobre los beneficios de comer frutas crudas orgánicas más y verduras. Estoy de acuerdo con sus resultados y que estos esfuerzos están seguros de mantener el cuerpo en un estado más equilibrado.

Jugos verduras es una manera perfecta de ir sobre el aumento de su consumo si eso es algo que usted está buscando para hacer - algo que sin duda recomiendo! Si se produce naturalmente, las materias primas de bicarbonato de sodio se extraen, por lo que en su mayor parte todo comienza en lo profundo de la tierra.

Según mi investigación, hay aproximadamente seis etapas a lo que el bicarbonato de sodio. Este es el proceso utilizado por muchas de las empresas que venden en las tiendas. A continuación se presentan los pasos involucrados en la producción:

1. Trona se mina y posteriormente procesado en ceniza de sosa.

2. La ceniza de sosa se procesa mecánicamente por medio de la extracción de los cristales que están dentro de ella.
3. Los cristales se ponen en una solución disolvente, que luego se filtró, se separó, y se bombea más adelante a la siguiente etapa.
4. El dióxido de carbono se utiliza para reaccionar con esta solución, donde se forma entonces bicarbonato de sodio (bicarbonato de sodio) los cristales.
5. Los cristales de bicarbonato de sodio se recogen, se lavan y se secan.
6. Estos cristales se separan a continuación de acuerdo a su tamaño y se exportan a distribuidores para ser vendidos.

Es un proceso bastante sorprendente, y como usted puede decir probablemente, no es un procedimiento totalmente natural. Sin embargo, eso no quiere decir que es totalmente peligroso

tampoco. Es bastante evidente que una gran cantidad de equipos, mano de obra, y el trabajo mecánico va en la fabricación de bicarbonato de sodio, pero su seguridad parece ser legítimo.

Compañías amistosas y conscientes de la salud más ambientalmente producen el bicarbonato de sodio más natural de su forma más natural, sin todo el equipo, aditivos, etc. Algunas compañías producen mediante la eliminación de hidrógeno carbonato de sodio suspendido de una torre de carbonatación y calentándolo a 300 ° C para producir carbonato de sodio.

Así que envuelve la ciencia lección de hoy. Para ser honesto, todo puede ir mucho más a fondo, pero el punto central de este libro es para que te va tan pronto como sea posible sin que aburrido hasta la muerte.

## **Orígenes antiguas**

## **Introducción egipcia**

El bicarbonato de sodio en realidad ha sido por mucho más tiempo que la mayoría de la gente piensa, ya que su uso va todo el camino de regreso a los tiempos de los antiguos egipcios. Su forma de origen natural se conoce como nahcolite, que es un derivado de lo que los científicos llaman "natrón." Los antiguos egipcios utilizaban natrón como agente de limpieza (jabón en su mayoría), y como la historia ha sugerido, que era muy eficaz.

## **Cuatro de cada cinco momias confían en él**

También han propuesto historiadores que natrón se utilizó para preservar a los muertos, un proceso conocido como la momificación - algo que los antiguos egipcios tenían una ciencia.

Expertos vez sal cree fue utilizado durante este proceso, que fue el resultado de la confusión sobre la diferencia entre la sal y natrón.

Los embalsamadores se saque el cerebro y los órganos, que son los primeros en descomponerse, y secarlos. Ellos luego colocar todos los órganos internos en tarros caponic, excepto el corazón, que se cree que es sagrado y una necesidad o el difunto en la otra vida, y así se reemplazarían después de secar a cabo. Entonces el interior del cuerpo se enjuaga en el vino y especias. Ellos luego cubrir el cadáver en natrón durante cuarenta días, meter el cuerpo (por lo general con la ropa o la arena), y luego continuar a dejar el cadáver en remojo en natrón durante treinta días más, después de lo cual envolver completamente el cuerpo en vendas y lugar en un sarcófago en su lugar de descanso final - así, definitiva, excepto para aquellos que se separan y enviados en todo el mundo para su visualización.

## **Un "milagro" Modern Polvo**

Avance rápido muchos - y quiero decir muchos - años de la década de 1840, y llegará en la época en la que la producción en masa de bicarbonato de sodio o menos despegó! Church & Dwight Co., la

compañía que produce Arm & Hammer, sigue siendo el líder en la producción de bicarbonato de sodio para el día de hoy - que han estado haciendo desde la década de 1800! Una empresa bastante impresionante.

Vamos a ver por qué millones de personas están usando bicarbonato de sodio para tantas aplicaciones diferentes hoy.

### **Todos lo hacen!**

Honestamente, ¿quién no lo utilizan en un momento u otro? Incluso nuestras abuelas usan para predicar acerca de lo maravilloso que puede ser para muchas cosas diferentes en la casa. Desde un refrigerador apestoso manchar-limpieza de la alfombra, su multi-uso la naturaleza ha sido bien documentado y alabado por siglos. Lo que me parece interesante es que el bicarbonato de sodio ha sido recientemente haciendo un gran despliegue publicitario dentro de la comunidad de la salud. Tiene, en cierto sentido, ha renacido.

El bicarbonato de sodio tiene muchos usos que la mayoría de la gente hoy en día son simplemente desconocen, y eso es exactamente por qué he creado este libro. Estoy a punto de abrir los ojos a su naturaleza versátil, y todo será hecho de una manera rápida y fácil de hacer todo muy claro. Yo realmente quiero que seas un experto en bicarbonato de sodio en el momento en que usted termine de leer este libro! Y usted será.

Todo lo que realmente estoy tratando de hacer es abrir los ojos a un tema que más personas tienen que tener en cuenta, como el bicarbonato de sodio está demostrando ser cada vez más de una fuerza dominante en el mundo de la salud y el bienestar. El bicarbonato de sodio es muy útil!

Así que coge un bloc de notas y un bolígrafo; Estoy a punto de darle algunas grandes ideas!

### **¿Qué se está cocinando?**



¿Come muchas verduras? ¿Qué pasa con jugo - es usted tan adicto a ella que a mí? Es muy bueno si lo eres, pero si usted no está utilizando el 100% de productos orgánicos para sus sesiones de juicing, vas a necesitar un buen agente limpiador para lavar las frutas y verduras. Los plaguicidas son una amenaza real con la mayoría de productos, y por eso yo no lo compro todo lo que a menudo a menos que sepa que se cultiva orgánicamente.

Por desgracia, los productos convencionales también contiene toxinas debido a sustancias químicas en el suelo que el producto absorbe. Algunas de las toxinas se pueden eliminar con un buen lavado si la fruta tiene una piel gruesa. Sin embargo, otros productos absorberá por completo los productos químicos, poniendo así a los consumidores en riesgo de problemas de salud. Para aquellos que son más seguros para el consumo, siga estos pasos de limpieza simples: Limpie y desinfecte el fregadero a fondo.

Llene el fregadero con agua fría.

Agregue 1/8 taza de bicarbonato de soda y mezclar.

Sumerja los productos.

Deje que producen en remojo en agua.

¡Disfrutar!

Simple y, como todos los otros consejos, muy eficaz!

Otro gran truco que el bicarbonato de sodio es ideal para está pelando huevos. El nivel de pH de huevos hace que se aferran al huevo. Si usted balancea a cabo mediante la adición de aproximadamente ¼ de cucharadita de bicarbonato de sodio en el agua hirviendo antes de agregar los huevos, entonces van a ser mucho más fácil de pelar.

**La suciedad para aquí**

En esta sección, voy a saltar en algunas maneras que usted puede ir sobre la incorporación de bicarbonato de sodio en sus rutinas de limpieza para que pueda evitar el pasillo tóxico en el supermercado. Menos tiempo empleado en estos pasillos de riesgo puede equiparar a dos cosas: Menos riesgos para su salud y el cuerpo en general.

Menos dinero gastado en productos de limpieza de basura cada mes.

Vamos a pasar a algunas recetas fáciles para hacer sus propios productos de limpieza para que pueda iniciar este negocio "limpieza verde" hoy!

## **Bicarbonato de sodio y su cocina**

Las cocinas pueden ser bastante sucio, y si usted está cocinando y jugo en ellos tan a menudo como yo, usted necesitará un limpiador de buena calidad para mantenerlo en plena forma. Una mezcla de bicarbonato de sodio, vinagre y un poco de agua parece hacer el truco muy bien. Lo que yo recomiendo es conseguir una botella de spray genérico para mezclar todo en lo que la aplicación de su limpiador casero para encimeras y otras áreas de alto tráfico es simple y fácil de hacer.

Una botella de spray en general no debería costar más de un par de dólares en la mayoría de las ferreterías. La receta de bicarbonato de sodio típico que he usado en el pasado es el siguiente: En su botella, mezclar el siguiente para hacer su propio limpiador ...

¼ - ½ taza de vinagre (vinagre blanco está muy bien)

¼ de taza de bicarbonato de soda

Cualquier aceite esencial en el que quieres aroma (hierba de limón es una buena opción)

Agua (llenar hasta el borde)

Agitar para mezclar

Fácil y serio se hace el trabajo! Ahora usted puede tomar esta misma botella y lo utilizan para muchas otras áreas de la casa. Es una combinación segura que puede ir a cualquier parte.

También he oído que algunas personas compran vodka barato para hacer productos de limpieza caseros también, pero yo personalmente no hago esto. Puede ser un poco caro si siempre va a comprar una botella de vodka para limpiar la casa. No es muy recomendable en mi opinión, pero bueno, supongo que realmente no se puede derribar la idea hasta que probarlo. Afortunadamente, usted puede comprar vodka muy barato si esto es algo que usted quiere experimentar con algún momento. Después de todo, el alcohol no desinfectar muy bien.

**Espera un segundo, ¿no mi casa olor a vinagre?**

Nope! Recuerde, el bicarbonato de sodio es un gran desodorante, así que una vez que el vinagre golpea el bicarbonato de sodio, el olor desagradable, picante que acompaña el vinagre va casi desaparecer. Además, como se indica en la receta, puede añadir aceites esenciales para darle un aroma deseado. Siéntase libre de ser creativo y mezclar éstos hasta que esté satisfecho con el olor. Hay muchos para elegir por ahí. Así que no se preocupe, su casa no huele horrible, todo el tiempo.

También tener en cuenta, como muchos de ustedes ya saben, cuando esta combinación se pone en juego, hace burbujas y espuma para arriba muy rápidamente, así que asegúrese de dejar que todo calmarse antes coronando su botella de spray para evitar la captura de toda esa presión.

Usted definitivamente no quieren ningún mini-explosiones que ocurren en su cocina.

Recomiendo tener una botella de este a la mano la mayoría de las veces (al igual que lo haría con cualquier otro limpiador comercial

regular). El más fácil que hacerlo en ti mismo para utilizar los productos de limpieza más seguros, más vamos a usar ellos - simple como eso. Por suerte, los limpiadores caseros son muy baratos y fáciles de hacer, por lo que no debe ser una cosa difícil de aclimatarse a de todos modos. La compra de los pocos ingredientes necesarios le permite hacer muchas botellas de un limpiador de gran alcance por menos de lo que pagaría por sólo un par de botellas de limpiador en la tienda. Una caja de bicarbonato de sodio es alrededor de un dólar en la mayoría de las tiendas, así que no hay realmente ninguna razón para no dar a este un tiro.

Esta mezcla es capaz de limpiar la estufa, el refrigerador, el microondas, el horno, el fregadero, las encimeras, e incluso el suelo! Se desinfecta muy bien y realmente trabaja en conseguir esa chispa de nuevo en alto tráfico, áreas sucias de la casa. La cocina es probablemente una de las áreas más difíciles de la casa para mantener constantemente limpias, así que entiendo la necesidad de un buen limpiador multiuso. Con un desinfectante a base de sosa-hornear, usted no necesita preocuparse.

### **Otra gran ventaja de usar bicarbonato de soda ...**

Lo que también es realmente grande es que un limpiador casero que utiliza bicarbonato de sodio es perfectamente bien para el medio ambiente y, por lo que en mi opinión, eso es un revés importante! Hoy en día es todo acerca de la vida sostenible, por lo que la gente debe quieren ser muy proactivo en mantener nuestros productos naturales. Todos tenemos que recordar que somos huéspedes de este planeta, por lo que debemos ser respetuosos durante nuestra estancia, y el uso de productos más seguros (como el bicarbonato de sodio) es una manera perfecta de ir sobre apreciando nuestra preciosa Madre Tierra.

**Consejos de limpieza Usted nunca han considerado** Así que, con todo eso ahora a la intemperie para que usted lea y pesa tanto, vamos a pasar a algunos otros usos del bicarbonato de sodio que también se consideran ser muy eficaz, porque una cosa es segura:

si vas a ser haciendo estos swaps muy esenciales, es necesario conocer y evaluar las mejores opciones que están disponibles.

## **Un limpiador de drenaje natural que realmente funciona!**

Si se hace correctamente, el bicarbonato de sodio puede funcionar como un limpiador natural, y aunque este consejo ha estado alrededor por un tiempo, no muchas personas están tratando a cabo. Para hacer esto correctamente, usted tendrá que comenzar con una olla de agua caliente hirviendo que le corría por el desagüe. El próximo paso será tomar una buena cantidad de bicarbonato de sodio (aproximadamente  $\frac{3}{4}$  de taza o menos) y se vierte por el desagüe. A continuación, tomar 1 taza de vinagre mezclado con agua caliente y se vierte por encima el bicarbonato de sodio que está sentado en el drenaje obstruido. Después de todo esto se vierte, tapar el desagüe si se puede. Unos quince minutos después, volcar uno o dos ollas de agua hirviendo por el desagüe para limpiar los escombros. Repita el proceso hasta que el drenaje es obstrucciones. Por lo general, la primera vez que hace el trabajo, pero realmente depende de la gravedad de sus desagües son.

Esto realmente funciona si se hace correctamente. ¿Por qué haces esto? Debido a que los limpiadores de drenaje de corriente se ha demostrado que no es seguro en muchos aspectos -

especialmente para el medio ambiente.

**Limpieza de sus ollas y sartenes con bicarbonato de sodio** Ollas y sartenes Bad? ¡No hay problema! Entiendo, sobre todo porque yo siempre uso ollas de acero debido selecciones recubiertos no son seguros en estos días. Aunque más seguro, ollas de acero son mucho más difíciles de limpiar. Así que si lo tuyo tienden a tener mal muy a menudo, puede mantenerlos en buena forma con una simple combinación de bicarbonato de sodio. Una vez más, es la mezcla de bicarbonato de sodio / agua que viene al rescate por este consejo!

Los pasos:

Llene el recipiente con agua.

Apague la estufa en las alturas.

Llevar a buen hervir durante unos cinco minutos.

Tome la sartén del quemador y colóquelo en la parte superior de un quemador frío.

Agregue 1/8 taza de bicarbonato de soda.

Agitar la mezcla.

Enfríe a una temperatura tibia.

Ahora fregar!

Todo debe salir con facilidad después de hacer esto, pero una vez más, que todo dependerá de la gravedad de la sartén es, para empezar. Como se indicó anteriormente, algunas selecciones de acero puede ser un poco difícil.

### **Deshacerse de Rust con bicarbonato de sodio**

Consiguió el óxido? De metal oxidado que nunca es bueno, y en algunos casos puede ser muy peligroso - a nadie le gusta entrar en una esquina de metal oxidado. Por suerte, el bicarbonato de sodio puede ayudar con todo esto también. Los únicos materiales que necesitará para librar ciertos metales de la roya son bicarbonato de sodio, agua y un cuenco en el que podrás mezclar todo junto. Su objetivo será hacer un tipo de pasta que se puede aplicar a la zona oxidada del metal.

Después de aplicar esta pasta, que luego recomiendo usar una esponja metálica para fregar la pasta en la mancha de óxido, como un "metal contra metal" efecto tiende a funcionar bastante bien en este tipo de situaciones. Esto normalmente se puede utilizar en cualquier tipo de metal y que trabajar bastante bien casi cada vez. Pero no esperes que funcione como magia en sus '67

entarimados de coches clásicos con agujeros de óxido del tamaño de su puño. Por lo general, es bueno para los artículos con la roya superficie clara, pero nada demasiado fuera de control.

## **¿Utiliza personalmente bicarbonato de sodio para todas sus necesidades de limpieza?**

Para ser honesto con usted, no. Yo no uso de bicarbonato de sodio para todos mis trabajos de limpieza. Considere todo una situación medio-y-media conmigo. La mitad del tiempo que yo quiero, y la mitad del tiempo que no lo haré. Llevo a cabo de esta manera porque todavía soy muy consciente de mis opciones cuando repoblación mis suministros de limpieza para el hogar.

En otras palabras, siempre compro de origen natural, el medio ambiente (y gente amable) los productos que funcionan muy bien, pero también sé de muchos que tomar la ruta bicarbonato de sodio con casi todo lo limpian. Realmente depende de cómo "incondicional" que desea ser. Para mí va, y todo depende de lo que está en la mano en el momento. Si me quedo sin mis productos comprados en la tienda, voy a hacer yo mismo. Si llego al final de mi limpiador casero, yo vaya corriendo a la tienda a reponer. Realmente fluctúa. Si usted quiere tomar la ruta 50/50 como yo, sólo asegúrese de que está utilizando selecciones naturales. Lea las etiquetas del producto y asegúrese de que lo que está comprando no es tóxico en ninguna manera, forma o forma.

En la mayoría de tiendas de alimentos saludables, hay típicamente un pasillo de la limpieza con docenas de productos de limpieza legítimos para elegir, Whole Foods es un buen ejemplo.

Compro muchos de mis productos en las tiendas de este tipo, y, en su mayor parte, no me parece que sean demasiado caro - una diferencia de un dólar en una gran cantidad de casos. Dentro de estos pasillos también están limpiando los productos que se encuentran en "forma concentrada".

En otras palabras, se trata de productos de limpieza naturales que son altamente denso, donde sólo un poco se necesita para mezclar con agua. Una gran jarra durante unos quince dólares puede durar fácilmente una persona de seis a ocho meses. Lo que a veces lo que hago es tomar un concentrado de limpieza natural y hacer mi propio producto, que también utiliza el bicarbonato de soda, limón y agua. El bicarbonato de sodio, si se añade correctamente, se puede considerar una "guinda" de un concentrado ya potente.

Ahora, también queremos hacer hincapié en que si va a mezclar todos estos ingredientes juntos, usted tiene que ser consciente de que está mezclando ácidos y bases a juego. En términos más simples, hay acciones y reacciones a todo, por lo que tienen que ser conscientes de lo que sea que está combinando. Sólo tenga cuidado y la investigación de todo antes de tomar cualquier decisión, como usted no quiere ser la mezcla de los ingredientes equivocados. La química puede ser bastante miedo a veces, incluso si la mezcla de ingredientes ecológicos. Pero para ser

honesto, si usted se está pegando a los productos muy naturales y / o elementos, usted debe estar bien. A la fecha, no he tenido ningún problema.

Así que, ahora que he conseguido la mayor parte de la información a través de relación con el bicarbonato de sodio, vamos a arruinar a través de un montón de grandes (y rápido) maneras que usted puede utilizarlo. Considere la siguiente sección de un segmento de "referencia rápida" que puede consultar para muchas de sus necesidades de limpieza.

### **Cómo limpiar la bañera con bicarbonato de sodio**

Éste es muy simple:

En primer lugar, se orinan en la bañera con una pequeña cantidad de agua.



A continuación, tomar una taza de bicarbonato de sodio y la esparcirá por todo los lados y el fondo de la bañera.

Dejar reposar durante unos cinco minutos, y luego tomar una esponja y vaya a la ciudad!

### **No hay productos de limpieza tóxicos necesitan!**

Ahora, dependiendo de qué tipo de acabado que tiene en su bañera, que tendrá que ver si se puede utilizar una esponja de alambre o no. Recomiendo el uso de un metal fregar esponja, pero si usted no puede usar algo de esa naturaleza por temor a dañar su bañera, uno normal debería funcionar bien.

### **¿Por qué utilizar bicarbonato de sodio para la tina?**

El bicarbonato de sodio es ideal para la bañera porque el baño es siempre una batalla en curso para la limpieza. Si se piensa en la limpieza del baño, lógicamente, estar atrapado en un pequeño espacio y la respiración en un montón de productos químicos tóxicos no es una buena situación para estar adentro para nadie. El COV \* en dicho entorno representa un peligro muy real, una que más personas deben ser conscientes de si son para mejorar su salud. No hay nada bueno acerca de la inhalación de productos químicos tóxicos que pueden causar estragos en el cuerpo, y al limpiar el baño, estas amenazas pueden llegar a ser muy real - incluso con ventilación adecuada. Aunque muchos "productos verdes" han surgido últimamente, todavía hay mejores alternativas que pueden trabajar bien y todavía limpiar de manera eficiente, y ahí es donde el bicarbonato de sodio puede entrar en juego. Claro, la mayoría de limpieza hace un buen trabajo, pero estamos ocupa principalmente de la salud. Algunos riesgos simplemente no vale la pena tomar, y ese es el mensaje que estoy tratando de conseguir a través de aquí. La evidencia es bastante alarmante.

### **¿Cuáles son VOC?**

El acrónimo "VOC" significa "Compuestos orgánicos volátiles," y aunque hay mucho debate acerca de lo peligroso que realmente son, estoy seguro que convencidos de que se debe evitar tanto como sea posible. Los compuestos orgánicos volátiles son compuestos que se liberan en un estado gaseoso de ciertos objetos. Estos tipos de gases parecen ser más de un problema en el interior.

Las puedes encontrar en:

Productos de limpieza

pintura de pared

barato muebles

Colas

Equipo de oficina

Cosméticos que utilizan botellas de spray en aerosol

Muchos estudios y artículos de hecho se han publicado sobre los efectos de compuestos orgánicos volátiles en el cuerpo humano, y en su mayor parte, se han planteado algunas banderas rojas bastante graves. Lo más interesante y preocupante que he encontrado se enumeran a continuación. Te sugiero que te dan ellos una buena lectura.

Los compuestos orgánicos volátiles y el cáncer de pulmón

El formaldehído en su hogar

Los compuestos orgánicos volátiles como los factores que explican la irritación sensorial

La razón por la que pongo esta información delante de usted es simple - COV son un peligro

muy real. En lo que respecta a bicarbonato de sodio, usando que puede ayudar en la disminución de la ingesta de compuestos orgánicos volátiles peligrosos si se utiliza sobre una base regular. Es importante recordar también que cada poco cuenta con estas cosas. En otras palabras, la salud no tiene por qué arriesgarse algo que puede ser reemplazado fácilmente con una alternativa más saludable (como el bicarbonato de sodio). Intercambio de un producto por otro no es un paso difícil de tomar. De los limpiadores a ciertos tipos de muebles, COV es necesario abordar en estos niveles con más frecuencia si la gente es para limitar los riesgos para su salud. Es así de simple.

**Cómo limpiar el inodoro con bicarbonato de sodio** Esto también es muy fácil, a menos que éste se va a hacer durante la noche. Después está todo hecho preparándose para la cama, tomar alrededor de una taza o menos de bicarbonato de soda y dejar que repose sobre los lados del tazón y en el agua durante la noche. Al despertar, tomar un pincel y dar todo un buen fregado. Se desinfecta, se pone toda la porquería repugnante fuera, y una vez más que es perfectamente seguro. Haga esto una vez a la semana, y el inodoro se verá y mantenerse fresco. Además, si usted no desea utilizar el método anterior, puede utilizar una botella de spray (como he comentado anteriormente) para aplicar una aplicación durante la noche. Es más o menos el mismo proceso, sólo una manera diferente de aplicar el bicarbonato de sodio. El bicarbonato de sodio, agua, vinagre y limón - un limpiador de inodoro perfecto!

### **Cómo lavar la ropa con bicarbonato de sodio**

Esto se debe hacer en combinación con su detergente regular, pero debo insistir en que la investigación de su detergente corriente para asegurarse de que es seguro - usted puede hacerlo haciendo clic aquí. Abogo firmemente el uso de detergentes naturales para lavar la ropa, ya que muchos los convencionales - sí, los mejores con olor - se ha demostrado que no es seguro por muchas razones. Los colorantes, perfumes, e ingredientes artificiales en la mayoría de las

selecciones convencionales plantean algunos riesgos alarmantes que nadie debe estar dispuesto a asumir.

### **Entonces, ¿qué es un buen producto a utilizar?**

Mi empresa favorita? Seventh Generation hace un muy buen detergente natural, al igual que muchas otras empresas; así que asegúrese de hacer frente a los obstáculos de detergente primero antes de pensar en la adición de bicarbonato de sodio para sus cargas de lavandería. La clave de todo esto realmente se encuentra dentro de la comprensión de los ingredientes que se encuentran dentro de sus productos de limpieza. Ingredientes naturales, así como falsificación, los productos químicos tóxicos son fáciles de detectar.

Recomiendo que usted consigue realmente bueno en la lectura de sus etiquetas de los productos.

Al igual que con los alimentos, es necesario comprender qué es lo que está comiendo y / o el uso.

Una vez que tenga un detergente buena y sana elegido, todo lo que tienes que hacer es añadir aproximadamente  $\frac{1}{4}$  de taza de bicarbonato de sodio para cada ciclo de lavado para una limpieza eficaz. Se blanquea, desinfecta, desodoriza y la ropa muy bien. He estado tratando de esto últimamente y honestamente puedo decir que he tenido algunos bastante buenos resultados en lo que respecta a conseguir la ropa de mejor apariencia - en especial undershirts blancas. Algunos de ellos salieron de la lavadora ve bastante nuevo.

### **Cómo detectar-Lave su ropa con bicarbonato de sodio**

Espaguetis, costillas a la barbacoa, los alimentos - son todos bastante desordenado, no importa lo cuidadoso que intenta ser. Si eres como yo, usted tiende a desordenar sus camisas blancas almidonadas de vez en cuando al comer este tipo de alimentos. Si usted se encuentra en esta situación, no hay una solución fácil que puede conseguir las manchas relativamente rápido. Al igual que con

la combinación de desodorante anteriormente, usted querrá tener una pasta que está listo para ir por lo que se puede aplicar a la camisa inmediatamente después de descubrir la mancha.

Pasos para la eliminación de manchas:

1. Frote el área manchada con un poco de agua caliente para aflojar las partículas de alimentos.
2. Frote en la pasta de bicarbonato de sodio con los dedos primero, a continuación, utilice un paño para conseguir realmente el bicarbonato de sodio en el fondo en el material.
3. Deja que todo repose durante unos diez minutos.
4. Repita el proceso una vez más.
5. Terminar con un poco de agua más caliente y dejar que el área manchada seco.
6. La mancha debe desaparecer!

Esto funciona muy bien, y eso es exactamente por qué guardo una pasta de bicarbonato de soda en la mano la mayoría del tiempo en la casa. Cuando mucha hambre, puedo conseguir un poco sucio!

Ahora vamos a pasar a esos olores molestos porque una cosa es segura: El bicarbonato de sodio es realmente bueno en deshacerse de algunos olores muy desagradables.

### **Neutralizantes Olores**

Por lo tanto, usted ha tenido un olor extraño persistente en esa nevera tuyo por semana, y no se puede averiguar de dónde viene. Créeme; He estado allí. Usted puede haber oído hablar del uso de bicarbonato de sodio para ayudar a liberar el hogar de tales olores, una táctica que se remonta a muchas generaciones.

**Entonces, ¿cómo lo hace todo el trabajo?**

El bicarbonato de sodio contrarresta sustancias que producen olores que se liberan en el aire de los alimentos en mal estado, haciéndolas menos olorosa al equilibrar el pH de todo lo que ha echado a perder. Una vez más, que la escala de pH es increíble en la base de todo. También tener en cuenta, la forma más efectiva y evidente de eliminar estos olores claramente es simplemente tirar la mala comida, pero muchas veces que el mal olor se quedará por un tiempo después.

Realmente depende de cuánto tiempo ha estado sentado todo allí.

### **Entonces, ¿cómo lo hace?**

Es muy fácil. Ir a la tienda, gastar un dólar en una caja de bicarbonato de soda, abrirlo y colocarlo en el refrigerador. ¡Hecho! Rápido, barato, fácil, y muy eficaz! De hecho, tengo cajas abiertas en mi nevera mayoría de las veces, simplemente porque es tan exitoso en la prevención de los malos olores de llegar a ser nunca un problema. Yo diría que la única desventaja de esto es que si algo se estropea, no se puede saber de inmediato ya que el bicarbonato de sodio es bueno en la neutralización de los malos olores. Simplemente haga un esfuerzo consciente para mantener su refrigerador limpio y organizado y que no debería tener un problema. Yo suelo hacer una limpieza una vez cada dos semanas o más para mantener las cosas en orden.

### **Justo lo que recetó el doctor**

Salud e higiene

Ahora vamos a pasar a esa boca tuya ...

El bicarbonato de sodio para la salud oral? ¿Funciona?

Todos hemos oído hablar de los demás utilizando bicarbonato de sodio para una sonrisa más brillante, pero ¿es cierto? ¿Esto realmente funciona? La respuesta es absolutamente! He aquí por qué:

En primer lugar, los estudios han demostrado que cepillarse los dientes con bicarbonato de sodio tiene la capacidad de limpiar realmente hasta la boca. En el Centro de Investigación de la Universidad Park, Fort Wayne, IN, los investigadores encontraron que con alrededor de 270

participantes, utilizando Arm

## **Usos más impresionantes de bicarbonato de sodio**

Algunos de los más interesantes utiliza muchas personas no piensan en incluir lo siguiente: 1. El bicarbonato de sodio y agua hacen una gran solución para la limpieza de una caja de arena y la eliminación de olores.

1.2. Remoje sus pies en una solución que consiste en agua, bicarbonato de sodio, y los aceites esenciales. ¡Muy relajante!

1.3. Una mezcla de pasta de dientes y bicarbonato de sodio es ideal para enyesar agujeros en sus paredes - al menos los más pequeños, como los causados por clavos, tachuelas, etc.

1.4. Mezclar bicarbonato de sodio con cualquiera de un número de ingredientes (tales como la harina de avena) a fin de crear sorprendentes exfoliantes faciales y corporales.

15. Un poco de agua del baño de un bebé va un largo camino para aliviar la dermatitis del pañal.

16. El bicarbonato de sodio es ideal para el tratamiento de picaduras de medusas. La aplicación de una pasta que consiste en bicarbonato de sodio y agua de mar para la picadura (s) proporciona alivio tremendo.

1.7. Una mezcla de bicarbonato de sodio y de sidra de manzana hace que para un baño de desintoxicación increíble.

1.8. Espolvoree bicarbonato de soda en una esponja húmeda. Luego frote cuidadosamente la pared para eliminar sus murales mini-yo pared. Sea amable, sin embargo, por lo que no fregar accidentalmente la pintura o papel tapiz.

1.9. Se aceptan los accidentes? Utilice agua mineral con gas para fregar la suciedad, luego cubrir con bicarbonato de sodio y se deja en remojo durante quince minutos. Pase la aspiradora para arriba, y ¡voilà!

## **Riesgos y Beneficios: Bicarbonato de sodio vs**

### **Otros Limpiadores**

Datos a tener en cuenta:

1. • La EPA considera la contaminación del aire en interiores uno de nuestros problemas de salud más notables y peligrosas de tiempo de hoy, y mucho de esto tiene que ver con el uso de productos de limpieza tóxicos que son cargados con productos químicos.

1. • Fuera de ser tóxico para el medio ambiente, muchos productos de limpieza también están vinculados con el cáncer y otros problemas como defectos de nacimiento.

1. • Cientos de productos químicos tóxicos se han descubierto en el tejido adiposo humano. Las células de grasa pueden almacenar materiales tóxicos, y muchos de ellos proviene del uso de productos de limpieza peligrosos.

1. • Miles de productos químicos tóxicos están siendo utilizados en la producción comercial. Es muy posible que estas sustancias químicas se encuentran en los productos de limpieza que están en su casa bajo el fregadero de la cocina.

Así que, como se puede ver, hay dos riesgos humanos y ambientales que deben evaluarse aquí.



Es bastante miedo, y eso es sólo la punta del iceberg. Todo es mucho más profundo con respecto a los efectos en la salud humana. Piense en nuestros hijos y las futuras generaciones que se hereda el mundo que dejamos atrás. ¿Qué tipos de mensajes vamos a salir en los libros de historia? ¿Cuál es su opinión sobre todo esto? ¿Qué opinas? La mejor parte sobre el uso de un limpiador casero es que usted, su familia, y la tierra está completamente seguro.

**Tóxicos Mainstream Limpiadores vs. bicarbonato de sodio** La batalla entre los que utilizan productos de limpieza convencionales y los que usan los naturales aún continúa hasta nuestros días. Algunas personas simplemente no van a renunciar a sus productos favoritos, y me sale eso. Para ser honesto con usted, la mayoría de estos productos de limpieza convencionales hoy ¿en realidad funciona bastante bien, así que no voy a sentarme aquí y decirle que no lo hacen. En realidad, son muy efectivos para mantener el hogar limpio, pero, como se dijo anteriormente, hay algunos grandes inconvenientes para el uso de dichos productos cargados de químicos. Los riesgos no valen la pena en mi opinión.

### **Su cuerpo y el planeta están en peligro!**

Su salud y la salud de nuestro planeta están en riesgo cada vez que uno de estos productos de limpieza tóxicos que se utilice, y muy pocos realmente se dan cuenta de los peligros asociados con este tipo de productos. Todo es bastante miedo! Y esta es una gran razón por la que estoy todo sobre el uso de bicarbonato de sodio para tales aplicaciones.

Por suerte, más que se ha sacado a la luz en los últimos diez años más o menos con respecto a este tema, pero por alguna razón, todavía no ha llegado a un nivel que es digno de hacer algunos cambios enormes! Necesitamos más conciencia, y es todo lo que toma un poco demasiado largo para las masas a ver esto también.

Usted ve, el problema con la mayoría de los limpiadores comerciales es el hecho de que están cargados con lo que me gusta llamar

ingredientes bandera roja, y que puede causar algunos problemas de salud real si se usan con demasiada frecuencia. Muchas de las combinaciones de estos tipos de productos de limpieza han demostrado insegura, y por suerte la ciencia ha arrojado mucha luz sobre la totalidad de la situación. Definitivamente hacer un montón de investigación personal sobre este tema simplemente para ser más conscientes, pero también lo hago para ayudar a otros a ser más conscientes de los peligros también.

### **Productos químicos como:**

1. • El triclosán - En muchos productos para el hogar. En Canadá se ha identificado como un producto químico tóxico y, como resultado, ha sido prohibido en muchos productos. Toxicidad del sistema de órganos es también una amenaza muy real con triclosán.

1. • 2-Butoxietanol - Posible carcinógeno químico. Neurotoxicidad Posible e irritante también.

Muchos estudios han arrojado luz sobre los efectos tóxicos de 2-butoxietanol. Todos son igualmente preocupantes.

1. • fenoles clorados - Pretty cosas malas que se ha teorizado para causar varios problemas de salud. Los estudios han demostrado que los fenoles clorados pueden afectar negativamente a la inmunidad en los sujetos de prueba de roedores también.

1. • El formaldehído - Desde el cáncer a la toxicidad inmune, la prueba está ahí fuera con respecto formaldehído. El Instituto Nacional del Cáncer ha demostrado prácticamente sólo lo peligroso que puede ser, ya que todo ha sido documentado desde hace algún tiempo.

1. • Percloroetileno - Fuentes han encontrado que esto puede causar daños en el hígado y el riñón, con la posibilidad de cáncer también.

Como se puede ver, hay algunas preocupaciones notables a tener en cuenta aquí - cáncer siendo obvia dentro de las muchas selecciones que he evaluado en mi investigación. Y hay muchos más por ahí. Con la amenaza de cáncer de ser un peligro muy real en el mundo de hoy, todos debemos querer tomar medidas más preventivas para evitarlo. La mayoría de las personas pueden y deben comenzar con los productos de limpieza que se están utilizando para limpiar sus casas. Y digo esto porque es un aspecto muy fácil de vivir que es fácil de corregir.

Con todo esto dicho, no estoy diciendo que usted está en mayor riesgo en este momento si estás usando este tipo de productos; la última cosa que quiero hacer es que te asusta más allá de la creencia! Sólo entiendo que no es demasiado tarde para hacer algunos cambios fáciles. Si realmente se preocupan por su salud y la salud de sus seres queridos, usted debe querer hacer

estos ajustes muy sencillos. Todo es bastante fácil de hacer, ya que pronto verá.

## **Impacto ambiental**

Es el bicarbonato de sodio respetuoso del medio ambiente?

Ninguna otra cosa en este planeta es más bello que lo que la madre naturaleza ha creado, así que estoy más que dispuesto a hacer mi parte en preservar tanto como me sea posible. Para ser honesto, realmente no he encontrado un producto en el mercado que es 100% perfecto para el planeta, pero algunos vienen muy cerca. Y como os comentamos brevemente un poco más temprano, el bicarbonato de sodio parece ser una de las más legítimas. Después de todo, si de origen natural, bicarbonato de sodio proviene de la tierra de todos modos.

Lo que hay que darse cuenta es que cada producto de limpieza tiene un lado positivo y su lado negativo, y están todos los que dicen ser don de Dios para la limpieza! Siempre animo a la gente a ser inteligente y selectiva cuando se trata de elegir un producto. En

otras palabras, no caer en lo que una dice la etiqueta. Hay que investigar los artículos que estás usando para comprobar que son de buena calidad. Afortunadamente, la Internet tiene la mayor parte de esta información a disposición de las personas para ver y la investigación. Así que usted entienda la naturaleza de bicarbonato de sodio y ver si es seguro para la tierra y para usted mismo) que probablemente debería explicar a usted cómo se produce.

## Desenmascarando el mito

Uno de los mitos más populares es que el bicarbonato de soda contiene aluminio. Después de una extensa investigación, he determinado que esto no es cierto. Aunque algunas empresas han puesto las palabras "de aluminio libre" en sus envases (gran táctica de marketing, por cierto), sin bicarbonato de sodio contiene aluminio. Esto probablemente se inició como un rumor debido a la confusión entre el bicarbonato de sodio y polvo de hornear, el último de los cuales no contienen pequeñas cantidades de aluminio.

## Diversión con bicarbonato de sodio

Antes de envolver esto, vamos a echar un vistazo a algunas formas divertidas e interesantes para experimentar con bicarbonato de sodio. No se preocupe; estos son todos completamente seguro y familiar, por lo que son una gran diversión para todos.

### Tinta invisible

Éste es un montón de diversión y los niños realmente obtener una patada fuera de él. (En serio,

¿qué niño no ama la idea de escribir mensajes secretos?) Usted sólo necesita tres cosas: 1. • Agua

1. • Bicarbonato de sodio

1. • Escritura Utensilios (como una pluma, palillo de dientes, o pluma reseco) Mezcle partes iguales de agua y bicarbonato de sodio y

simplemente sumergir el utensilio de escritura en su solución. Luego lo utilizan para escribir en su tinta invisible recién inventado.

Luego viene la parte divertida: descubrir el mensaje oculto con la ayuda de una fuente de calor, como una plancha o un secador de pelo.

### **Volcán bicarbonato de sodio**

Este es un clásico. Puede crear un modelo de un volcán o usar un recipiente para el experimento.

De cualquier manera usted va, usted simplemente verter un poco de bicarbonato en el volcán o recipiente y verter el vinagre en la parte superior, a continuación, ver la reacción.

### **Bicarbonato de sodio Inflate-a-globo**

Este experimento es otro éxito con los niños, especialmente los más jóvenes. Usted necesitará lo siguiente:

- 1. • Vinagre (aproximadamente 4 oz)
- 1. • Bicarbonato de sodio (2 cdas.)
- 1. • Embudo
- 1. • Botella
- 1. • Globo

Para empezar, conecte el globo para el embudo y vierta en el bicarbonato de sodio. Verter el vinagre en la botella. Entonces ajustarse lentamente y con cuidado el globo sobre la parte superior de la botella y se celebrará hasta por lo que el bicarbonato de sodio entra en la botella.

Mira cómo reacciona.

## **Tontos Mar Worms**

Este truco único es muy divertido y muy simple. Usted necesitará lo siguiente: 1. • 1 taza de agua

1. • 2 cucharaditas. Bicarbonato de sodio

1. • 5 cucharaditas. Vinagre

1. • espagueti crudo

1. • Alto vidrio, tarro, o de contenedores

Mezclar bicarbonato de sodio y agua en el recipiente hasta que esté completamente disuelta.

Cortar o romper dos o tres fideos sin cocinar en trozos pequeños (aproximadamente una pulgada cada una) y soltarlos en la solución. Añadir el vinagre y observar.

## **Una más increíble uso de bicarbonato de sodio**

### **Extintor de incendios**

La amenaza de que ocurra un incendio miedo en una gran parte de nosotros. Esto es especialmente cierto de los incendios de grasa, ya que no son extinguido por extintores o agua.

De hecho, cualquier cosa a presión hará que se extendió, y el agua también lo hará peor.

Entonces, ¿qué vamos a hacer si nos encontramos frente a uno de estos fuegos monstruosos? Es sencillo. Apagar las llamas con bicarbonato de sodio! Los incendios necesitan combustible, un agente oxidante, y el calor para quemar. El bicarbonato de sodio, cuando se calienta, libera dióxido de carbono, que contrarresta el oxígeno.

Esto tomará una gran cantidad de bicarbonato de sodio, pero es definitivamente eficaz para sofocar los incendios de grasa. Por favor, tome nota, sin embargo, que usted debe tener mucho cuidado, como el fuego, especialmente los incendios de grasa, tiende a extenderse rápidamente.

Si comienza a extenderse demasiado rápido, lo mejor sería que evacuar el edificio y llame al 911, en lugar de poner en riesgo su seguridad o incluso su vida. Sin embargo, si es más o menos contenida a donde se puede agarrar con la suficiente rapidez bicarbonato de sodio, que funcionará y salvar su hogar de la destrucción y, más importante aún, su vida y las vidas de sus seres queridos.

## **Conclusión**

La información que normalmente discuto en muchos de mis libros está orientado para darle una perspectiva diferente sobre el uso de productos peligrosos para que pueda comenzar la filtración fuera de su vida, y con algo tan simple como el bicarbonato de sodio, se puede hacer un montón de que suceda . En los últimos ocho años más o menos, he sido muy proactivo en librar estos productos de limpieza peligrosos y los productos de mi vida y de las vidas de mis seres queridos.

El no hacer nada sería descuidado, ya que quiero lo mejor para mí y para aquellos con los que estoy cerca. En otras palabras, es demasiado importante de un problema de ignorar.

## **El mensaje principal con bicarbonato de sodio**

Como se puede ver, el bicarbonato de sodio es verdaderamente impresionante y es muy versátil!

Es muy útil en muchas maneras diferentes, y eso es exactamente por lo que animo a todos a darle una oportunidad. De la limpieza de su bañera para conseguir esa sonrisa tuya bonitas y blancas, el bicarbonato de sodio puede salvar el día para las personas de

muchas maneras diferentes; eso es lo que me encanta de él! Entiendo que no me cubro, literalmente, cada función de bicarbonato de sodio que conoce la humanidad. En lugar de ello, he optado por centrarse en lo que creo que son los más importantes. Quería hacer este libro simple, al punto, y aplicables.

No estoy afirmando ser el único experto de bicarbonato de sodio en el planeta, pero lo he usado mucho y sinceramente puedo decir que las estrategias que he discutido en este libro son muy reales. La prueba está definitivamente fuera allí! ¿Entonces que dices? ¿Vas a dar estos consejos una oportunidad? Eso espero, porque la única manera para que usted sepa realmente si trabajan es ir a por ello y experimentar por ti mismo.

## MINDFULNESS PARA PRINCIPIANTES

*Veinticinco Ejercicios Fácil Mindfulness para ayudarle a vivir en el momento presente, vencer la ansiedad y el estrés, y vivir una vida plena con Mindfulness Meditación*

*Ella Marie*

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## **Introducción**

La atención plena es un gran lugar para estar en tu vida. En lugar de gastar todo ese tiempo de trabajo y la esperanza de que usted va a hacer de todo, se llega a disfrutar realmente las cosas que están en tu vida. La atención plena requiere que se reduzca la velocidad y acaba de darse cuenta de lo que está pasando cerca de ti y ver que las pequeñas cosas de la vida son las que hacen que valga la pena. Esto es algo que mucha gente va a olvidar en su vida, y que a menudo se siente la ansiedad, la depresión y otros problemas debido a que no están conectados a la vida que están viviendo. Esta

guía va a pasar algún tiempo hablando de la atención plena para que pueda ver lo grande de un impacto que puede tener en su vida y tomar la decisión de si es la mejor opción para que usted pueda probar.

Capítulo 1 comienza con un poco de información sobre lo que es la atención plena. Usted va a entender los beneficios del uso de estas técnicas, algunos consejos sobre cómo ser más conscientes, y mucho más.

Capítulo 2 comienza con una alimentación consciente y cómo el simple acto de comer puede ser una gran experiencia.

Capítulo 3 comienza withis sobre la escucha atenta. Hay tantos sonidos que están sucediendo a tu alrededor todo el tiempo, pero es fácil de conseguir ocupado con otras cosas y no gastar el tiempo que se necesita para disfrutar realmente de esos sonidos.

Capítulo 4 se trata de caminar atento. Esto es cuando se presta atención a la forma de caminar, así como todas las cosas en la naturaleza que están a tu alrededor. Usted va a entender que los pasos que se dan tienen un cierto sonido y que lo lejos o rápido que vayas todos podemos hacer la diferencia.

Capítulo 5 está lleno de los diferentes ejercicios que puedes hacer havecan con el fin de probar la atención plena en su vida diaria. Todos los ejercicios son fáciles de seguir y usted será capaz de hacerlas cada vez que tenga un poco de tiempo. Algunos sólo pido que concentrarse en la respiración que usted está haciendo, mientras que otros van a tomar un poco más de esfuerzo. Es

importante tratar de mantener su mente en la tarea a mano en lugar de dejar vagar su mente. Esto es difícil de hacer al principio, pero con un poco de práctica y repetición, que va a ser mucho más fácil.

Hay muchos tipos diferentes de la atención plena, incluyendo comer consciente, la escucha atenta, y caminar consciente. También hay una variedad de ejercicios que usted será capaz de hacer con el fin

de alcanzar el estado de cuenta que usted está buscando. Muchos de éstos se discuten en este libro para que se les puede dar una oportunidad y ver si se va a trabajar para usted. Tome esta guía con usted para aprender un poco más acerca de la atención y la forma en que puede ser beneficioso para sus necesidades.

## **Capítulo 1: ¿Qué es el Mindfulness?**

Mantener el control de los pensamientos y sentimientos que usted va a través de puede ser realmente difícil. La mayoría de la gente encuentra que van a luchar con este con el tiempo porque hay demasiado que está sucediendo en sus vidas que no son capaces de seguir el ritmo.

Mindfulness es una técnica que usted será capaz de utilizar con el fin de conseguir su mente de nuevo en marcha para que pueda obtener la tranquilidad que siempre has querido.

La atención plena es conocido como el enfoque intencional y la aceptación de la atención de alguien en las sensaciones, pensamientos y emociones que están sucediendo en ese preciso momento. Va a tomar un poco de práctica con el fin de conseguir que esto ocurre en la mayoría de las personas; puede llegar a ser demasiado fácil pensar en otras cosas y dejar que tu mente maravilla fuera en lugar de mantenerlo en el mismo lugar. A menudo, la práctica de la atención va a ser similar a lo que encontrará en la meditación en la que usted necesita para obtener su mente de los pensamientos y sentimientos que están molestando y conseguir que concentrarse en lo que está pasando justo en ese momento presente .

Hay una gran cantidad de usos a usos mindfulness. Los psicólogos han estado utilizando esta práctica desde hace algún tiempo con el fin de ayudar a los pacientes con condiciones físicas y mentales como la ansiedad, el trastorno obsesivo compulsivo, y hasta adicción a las drogas y la depresión. Incluso si usted no está visitando a un psicólogo, puede ser un buen ejercicio para el uso en

el hogar con el fin de manejar adecuadamente sus emociones de una manera más constructiva.

## **Beneficios de Técnicas Mindfulness**

Muchas personas deciden utilizar la atención porque les ayuda a sentirse mejor y obtener a través de sus emociones más fácilmente que si simplemente dejar que las emociones se escapen. Hay un montón de beneficios que puede obtener el uso de ejercicios de conciencia tales como el siguiente.

### **Mindfulness y Bienestar**

Este tipo de actividades van a ser capaces de ayudar a mejorar su bienestar. Estos ejercicios son capaces de soportar las actitudes más positivas que pueden conducir a una vida más feliz y más satisfecho. Cuando se empieza a emplear la atención plena en su vida, usted está haciendo mucho más fácil disfrutar de los placeres que vienen a tu vida en lugar de estar molesto o preocuparse por otras cosas cuando se producen. A continuación, será capaz de afrontar mejor los malos acontecimientos que se producen porque no van a parecer tan grande de un acuerdo para usted. Cuando entrenas tu mente a pensar en el presente, que a menudo no preocuparse tanto de las cosas que sucedieron en el pasado debido a que estas cosas no son tan importantes para usted ya.

### **Mindfulness y Salud Física**

También puede obtener beneficios para su salud física cuando se decida a emplear técnicas de mindfulness en su vida. Los beneficios físicos incluyen ayuda con problemas de estómago, dormir mejor por la noche, menos dolor crónico en todo, una disminución de la presión arterial, mejorar la salud del corazón, y mucho menos estrés. Sólo al reducir la cantidad de estrés que se siente cada día, que pronto será capaz de sentirse mejor acerca de las otras cosas que están sucediendo en su vida.

### **Mindfulness y Salud Mental**

Técnicas de mindfulness pueden ayudar a salir del estado de su salud mental. Hay muchas ocasiones en que el estrés y la ansiedad que se siente empezarán a introducirse en las otras partes de su vida y hacer las cosas más difíciles. Aquí es donde la atención plena puede entrar. Le ayuda a tomar el control de su estrés y otras emociones de modo que usted puede tener salud mental más redondeado y sin una gran cantidad de medicamentos u otros obstáculos en el camino. Algunas condiciones de salud mental que pueden ser ayudados con la atención incluyen el trastorno obsesivo compulsivo, la ansiedad, conflictos de pareja, trastornos alimenticios, abuso de sustancias y la depresión.

Como se puede ver, hay una gran cantidad de beneficios que usted será capaz de lograr todo tu cuerpo y la salud cuando se elige para practicar la atención plena en su vida diaria. Vale la pena tomarse el tiempo para aprender algunos ejercicios para que usted es capaz de hacerlo hacia abajo y volver a la pista.

## **Consejos para Ser Consciente**

Aquí hay algunos consejos que usted puede seguir para tener una mejor oportunidad de ser consciente, ya sea a una hora específica o en toda tu vida en general.

## **Respiración Consciente**

Esta es una buena para empezar con cuando usted no está acostumbrado a hacer las técnicas de mindfulness pero quiere empezar a utilizarlos cada día. Este es un ejercicio simple, pero puede ser muy poderosa cuando se hace rightcorrectly. Va a empezar con el aliento y la exhalación, prestando especial atención a cada uno de ellos a medida que ocurren y el reconocimiento de que cada uno es diferente y especial a su manera. El objetivo de este tipo de atención es que va a concentrar toda su atención en su respiración. El discurso mental, podría estar allí en el principio, pero con el tiempo va a desaparecer, y usted será capaz de notar esto cada vez que usted está siendo conscientes.

Esto no es algo que debe ser difícil o un montón de trabajo para que usted haga. De hecho, se supone que es agradable. Usted puede pensar en cómo alguien que está vivo llega a disfrutar de la respiración. No trate de forzar la respiración; en cambio, lo dejó ir y venir de la manera que quiera. Si tu estás fuera respiraciones terminan siendo más largo que sus en-respiraciones, esto está muy bien. Sólo tienes que encontrar el ritmo que es lento y constante, pero todavía funciona bien para usted.

Esta actividad es un gran día si usted está tratando de tener en cuenta, quiero hacer una sesión de meditación, o simplemente necesita calmarse. Hay tantos beneficios de simplemente tomar en estas respiraciones profundas. Concentrarse en ellos en lugar de en otra cosa que podrían ser molestas puede hacer la vida mucho más fácil y más agradable.

## **Concentración**

Una vez que haya tenido tiempo para acostumbrarse a la respiración consciente, puede tomar algún tiempo para acostumbrarse a concentrarse en él un poco más. Usted sólo tendrá que seguir sus respiraciones desde sus inicios hasta su fin. Si su última inhalación fue durante cuatro segundos, es necesario asegurarse de que el mindfulness dura para toda su duración.

Concentrarse sólo en la respiración que usted está haciendo. Usted sólo puede salir de su respiración solo, así que termina siendo lo más natural posible, pero usted todavía tiene que centrar su atención en él. Esta es, probablemente, va a ser la parte más difícil, ya que es fácil distraerse. El sonido de la TV, el zumbido de la lavadora de platos, recordando que usted tiene una cita la próxima semana para algo - todos estos pensamientos puede deslizarse fácilmente en su mente, y que hará que sea difícil concentrarse.

No se desanime; es fácil tener vagar su mente la primera vez que se están iniciando. Sólo se pega con él y tratar de deshacerse de esos otros pensamientos. Va a ser más fácil con el tiempo. Todo el mundo

tiene algún problema con esto, así que si usted es capaz de simplemente continuar con ella, se convertirá en mucho más fácil.

Pasa algún tiempo de acostumbrarse a concentrarse en su respiración. Usted no tiene que ser un experto, pero asegúrese de que está cómodo con él, incluso si su mente todavía se pasea un poco.

En ese momento, puede pasar a la siguiente etapa.

### **Ser consciente de tu cuerpo**

Esta actividad va a tener todo un poco más lejos. Usted va a no sólo prestar atención a la forma en que usted está respirando, sino también prestar atención a todo el cuerpo. Darse cuenta de que su cuerpo está ahí y la respiración no sería posible sin su cuerpo estar allí. Al inspirar, usted debe ser consciente de su cuerpo; mientras exhala, también debe ser consciente de su cuerpo. Esto va a unir el cuerpo y la mente en una realidad que no es capaz de ser separados.

Cuando usted es capaz de obtener su mente junto con su cuerpo, usted encontrará que usted está bien establecida en el presente en lugar de prestar atención al pasado o futuro. Este es un buen ejercicio para hacer si usted está realmente estresado por algo y usted no es capaz de deshacerse de los malos sentimientos.

Este es un ejercicio simple, pero va a ser eficaz, ya que va a traer a su mente de regreso al aquí y ahora en lugar de dejar vagar. Concentrarse en las cosas sobre las que usted no tiene control sólo va a hacer que se sienta loco. Este ejercicio hará que sea mucho más fácil concentrarse en el presente.

### **Tensión Releasing**

Es difícil dejar de lado todo el estrés y la tensión que está pasando en su vida. Es posible que tenga un montón de cosas de qué preocuparse en el hogar o en la escuela o el trabajo, y estas cosas

se van a hacer que te sientas como si siempre se le estresado. Es normal que la gente se sienta un poco de estrés, ya menudo va a tomar un poco de ayuda externa con el fin de reducir la tensión.

El uso de la atención plena es la manera correcta va a ayudar a liberar la tensión que se siente.

Usted puede optar por hacer estos ejercicios de la manera que es la más cómoda para usted, ya sea en aa pie, tumbado o sentado. No importa donde se encuentre, usted podría ser capaz de deshacerse de la tensión que se siente, siempre y cuando usted es capaz de averiguar la mejor manera de liberarla.

Mientras que usted está respirando y haciendo los ejercicios que se enumeran más arriba, se puede decir que son conscientes de su cuerpo a medida que inhala y que está listo para liberar la tensión cuando usted exhala. Esta respiración va a hacer que se sienta mejor. Combine eso con el olvido pensamientos estresantes y la tensión se dará a conocer.

### **Cómo ser más conscientes**

Antes de empezar a trabajar en su viaje a ser consciente, es importante que se tome el tiempo para averiguar algunos consejos para ayudarle a empezar. Estos consejos van a hacer que sea más fácil hacer la atención plena en la forma adecuada para que usted está recibiendo todos los beneficios que le gustaría salir de esta técnica. Algunos de los consejos que debe seguir son: Ponga el valor a la derecha en las cosas: Es fácil llegar a ser estresado sobre cuánto cuesta algo o cuánto mejor te hacen ver. Cuando se pone un valor a las cosas, sólo se va a terminar haciendo hincapié en que aún más. Al soltar de este tipo de valor a las cosas, usted abre su mundo para el placer y tener más diversión en la vida.

Permanecer neutral o esperar lo mejor: Es fácil ser negativo acerca de las cosas que están sucediendo en su vida. Usted puede tener miedo del futuro debido a su pasado.



Mantenga una actitud positiva acerca de su situación todo el tiempo. Esto puede hacer la vida mucho más feliz y más fácil de tratar.

Sé elogios agradables y de uso: Esta le permite hacer una diferencia en la vida de otra persona. Cuando usted está preocupado acerca de lo que otra persona se sienta mejor, se tiende a no pensar en su propia vida como mucho, y las pequeñas cosas que te han estado molestando no parece tan importante por más tiempo. Trate de darle por lo menos unos cuantos cumplidos cada día para ayudar a que los que te rodean se sienten mejor.

Observe a ti mismo: Tome un poco de tiempo cada día para observar la forma en que está haciendo las cosas. Averiguar si la forma en que usted respira parece estar fuera de sintonía con la manera de pensar que está sintiendo. Cuando se tome unos minutos para concentrarse en su respiración, se empieza a tomar conciencia de las cosas que están sucediendo en su cuerpo, y usted puede comenzar a hacer esfuerzos conscientes para controlarlos mejor.

Pasar tiempo con la familia y en las relaciones: Nada va a hacer que se sienta mejor que cuando usted pasa tiempo con su familia y amigos. Estas son las relaciones que te hacen sentir bien y le dará un sentido de autoestima. Usted debe pasar tanto tiempo como se puede desarrollar estas relaciones, mientras que usted está

trabajando en su atención de modo que usted puede sentirse su mejor esfuerzo en todo momento.

## **Capítulo 2: Comer Consciente**

Una de las áreas que usted será capaz de concentrarse en su atención plena es cuando usted está comiendo. Es fácil simplemente bufanda abajo su comida y ni siquiera pensar en ello. Usted estará en una prisa para conseguir la comida hecha, porque tienes que volver al trabajo o simplemente tiene hambre y quiere terminar. Pero cuando practicas comer consciente, es mucho más fácil de disfrutar de la comida que está comiendo.

Entonces, ¿qué es comer consciente? Esto es comer que usted requiere para comer con la intención de cuidar de sí mismo en lugar de comer sólo porque usted piensa que usted debe comer. Puede utilizar este método para hacer que el sabor de la comida mejor, para disfrutar más, y para asegurarse de que usted está comiendo solo cuando es necesario. Esto puede ayudarle a comer lo que el cuerpo necesita en lugar de cargar para arriba con los alimentos que son demasiado para ella.

Para empezar, usted debe sentarse con su plato de comida en la mesa. Asegúrese de que usted no tiene ningún tipo de distracciones externas, mientras que usted está haciendo esto. Cualquier cosa que pueda tener en su mente esta tarea hará que sea casi imposible conseguir la atención plena que usted busca. Apague la televisión, deshacerse del periódico de la mañana, y pasar su tiempo pensando y disfrutando de la comida que tienes frente a ti.

Hay algunas cosas que usted debe tener en cuenta cuando usted está haciendo esta actividad. No se le permitirá a engullir la comida que va a comer. En su lugar, usted debe asegurarse de tomar las picaduras lentos y deliberados para cada bocado. A continuación, será más capaz de pagar toda su atención a toda la comida que está comiendo, tomando en cómo se ve, cómo huele, cómo se corta para arriba, los músculos que se utilizaron para llegar a su boca, el sabor y la textura de los alimentos, y todo lo demás. Usted debe tratar de llegar a involucrarse totalmente en el proceso de comer con el fin de realmente disfrutar de ella.

Puede parecer que esto va a ser un proceso lento y laborioso, pero pronto se sorprenderá de cuánto va a ser capaz de disfrutar de la comida que está comiendo cuando se empieza a hacer para esto. Este método de comer te llenará más rápido y es mucho mejor para su digestión.

Éstos son algunos de los pasos a la hora de comer consciente:  
Escoja un pequeño trozo de alimento y empezar con eso.

Explora usando ya que muchos de sus sentidos como puedas. Mira la comida para un poco y observar el color y la textura que viene con la comida.

Una vez hecho esto, puede cerrar los ojos antes de pasar tiempo con el sentido del tacto para explorar la comida. ¿Cómo se siente la comida sin mirarlo? ¿Serías capaz de describir a otra persona que no es capaz de ver?

Ahora es el momento de usar el sentido del olfato. Vea lo que los diferentes olores son que vienen con la comida.

Come la comida. Usted debe tomar un mínimo de dos bocados para cada pedazo de comida, incluso si se trata de una pequeña pieza. Es fácil de tomar grandes bocados y apenas masticar, pero no va a obtener la atención de ella, y esto podría hacer que se sienta enfermo y todavía tiene hambre.

Con el primer bocado, masticar lentamente y observe cuánto de una experiencia sensorial que está recibiendo de este ejercicio sólo por tomar el tiempo para masticar y degustar su comida. Siente la textura de los alimentos y la forma en que se siente dentro de su boca. Observe cómo intenso el sabor es con cada bocado. Usted debe tomar al menos veinte a treinta segundos a comer el primer bocado para disfrutar de todo el sabor.

Usted no tiene que comer esto lentamente cada vez que tenga una comida, pero para las primeras veces probando la técnica de la atención plena, lo que realmente puede hacer una diferencia. Le puede ayudar a reducir la velocidad con su alimentación regular para que el proceso se vuelve más fácil.

Esta es una gran manera de mejorar su vida y realmente disfrutar de las pequeñas cosas que están en él. Se vuelve demasiado fácil para la gente a tirar su comida en la garganta y ni siquiera pensar en ello. No sólo no es usted capaz de disfrutar de la comida que está comiendo de esta manera, también puede causar malestar y

problemas digestivos. Trate de hacer este ejercicio rápido un par de veces a la semana y ver la cantidad de ayuda.

## **Nuevos Alimentos**

Pruebe algunos de los nuevos alimentos. Es fácil para la gente a tomar un bocado rápido de un nuevo alimento y decidir si les gusta o no. Ellos no están realmente tomando el tiempo para conocer la comida, para realmente probar, o para averiguar realmente si les gusta como si no.

Utilice consciente de comer cada vez que intente nuevos alimentos para que usted realmente puede experimentarlos.

## **Beneficios de Comer Consciente**

Hay una gran cantidad de beneficios que usted será capaz de salir de la utilización de comer consciente en su vida diaria. Algunos de los beneficios incluyen:

**Prevención de la diabetes:** los estudios Se han hecho que muestran cómo comer demasiado rápido, algo que muchos estadounidenses hacen en su dieta típica, puede causar diabetes. Esto se debe a que son más propensos a ganar peso cuando se come de esta manera.

**Prevenir la obesidad:** Los atracones de comida puede ser una preocupación con los adultos como a los niños. Esto puede ser causado por una ganancia de peso y dieta estricta. Cuando usted trabaja en una alimentación consciente, usted tendrá más control sobre sus hábitos alimenticios.

**Deje de picoteo excesivo:** Es fácil realizar varias tareas mientras estás comiendo, pero los estudios muestran que cuando se acaba de concentrarse en su comida en lugar de hacer algo más, que te puede hacer menos hambre durante todo el día y es posible seleccionar aperitivos más pequeños .

Evitar comer en exceso: Cuando vas a comer, puede ser fácil de comer más alimentos de lo que debería, lo que puede hacer que sea más fácil subir de peso.

Estos alimentos tienen más calorías que los alimentos normales, que se va a seguir añadiendo más a su total diario. Cuando se utiliza una alimentación consciente, usted no tendrá todas estas calorías extra añadiendo sucesivamente.

Manténgase magra: Cuando usted está comiendo menos calorías, que es algo que va a pasar cuando practicas comer consciente, usted será capaz de convertirse en más delgado. Esto hace que sea la cosa perfecta para probar cuando usted quiere perder peso.

### **Capítulo 3: Escuchar**

No sólo eres capaz de llegar a ser consciente de las cosas que están sucediendo alrededor de usted, pero usted también será capaz de hacer este tipo de cosas cuando se trata de escuchar. A menudo, la vida puede llegar muy ocupado, y puede ser difícil para realmente escuchar. Es fácil ir a trabajar, volver a casa, ir a dar un paseo, y lo hacen muchas otras cosas sin tener que escuchar los sonidos que están a tu alrededor.

Cuando usted toma el tiempo para escuchar con atención, se asegura de que en realidad se está escuchando estos sonidos increíbles. Cuando compites fuera de la casa para ir a trabajar, ¿te das cuenta que el sonido de los pájaros? Si usted es como la mayoría de la gente, entonces es probable que no lo hacen. Cuando usted toma el tiempo para escuchar, es más fácil de apreciar todo lo que la vida tiene para ofrecer.

Éstos son algunos de los ejercicios que usted puede hacer con el fin de practicar un poco de la escucha atenta en su día.

#### **Ejercicio 1**

Deténgase ahora mismo, no importa lo que está haciendo, y tomar un anuncio con los sonidos que podrían ser rodeaban usted. No importa si usted está en la oficina, en el viaje al trabajo oa la escuela, con los amigos, o hacer alguna otra actividad; simplemente deje lo que está haciendo y escuchar. Podría haber un millón de sonidos diferentes que están rodeando, pero los seres humanos han aprendido a ignorar la mayoría de ellos ya sea por necesidad, porque están demasiado ocupados con otras cosas, o simplemente porque probablemente volvería loco si se dieron cuenta de todos los sonidos alrededor ellos todo el día.

Mientras que usted está haciendo este ejercicio, ver cómo muchas cosas diferentes que son capaces de identificar como ruidos. ¿Oyes el equipo tarareando junto a usted o un coche que pasa por algún lugar en la distancia? Usted puede escuchar la televisión que está en en otra habitación.

Si la ventana está abierta, se podía oír a los pájaros un poco o el sonido del agua corriendo o un agradable brisa. Lo que se escucha dependerá de dónde se encuentre. Lo más probable es ser sorprendido por todos los diferentes sonidos que usted es capaz de escuchar cuando se toma el tiempo para escuchar.

¿Suenan esto como un ejercicio que es bastante fácil de hacer? Usted se sorprenderá de lo difícil que es concentrarse realmente en los ruidos en lugar de dejar vagar su mente. Tienes que tratar de envolver a ti mismo en el ruido que está a su alrededor en lugar de tratar de bloquear a cabo.

## **Ejercicio # 2**

Esto va a ser un método de escucha cronometrado. Con éste, usted va a llegar a la cantidad de tiempo que va a hacer esta actividad. Puede ser que sea el mejor para hacer esta actividad en casa cuando usted no tiene ningún tipo de distracciones adicionales de modo que usted no tiene que preocuparse de ser interrumpido.

Es mejor empezar con tan sólo cinco minutos más o menos en esta actividad es y siempre será capaz de añadir en el paso del tiempo y te acostumbras a él. Establecer un cronómetro para que usted sólo tiene que prestar atención a los sonidos a su alrededor en lugar de preocuparse acerca de cuánto tiempo ha pasado. Ahora deje que los sonidos que se anclan al momento presente. No juzgar, analizar, o incluso pensar en lo que podría ser la causa de cada uno de los sonidos a medida que ellos, la experiencia acaba de oír y los observa. Si usted encuentra que usted está haciendo impaciente o inquieto durante su tiempo, no reaccionan a esos sentimientos.

Haciendo este simple ejercicio va a hacer que su conciencia se abren en un nivel completamente nuevo en lo que se compara con el silencio que está dentro de ti. Usted experimentará algunas veces cuando se empieza a sentir como que está despertando a una nueva parte de ti que se ha ocultado y que ahora usted podrá disfrutar.

### **Ejercicio # 3**

Este es el que te va a ayudar con la escucha. A menudo las personas se encuentran que es muy difícil conseguir que sus mentes para permanecer en su tarea. Una manera en que usted puede hacer esto es mediante el uso de las campanas de la atención plena. Estos se han utilizado durante muchos años con el fin de dar a la persona un foco de concentración para su meditación de atención plena.

Con este ejercicio, se le escucha una grabación de las campanas de atención plena en lugar de sólo escuchar todos los sonidos que están sucediendo a su alrededor. Esto es bueno porque a menudo es más fácil concentrarse cuando hay un solo sonido. También puede hacer que el proceso sea más potente y más profundo.

Si eres nuevo en el proceso de la meditación o la escucha atenta, esta es la mejor manera de acostumbrarse a hacerlo. Va a ser difícil de conseguir su mente a concentrarse en una sola cosa.

Los pensamientos y sentimientos a menudo se van a poner en el camino, por lo que es difícil concentrarse en las cosas que están justo en frente de usted. Pero pensar en cuánto más control tendrá sobre sus emociones y sentimientos, si usted es capaz de controlarlos con el uso de la escucha atenta.

#### **Ejercicio # 4**

Si las campanas no son del todo lo tuyo y te encuentras con que te están distrayendo, siempre es muy bien utilizar algún otro método o sonidos que pueden ayudar. Tal vez elegir su canción preferida o una canción clásica. Canciones clásicas suelen ser la mejor, ya que tienen una gran cantidad de diferentes instrumentos y sonidos que se pueden envolver en ti mismo, y son fáciles en los oídos para que no se distraiga.

Encienda la canción de su elección y simplemente escuchar a la misma. Usted debe escuchar a las diferentes melodías y tomar nota cuando algo cambia. Escuche los diferentes instrumentos y ver si sus favoritos se encuentran entre ellos. Hay mucho que se puede disfrutar cuando se trata de música: letras, instrumentos, melodías, y más.

Consciente de escucha es un taskthing importante que usted debe aprender a hacer, y que usted debe combinar con algunos de sus ejercicios cuando usted está tratando de ser más conscientes.

Hay tanto que está sucediendo a su alrededor que sólo sus oídos son capaces de captar., Pero wwith horarios ocupados y todos los ruidos que nos bombardean, es fácil ignorar los sonidos y no prestar atención a ellos. Estos ejercicios ayudan a aprender a prestar atención a por lo menos algunos de estos sonidos para que pueda ser más conscientes de lo que está sucediendo a su alrededor.

#### **Capítulo 4: Caminar Consciente**

Caminar es una gran actividad que usted puede hacer para salir de la casa, pasar un buen rato, conseguir un poco de movimiento, e



incluso perder algo de peso si quiere. Muchas personas tratan de añadir más pasos de sus vidas a causa de todos los beneficios positivos para la salud.

Pero, ¿sabía usted que también puede traer la atención a su rutina de caminar para que sea mejor?

Una gran cantidad de los mismos principios se va a entrar en juego cuando usted hace su caminar atento. En esta actividad, usted simplemente va a enfocar su mente en el acto de caminar, incluso si es una cosa tan simple de entender. Durante este proceso, usted va a aprender a traer a su conciencia en el movimiento del cuerpo como usted está caminando. Hay mucho que se dedica a cada paso que se toma que es fácil de encontrar una manera de pasar su energía se concentra en todo.

Como usted está caminando, usted debe concentrarse en cómo el suelo se siente o cómo usted respira. Son sus pasos a paso ligero o más lento? ¿Es la respiración a la par de su ejercicio o si es necesario para recoger a una velocidad más pesada para los resultados? También puede tomar el tiempo para concentrarse en las cosas que están sucediendo a su alrededor, como las aves que vuelan, perros jugando, o algo más.

Con este ejercicio, usted no va a tener que pasar mucho tiempo haciendo caso omiso de las cosas que están sucediendo a tu alrededor; de hecho, usted será capaz de concentrarse en algunos de estos como usted está caminando con el fin de sacar más provecho de la experiencia.

Una de las mejores cosas de este tipo de atención es que usted será capaz de hacerlo en cualquier momento, no importa dónde se encuentre. Con algunas de las otras técnicas, usted va a tener que estar solo y planificar el futuro un poco. Con éste, usted puede hacerlo siempre. Es por eso que hay tantas personas que les gusta utilizar la técnica de caminar cuando están tratando de primera a cabo la atención plena.

## **Capítulo 5: Otros Ejercicios Mindfulness**

Además de algunos de los ejercicios que se han enumerado en los capítulos anteriores, aquí hay unos cuantos más que usted puede audiciones para llevar realmente la atención plena en su vida.

Pruebe algunos para ver cómo van a trabajar para sus necesidades.

### **Un Minuto Mindfulness**

El primer ejercicio que vamos a ver es la atención un minuto. Este es uno que usted será capaz de hacer en cualquier momento del día, y ya que no se necesita mucho tiempo, usted no tendrá que preocuparse de dejar de lado un montón de tiempo en su apretada agenda. Usted puede utilizar su reloj o establecer un temporizador rápido para ayudar a mantener un registro de la cantidad de tiempo que necesita para gastar en esto para que usted pueda concentrarse plenamente en la actividad.

Durante los sesenta segundos de esta actividad, es necesario centrar toda su atención en su respiración. Usted no debe pensar en otra cosa, prestar atención a cualquier otra cosa, o preocuparse por otras cosas que están sucediendo. Lo único que debe estar en su universo durante este minuto es la respiración. Mientras que un minuto puede no sonar como que es que a largo de un tiempo, sin duda puede sentir como que dura para siempre cuando se está empezando. Puede dejar theyour ojos abiertos para este y respirar la forma en que lo haces normalmente lo hace; nada tiene que cambiar con el fin de hacer este ejercicio. Usted tendrá que estar preparado para tomar su mente cuando se trata de vagar, que lo hará, y seguir trayendo de vuelta a donde tiene que estar. Usted encontrará que enfocar su concentración como esto en el principio va a ser difícil, pero cuanto más lo haces, más fácil será.

Si bien esto no es uno que se va a tomar mucho tiempo o mucho esfuerzo, por lo general es una muy poderosa si realmente toma el tiempo para hacerlo bien. A veces puede tomar la gente de mucho tiempo de hacer este ejercicio antes de que sean capaces de

hacerlo sólo por el solo minuto. La buena noticia para usted es que si es difícil, puede darse cuenta de que una gran cantidad de otras personas están pasando por lo mismo y que si lo sigues intentando, va a ser mucho más fácil.

Este es un ejercicio para hacer un par de veces a través de su día, especialmente si tu mente está funcionando fuera y usted no es capaz de mantener la concentración en la tarea que está a la mano. Usted será capaz de obtener la claridad y la paz que desea, y pronto lo estará de regreso en el camino correcto. Durante algún tiempo y con la práctica, usted puede optar por ampliar la cantidad de tiempo durante el cual usted está haciendo esta técnica para que funcione mejor para usted, pero en un principio, en el momento en que va a ser lo suficientemente fuerte para que lo

complete.

## **Observación Consciente**

Incluso cuando usted está observando las cosas, usted va a utilizar algún tipo de atención para ayudarle a salir. Este ejercicio va a ayudar con el uso de la práctica de la observación para ayudar a mantener su mente aguda.

Para empezar, usted debe recoger algún objeto que se acaba mintiendo alrededor; el objeto que usted elija es realmente no es tan importante, así que recoger la primera cosa que usted puede encontrar. Usted debe mantener el objeto en sus manos y luego permitir su plena atención a quedar absorbida por el objeto. Observar el objeto, pero no tome el tiempo para pensar en ello o evaluarlo, o estudio de ninguna manera. Basta con mirar y observar como lo que es.

Durante este ejercicio, usted comenzará a sentir un mayor sentido de la novedad. Observación consciente se ha sabido que la gente se sienta más despierto. Usted comenzará a notar cómo la mente es capaz de liberar rápidamente todos sus pensamientos sobre el futuro o el pasado y lo que se siente tan diferente de estar en este

momento. Esto también se puede considerar una forma de meditación, y mucha gente va a tratar de esta manera.

Esto también se puede hacer con las orejas en forma de escuchar la atención como lo que se discutió en el capítulo anterior. Usted puede elegir el método que funciona mejor para sus necesidades.

## **Puntos de contacto**

Este es un ejercicio que va a ayudarle a apreciar las pequeñas cosas que son en su vida, ya que puede ayudar a ralentizar el ritmo de lo que está sucediendo a su alrededor. Usted aprenderá cómo tener una conciencia más pura y también ser capaz de descansar en el momento presente para un poco.

Cuando esté listo para hacer este ejercicio, usted puede sentarse y pensar acerca de algo que ha sucedido más de una vez para usted todos los días. Debe ser algo que va a dar por sentado, algo así como la apertura de una puerta o caminar por el pasillo. Iremos con la apertura de la puerta.

Piense acerca de la acción de abrir la puerta y permítanse sentir la forma en que está ocurriendo.

Siente la perilla de la puerta en la mano, ¿cómo se siente al girar el mando, y lo pesado que la puerta es cuando se tire en él.

Mientras que usted está pensando en todo esto, pensar en los movimientos y las partes de su cuerpo que le permiten hacer estas cosas. Sé agradecida por las manos que están permitiendo que hagas esto, los pies que llegó a la puerta, y el cerebro que le dijo a su cuerpo cómo hacer las cosas diferentes. Sin estas cosas, nunca sería capaz de hacer una tarea tan simple como abrir la puerta.

Las señales de que está utilizando para este ejercicio no tienen que incluir los simplemente físicos. Usted podría pensar en los pensamientos negativos que pueda tener durante todo el día.

Tómese un momento para pensar acerca de los pensamientos y luego ponerlos en libertad antes de que tengan un mayor impacto en su vida. Usted puede pensar en cómo la comida huele y tomar un momento para estar agradecidos de que usted tiene un poco de comida que se puede comer.

No importa lo que cue usted elige utilizar. Usted debe elegir uno que va a resonar con usted y hacer que sea más fácil pensar en la forma correcta. Usted no tiene que quedarse en el piloto automático todo el tiempo. El uso de este reconocimiento y forma de pensar acerca de las acciones simples que realmente puede hacer que se sienta mejor y ayudarlo a salir de la rutina de hacer todo de la misma manera cada día.

### **Viene en Fives**

Este es un divertido juego que te hace pensar en términos de las cosas que ya están en su vida.

Usted debe tomar unos minutos para observar al menos cinco cosas que están presentes en su día. Estos tienen que ser cosas que por lo general no nota o que no se toman el tiempo para apreciar. También pueden ser cosas que se ven, sentir, oler, o escuchar.

Hay un montón de cosas que usted puede considerar para este ejercicio. Por ejemplo, se podía ver las paredes que están en su casa, escuchar todas las aves en su camino al trabajo, sentir cómo su ropa se sienten en su piel, o el olor algunas flores que se encuentran en el parque. Estas son cosas que usted no está por lo general va a notar.

Tómese el tiempo para permitir que su mente para explorar las posibilidades, el impacto, y la maravilla de estas cosas. Deje que su mente se abra y se convierta despierta al mundo, así como la experiencia completa que viene con notando el medio ambiente.

Cuando usted es capaz de llegar a ser más consciente de la persona que eres, las cosas que están a su alrededor, e incluso las

cosas que usted está haciendo, usted comenzará a ver que todo en su entorno tiene un propósito y está conectado.

Trate de hacer este ejercicio un par de veces cada semana, si no más, de modo que usted puede comenzar a apreciar más las cosas que están sucediendo a tu alrededor. Es posible hacer esto habitación por habitación de su casa, en el trabajo, en la iglesia, en su coche o en cualquier otro lugar donde usted pasa tiempo. Esto va a hacer que sea más fácil para empezar a apreciar las cosas que están sucediendo en su vida por lo que son capaces de sentir más consciente y conectado con tu vida.

## **Diez Segundo Conde**

Esta es una mezcla entre la atención que usted está buscando y una manera de practicar la concentración, y es similar a la del primer ejercicio analizado. En este ejercicio, usted va a centrarse en cerrar los ojos y contar hasta diez. Si usted encuentra que su concentración está vagando apagado, se le acaba de emprender el regreso al principio con el número uno.

Muchas personas encuentran que este es un ejercicio que son capaces de hacer un poco mejor que la primera. Esto es debido al hecho de que en realidad tienen algo más concreto para concentrarse en, en lugar de tener que tratar y prestar atención a la respiración. La mente no es tan probable que vagar.

## **Las sensaciones corporales**

Para este ejercicio, usted debe encontrar un lugar tranquilo donde usted puede sentarse en paz por lo menos durante cinco o diez minutos. Usted va a querer quedarse quieto y observar las distintas sensaciones, como una picazón, que usted debe tomar el tiempo para pensar en vez de rascarse inmediatamente. Comience desde la cabeza y observe las sensaciones allí, y poco a poco hacer su camino hasta los pies y los dedos de los pies.

## **Naming Emoción**

Hay una gran cantidad de emociones que usted podría estar experimentando en su vida. Es fácil dejar que ellos en su camino e influir en la forma en que usted piensa y actúa. Pero esta no es la manera de tomar decisiones acertadas y para estar en control de su vida entera. Para este ejercicio, usted debe permitir que todas sus emociones que usted está sintiendo en ese momento pasar al frente y mirarlos sin juicio. A continuación, puede nombrar con calma frente a las emociones que usted está sintiendo, aceptarlas, y luego dejarlos ir.

Trate de mantener su mente en el ejercicio que está a la mano. Puede ser difícil, ya que es posible que desee dejar que otros pensamientos y sentimientos en el camino. Pero hay que ser capaz de concentrarse en las sensaciones que usted está tratando con el fin de usar correctamente la técnica de la atención plena y empezar a darse cuenta de todas las pequeñas cosas que son en su vida.

### **Instar Surf**

Este es un buen ejercicio que debe hacer si se trata de una personalidad adictiva o si desea obtener más de una adicción que se está tratando. Usted será capaz de hacer frente mejor a los deseos que están teniendo y luego dejarlos pasar por ti. Observe cómo el cuerpo se siente cuando el deseo entra en el cuerpo. En lugar de desear las ansias de salir de ti, pensar en cómo no tardarán en desaparecer.

### **Mindfulness Cues**

Para este ejercicio en particular, tendrá que ser capaz de centrar su atención en la respiración que haces siempre ciertas señales aparecen en su entorno. Un ejemplo de esto sería cuando suena un teléfono, usted debe traer un poco de atención a su respiración en el momento presente. Usted no tiene que cambiar su respiración, acaba de ser conscientes de la forma en que usted está respirando y ver si hay algo fuera o diferente al respecto.

Puede elegir una señal que se va a trabajar para usted, como mirarse en un espejo, tocar sus manos, o cuando escuche los pájaros cantar fuera de su ventana. No importa lo que la señal es tan larga como se toma el tiempo para reconocer esa señal y pasar un poco BitTime ser consciente de ello.

La razón por la que usted utilizaría estas señales con el fin de hacer un ejercicio de atención plena como éste es que son una gran manera de sacarte del piloto automático que la vida a menudo puede poner en. Es fácil de seguir por la vida sin mucho cambiar y sin darse cuenta de que las cosas van a su alrededor. Al hacer ejercicios como éste, se hace más fácil seguir el ritmo de la vida, darse cuenta de lo grande que es, y estar más en el momento.

### **Otras opciones Mindfulness**

Hay un montón de otras cosas que usted puede hacer con el fin de tener en cuenta en su vida diaria. Cuanto más usted es capaz de practicar este tipo de técnica, incluso si sólo es capaz de hacerlo durante unos pocos minutos cada vez, más se va a hacerse presente, worriless, y conectado con el mundo. Algunas de las ideas que usted puede intentar con el fin de ser más conscientes son:

Mente cómo sus pies se mueven mientras usted está en la tienda de comestibles tienda de conseguir. Esto va a permitir ver las diferentes maneras en que usted se mueve mientras usted está haciendo diversas actividades. Usted está seguro de caminar de una manera diferente cuando usted está haciendo compras en comparación a cuando usted va alrededor de la oficina, haciendo un entrenamiento, o apresurarse a llegar a alguna parte.

Cuidado con la sensación de su silla mientras usted está trabajando en escribir un documento. Es probable que usted nunca ha pensado mucho sobre la silla que usted está sentado en.

Ir a través de una puerta puede ser un ejercicio consciente. Usted puede pensar en el sentimiento y el trabajo que va a tirar la puerta. Usted puede concentrarse en la tarea que hay que hacer mientras



que usted va a través de la puerta. Hay muchas maneras que usted puede ser consciente de ello.

Cambiar alrededor de sus zapatos. Por lo general, tienen un zapato que se va a poner en el primer día. Tómese el tiempo un día para poner en el zapato frente primero.

Usted se sorprenderá de la diferencia que este simple gesto hace.

No ponga el azúcar en su té. Esto puede sonar un poco tonto, pero si estás acostumbrado a poner azúcar en el té, se va a hacer una diferencia en su rutina.

Usted puede ir a otro lado, así; si usted no tiene por lo general agrega azúcar al té, añadir un poco en este tiempo. Usted puede hacer esto con su taza diaria de café también. Este ejercicio va a ayudar a aprender acerca de los patrones y entender lo difícil que va a ser para romperlos. No necesariamente quiere cambiar el patrón que usted está acostumbrado; lo que desea es desarrollar un poco más de flexibilidad en

su vida.

Respira conscientemente cuando tenga tiempo. Esto puede ser en cualquier momento - cuando estás esperando para una reunión, esperando en la cola en una tienda, o esperar a que el ordenador se inicie. No importa cuando, trate simplemente para pasar un poco de tiempo cada día para respirar de una manera que te hace pensar en ello.

Limpie la casa. La limpieza de su casa es el momento perfecto para concentrarse en ser consciente. Piensa en todas las áreas de su casa mientras usted los está limpiando y determinar lo que hace tan especial e importante en su vida. Piense en las cosas que usted va a recoger, y averiguar si significan algo para ti.

Mantenga un diario. Esta es una buena manera para que usted tome el tiempo para pensar acerca de sus pensamientos y averiguar

si son valiosos. El objetivo no es hacer la siguiente pieza de la literatura. Es más para observar las cosas que están sucediendo a tu alrededor y cómo te hacen sentir. No importa si comienza a sentirse repetitivo en el proceso. Esto es algo que se puede esperar, y la revista es sólo va a reflejar la forma en que se ve y se siente acerca de las cosas.

Aviso cosas. Disfrute de respiraciones profundas y notar las cosas que están a tu alrededor. Esto ha sido mencionado por los otros ejercicios, pero la idea no se puede enfatizar lo suficiente. Usted no va a ser capaz de pensar de una manera consciente, si usted no es capaz de darse cuenta y apreciar las cosas buenas que están sucediendo en su vida, especialmente las cosas que usted no ha notado en el pasado.

Note algunas cosas que usted es capaz de sentir, a continuación, observe algunas cosas que usted es capaz de escuchar, y finalmente notar algunas cosas que usted es capaz de ver.

Sólo sonrío. Esto puede parecer algo que es simple, pero puede hacer una gran diferencia en cómo se siente acerca de lo que está pasando en su vida. Cada vez que usted está molesto, frustrado o impaciente, deberías sonreír. Esto se va a poner más a gusto y que sea más fácil darse cuenta de que no es el fin del mundo.

Estas son sólo algunas de la atención plena ejercicios que usted puede utilizar para obtener su mente fuera el pasado y el futuro, y de vuelta al presente, para que pueda disfrutar de lo que tiene en la vida. A pesar de que va a tomar algún tiempo para acostumbrarse, que va a hacer su vida

mucho mejor si nos atenemos a ella y hacer que funcione para usted.

## **Conclusión**

Hay una gran cantidad de beneficios que vienen con vivir una vida que es consciente. Podrá disfrutar de las pequeñas cosas mucho

más y también ayudar a muchos de los problemas de salud que usted podría estar pasando por que ni siquiera se da cuenta cuando conectado. Esta guía tiene la intención de darle un poco más de información sobre la técnica de la atención, lo que tiene que ver, ¿por qué usted debe considerar que, los diferentes tipos de atención, y algunos ejercicios que usted puede probar con el fin de conseguir la atención plena para trabajar por usted.

Después de haber leído este manual, usted debe tener un conocimiento más profundo de las aplicaciones físicas y mentales de la atención plena. Algunas de las técnicas discutidas fueron la atención al respirar, caminar y comer, todo lo cual melodía que a sus sensaciones y sus alrededores. La correcta utilización de estas técnicas puede llevar a una, más sano, más feliz vida más plena. Puede utilizar la información contenida en esta guía para dejar de tomar las cosas por sentado y aprender a apreciar los detalles más pequeños de la existencia cotidiana.

Fermentación para principiantes

*32 poco conocidos, recetas de alimentos fermentados saludables llenos de probióticos, enzimas, vitaminas y minerales, para una vida más larga y saludable*

*Ella Marie*

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## **Introducción**

Aunque hay muchos recursos en la fermentación de los alimentos en el hogar, a menudo usted no será capaz de encontrar una guía para principiantes cierto. Ahí es donde este libro es único.

Responde y explica todos los whos, cuál es, wheres, whens, porqués, y los cómo de la casa de fermentación que un principiante puede pedir.

Este libro da a la historia de la fermentación, se analizan los beneficios para la salud de la misma, incluye un curso intensivo en microbiología, y ofrece una comparación entre los métodos de conservación de uso común en toda la historia. Hay más

información sobre las técnicas, equipos y elementos necesarios para la fermentación, así como dónde encontrarlos.

Las recetas incluidas cubren una amplia variedad para el fermentador comenzando, y ellos se separan en grupos lógicos para una fácil referencia. Esto, sin embargo, de ninguna manera es una lista exhaustiva! Pero, es un buen lugar para empezar a practicar las habilidades que se necesitan.

Además, nadie quiere gastar una gran cantidad de alimentos de tiempo y dinero por lo que no les gusta en el final. Por lo tanto, las recetas proporcionadas no requieren equipo especializado y los ingredientes exóticos. Ellos fueron escogidos con un verdadero principiante en mente.

Un gran aspecto de la fermentación de su propia comida es que muchos de los ingredientes

"especiales" son subproductos de otras fermentaciones! De lo contrario, son muy fáciles de adquirir y están fácilmente disponibles.

Ya sea que decida convertirse en una de clase mundial, fermentador casa o simplemente para tener un estilo de vida más sano, este es el libro para usted. Sobre todo si usted no tiene idea de por dónde empezar o qué hacer, este libro servirá de guía para el desarrollo de habilidades y la adquisición de algunos materiales especiales. También ayudará a estimular su creatividad para que puedan experimentar y modificar recetas para adaptarse a sus propios gustos. El gusto es lo que la comida es todo acerca de todos modos!

En la compra de la tienda, lo saludable es la comida realmente? Lea las etiquetas. Se necesitaría un doctorado en química para identificar todos los aditivos en los alimentos. Estos productos

químicos son, en general, tóxico y cancerígeno, y hacen cosas desagradables de nuestros cuerpos!

Por fermentación algunos de sus propios alimentos, puede ayudar a sanar su cuerpo. Usted sabrá exactamente lo que está comiendo, incluso sin el doctorado en química. Y en este loco mundo de los alimentos comprados en la tienda, que en realidad se lleva todos los requerimientos diarios recomendados de algo? Este libro se lo colocará en un camino hacia una vida más saludable!

## **Capítulo 1:**

### **La fermentación largo de la historia -**

#### **Una antigua forma de vida**

Antes de explicar cómo el proceso de fermentación llegó a ser conocido por los pueblos antiguos, vamos a hablar de lo que es. Hay largas explicaciones y definiciones en el ámbito de la bioquímica, pero para poner simplemente, la fermentación es la descomposición química de moléculas de los alimentos complejos en sustancias más simples por los procesos naturales de los microorganismos, como las bacterias, mohos y levaduras. Este proceso aumenta el valor nutricional y cambios gusto. Si bien hay muchas maneras diferentes para lograr la fermentación, el resultado final siempre incluye ácidos conservantes o alcohol.

Entonces, ¿cómo se descubrió este proceso? Se cree que la fermentación primera producido por accidente - lo más probable, alguien añade sal a la comida que permitió microorganismos específicos para crecer y alteran el material original en un nuevo alimento. Los seres humanos han sido fermentando alimentos desde la Edad de Piedra Nueva (hace unos 6000 años). Eran conocidos para hacer panes planteadas, cerveza, queso y vino, aunque la ciencia detrás del proceso fue un misterio. Algunas culturas atribuyen esta fantástica transformación a la intervención divina. Por ejemplo, los egipcios dieron alabanza a Osiris por su capacidad para elaborar cerveza y los griegos aclamado Dionisos como dios del vino (entre otras cosas). En las culturas japonesas tempranas, había santuarios en muchas de las fábricas de cerveza Sochu y miso. Este misterioso proceso se unió a otras técnicas

conocidas tales como el secado, el tabaquismo, y la congelación como formas de preservar los alimentos. Fue a principios del chino que introdujo moldes en los alimentos.

Fermentación en realidad no ganar mucho conocimiento científico hasta que el tarde 15a siglo XX cuando un comerciante holandés, Anton van Leeuwenhoek, inventó el microscopio compuesto en 1675. Informó ver diminutos organismos en movimiento que él llamó

"animálculos", que, hoy en día, que conocemos como protozoos unicelulares. Luego, en 1680, observó la levadura, pero pensaba que eran cosas pequeñas, redondeadas muertos. Hasta el

momento, ninguna conexión se había hecho entre la levadura y el proceso a continuación, bien conocido de fermentación. El misterio se mantuvo durante otros 150 años.

A finales de 1700 y principios de 1800, hubo un resurgimiento masivo de interés en el mundo microscópico. Aunque Lavoisier y Guy-Lussac descubrieron una reacción química (en presencia de levadura) que transforma el azúcar en alcohol y dióxido de carbono, el papel de la levadura no se entendió bien hasta mediados de 1800 cuando Louis Pasteur concluyentemente demostró que la fermentación fue causado por los organismos vivos . Pasteur demostró que las bacterias causadas leche estropear. Él creó en consecuencia el proceso de pasteurización, que mata a las bacterias que causan el deterioro, para mejorar la seguridad de la industria del vino francés.

También demostró correctamente que ciertos tipos de microorganismos crean diferentes tipos de fermentaciones que dieron lugar a diferentes productos finales.

Al mismo tiempo, los científicos estaban estudiando la digestión. Se dieron cuenta de que no había sustancias que podrían convertir grandes cantidades de almidón en azúcares. Estas sustancias, finalmente, llegaron a ser conocidos como "enzimas". Las enzimas

actúan como catalizadores en procesos naturales y las reacciones y ayudan a acelerar los resultados.

En Asia oriental, la gran conocimiento científico adquirida en no se conocía el Oeste. La fermentación se llevó a cabo principalmente con los moldes para crear koji - la base de muchos de los alimentos asociados con el Lejano Oriente: salsa de soja, miso, nuggets de soja, sake, Sochu (espíritus), y vinagre de arroz. Natto, un alimento fermentado común en Japón y muchos otros países asiáticos (llamada diferentes nombres en esos países), se hace realmente de la fermentación bacteriana. Hablando de molde, muchos quesos se hacen de fermentaciones de molde como el azul (bleu también deletreado), brie, y gorgonzola. Es interesante notar que las fermentaciones moldes utilizados en Asia fueron vistos en una luz positiva, mientras que las fermentaciones molde utilizado en occidente (como en la producción de queso) eran vistos como negativos. Parece que hay una persistente y molesto asociación entre el molde y cosas desagradables como el pan mohoso y leche en mal estado!

Orígenes de algunos alimentos fermentados

| Alimentos | Año aproximado de | Introducción | Región |
|-----------|-------------------|--------------|--------|
|-----------|-------------------|--------------|--------|

|       |         |    |       |
|-------|---------|----|-------|
| setas | 4000 aC | de | China |
|-------|---------|----|-------|

|               |         |               |       |
|---------------|---------|---------------|-------|
| salsa de soja | 3000 aC | China, Corea, | Japón |
|---------------|---------|---------------|-------|

|      |         |             |                |
|------|---------|-------------|----------------|
| Vino | 3000 aC | el norte de | África, Europa |
|------|---------|-------------|----------------|

|                  |         |         |       |
|------------------|---------|---------|-------|
| leche fermentada | 3000 aC | Oriente | Medio |
|------------------|---------|---------|-------|

|       |          |         |       |
|-------|----------|---------|-------|
| queso | 2.000 aC | Oriente | Medio |
|-------|----------|---------|-------|

|         |         |             |               |
|---------|---------|-------------|---------------|
| cerveza | 2000 aC | el norte de | África, China |
|---------|---------|-------------|---------------|

|     |         |         |        |
|-----|---------|---------|--------|
| pan | 1500 aC | Egipto, | Europa |
|-----|---------|---------|--------|

|                  |         |         |       |
|------------------|---------|---------|-------|
| carne fermentada | 1500 aC | Oriente | Medio |
|------------------|---------|---------|-------|



pan de masa fermentada 1000 aC Europa

salsa de pescado del año 1000 aC el sudeste de Asia, África del Norte  
verduras encurtidas 1000 aC China, Europa

té 200 aC de China

Aunque la fermentación ha existido durante siglos, muchas culturas han desarrollado sus propias cocinas alrededor de algunos alimentos fermentados fundamentales. A continuación se muestra una lista con algunos ejemplos:

Australia: Vegemite

Europa central: el chucrut

Escandinavia: el arenque en escabeche

Japón: miso

Corea: kimchi

India: yogurt y salsa picante

Mediterráneo: aceitunas y embutidos

Asia: tarama (huevas en vinagre)

Estados Unidos: encurtidos y pan de masa fermentada

## **Capítulo 2:**

### **¿La fermentación puede crear Cuerpos**

#### **felices**

Para entender por qué comer alimentos fermentados es beneficioso, tenemos que entender cómo afectan a nuestro cuerpo. Hay mucho que hablar estos días sobre los microbios y bacterias -

cómo algunos de ellos son buenos, mientras que otros no lo son. La verdad es que el cuerpo humano ha evolucionado durante millones de años, en presencia de microbios y, por tanto, se ha desarrollado una relación armoniosa con ellos. De hecho, hay cerca de 10 billones de células en el cuerpo humano, pero nuestros cuerpos albergan 10 veces esa cantidad de células bacterianas!

Los microbios viven en casi todas las partes de nuestro cuerpo, con la excepción de los tejidos musculares, el cerebro y la sangre. Se encuentran en todas partes. Si bien puede sonar raro tener todos estos organismos en nosotros y dentro de nosotros, sin microbios, no podríamos vivir!

Ellos ayudan a nuestro cuerpo con muchas funciones que se requieren para mantener la vida: nos proporcionan vitaminas y minerales; crean un ambiente hostil a los microbios dañinos esencialmente acaparando todos los nutrientes o alterar el medio ambiente; que regulan las funciones de nuestro tracto digestivo y ayudan a fortalecer nuestro sistema inmunológico.

El sistema inmunológico es uno de los más complicados sistemas de disparadores, respuestas, productos químicos, y las señales de nuestro cuerpo. Estamos siendo constantemente bombardeados por los microbios que buscan un nuevo huésped para multiplicarse y conquistar.

Atacan desde el aire, nuestra comida y nuestra agua. Son muy oportunistas y serán establecerse en cualquier lugar que puedan encontrar un ambiente adecuado. Por esa razón, nuestros microbios amigables actúan como obstáculos a los microbios dañinos. Casi todos los microbios aman membranas mucosas (como los senos paranasales, intestino, y la boca) y nuestra piel. Es por eso que tenemos miles de millones de bacterias buenas en estos puntos más comunes de entrada - a mantener las bacterias dañinas.

Debido a que este libro se centra en los alimentos, debemos discutir el importante microflora del intestino. Nuestros intestinos albergan

las más extensas poblaciones de microbios en el cuerpo.

Ellos se dividen en cuatro grupos, que serán discutidos brevemente. Pero, la flora intestinal sirven más que los centinelas: también juegan un papel muy importante en nuestra vida cotidiana.

A menudo pensamos que los nutrientes de los alimentos que consumimos se rompen inmediatamente abajo y absorbidos después de haber sido disuelto por el ácido estomacal. Esta creencia no es del todo exacto. Una vez que el lodo del contenido del estómago altamente ácidas mueve hacia el intestino delgado, las bacterias no van a trabajar. Consumen la papilla ácida, y es sus subproductos - las formas reales de nutrientes que nuestro cuerpo necesita - que son absorbidos. Como el lodo se mueve a través del intestino delgado, el pH se eleva y se hace menos ácida. Esto crea un ambiente diferente para otros microbios para llevar a cabo su trabajo.

Es este proceso altamente especializado (y sincronizado) que produce los nutrientes que nuestro cuerpo necesita.

Pero microbios intestinales hacer otras cosas, también. Algunas vitaminas producción (como el complejo B) que no podemos obtener de ninguna otra manera. Ellos protegen la mucosa intestinal de los invasores microbios dañinos. Algunos segregan sustancias antivirales y antiinflamatorias que ayudan a nuestras respuestas del sistema inmunológico. Ellos pueden neutralizar los productos químicos peligrosos, tales como nitritos, desde comida. Y algunos incluso dibujar el calcio de los productos lácteos.

Como se mencionó anteriormente, los cuatro tipos principales de la flora intestinal son bifidobacterias, lactobacilos, los microbios ingeridos, y hongos. Los dos primeros grupos son esenciales para una buena salud, mientras que los microbios ingeridos suelen ser perjudiciales. Y

los hongos, como la levadura y el moho, puede ser beneficioso o perjudicial, dependiendo de su número y cepas.

Las bifidobacterias se componen de unos treinta especies que se encuentran ampliamente en el intestino (así como otros lugares). Ayudan a prevenir las bacterias patológicas (perjudiciales) de colonizar el intestino. También regulan y fortalecen el sistema inmunológico. Muchos alimentos fermentados son ricos en bifidobacterias, como el kéfir y el yogur, el chucrut, y la bebida de Kombucha.

Los lactobacilos se encuentran en cada membrana mucosa y también son muy prevalentes en el

intestino delgado. Producen ácido láctico, y por esta razón, algunas cepas pueblan la vagina: mantienen el pH bajo (ácido) para crear un ambiente hostil para los microbios nocivos y virulentos. Pero, lactobacilos hacen algo más que producir ácido. En el intestino, que producen sustancias antisépticas que limitan la presencia de microbios nocivos. También producen proteínas que están implicadas en la respuesta inmune en que buscan y destruyen los microbios extranjeros. Muchos alimentos fermentados contienen lactobacilos.

Microbios ingeridos pueden incluir cualquier número de bacterias dañinas del medio ambiente o de los alimentos inadecuadamente cocidos o almacenados. En los individuos con poblaciones saludables de microflora, estos patógenos no pueden aumentar a tales números para representar una amenaza. Sin embargo, en las personas con inmunidad débil o pobre microflora, estos microbios desagradables pueden establecer colonias y causar problemas de salud graves.

Muchos hongos están muy bien en cantidades equilibradas. Se encuentran en todas partes en la naturaleza. Algunas cepas de levadura se sabe que plantean riesgos para la salud, pero otros son beneficiosos, como las cepas que fermentan los alimentos. Los moldes son también los hongos, y que a menudo residen en alimentos y plantas. Algunos mohos son famosos por echar a perder los alimentos, mientras que otros, como *Penicillium* son beneficiosos por sus propiedades antibacterianas. Algunos quesos obtienen su

sabor a partir de moldes beneficiosos. Algunos moldes también producen los productos químicos que pueden ser utilizados para hacer pan.

Ahora que usted entiende lo que está presente en su intestino, vamos a echar un vistazo a lo que puede alterar el equilibrio. Uno de los mayores desafíos para nuestros sistemas naturales provienen de una invención destinada a ayudar: antibióticos. Los antibióticos no son selectivos, y van a matar a cualquier microbio susceptibles. Si usted toma la amoxicilina para una infección en los senos, el mismo antibiótico también matará su flora intestinal, lo que lanzar sus ecosistemas internos fuera de balance. ¿Alguna vez has notado que tiene un malestar estomacal, gas, y / o diarrea al tomar antibióticos? ¿Sabes una cosa - su microflora intestinal están fuera de equilibrio!

Lo mejor que puede hacer es reabastecer su cuerpo con "buenos" microbios por el consumo de alimentos ricos en bifidobacterias y lactobacilos. Esto evitará que las bacterias oportunistas y dañinos floreciente, además de hacer su vientre se sienta mejor!

Un balance de la microflora inadecuada también puede causar deficiencias de vitaminas y minerales, que afecta a las vitaminas A, B, C y D, ácidos grasos esenciales, magnesio, zinc y

calcio, sólo para nombrar unos pocos. Comida fermentada no sólo ofrece los microbios beneficiosos, pero también es rica en los nutrientes y minerales que nuestros cuerpos necesitan para funcionar sanamente.

### **Capítulo 3: tuercas y tornillos en**

#### **Fermentación -**

#### **Cómo Mide hasta las formas tradicionales de**

#### **Conservación de los alimentos**

Como se mencionó anteriormente, los alimentos fermentados hace mucho tiempo se unieron a las filas de las técnicas de conservación de alimentos. Sabemos que la fermentación ha existido durante siglos y que también se utiliza para sazonar los alimentos mucho antes de que sus consumidores entendían cómo funcionaba. Bueno, entonces, ¿cómo se compara a los otros métodos? Echemos un vistazo a las diferencias entre cada técnica.

El método de conservación más antiguo conocido se está secando. Se estima que la práctica de los granos de secado ha existido durante al menos 10.000 años!

Comúnmente asociado con el secado es la técnica de salazón. Salazón básicamente extrae agua de frutas, granos, pescado y carnes. Los ingredientes son sencillos y de fácil acceso: la sal, el calor, y el aire fresco. Juntos, estos son los métodos más antiguos conocidos para conservar los alimentos.

Decapado, o la preservación de un ácido de algún tipo, ha existido durante siglos, también. Este proceso utiliza ácidos, como el cítrico (de cítricos) o ácido acético (vinagre), que conservan bien.

Uno de los mejores ejemplos de decapado es pepinillos!

Canning conserva los alimentos por calentamiento para matar los microbios y luego sellar los contenidos dentro de un frasco con tapa. A menudo se utiliza con sal y ácidos para reforzar su poder preservar. Este método ha sido utilizado durante aproximadamente 200 años.

Refrigeración se utilizó antes de la electricidad se convirtió en fácil acceso. La gente corta enormes trozos de hielo de los lagos congelados y los enviaron a lugares más cálidos para mantener los alimentos fríos. Una vez que la electricidad se convirtió en estable y confiable, la

gente comenzó a congelar alimentos. La gente ha estado congelando alimentos para cerca de 100

años.

Por último, algunos de los métodos más nuevos e industriales de la preservación de alimentos utilizan los rayos ultravioleta (UV), radiación o alta presión. Estos no son los métodos que se pueden hacer en casa, pero muchos productos alimenticios comprados en la tienda son tratados de esta manera.

Claramente, hay muchas maneras diferentes para preservar los alimentos. Fermentación utiliza microbios para crear ácidos y otros subproductos que, a su vez, conservan la comida. Muchos tipos diferentes de bacterias, levaduras y mohos se pueden utilizar dependiendo del resultado deseado. Ya hemos discutido cómo los microbios pueden agregar nutrientes y desarrollar la textura y sabores en los alimentos, pero, también pueden cambiar la composición de los alimentos tóxicos o amargas en algo más seguro y más agradable al paladar.

Por ejemplo, el chocolate proviene de la fruta carnosa del árbol del cacao. Sólo después de la fermentación no se asemejan a la forma de chocolate que reconocemos. La yuca, un melón tropical, es tóxico cuando está crudo, al igual que la soja. Fermentación altera ambos en sabrosos alimentos, fácilmente digeribles!

## **Capítulo 4:**

### **Recolección y Uso de las herramientas del**

#### **oficio**

Equipo:

Algunos fermentadores caseros dedicados a adquirir muchos tipos diferentes de equipos y herramientas a utilizar en su trabajo. Pero, esto no tiene por qué ser tan complicado. Muchos de nosotros ya tiene todo el equipamiento necesario en nuestras propias cocinas!

Para cortar, limpiar, cortar, y rallado: son todos recomendables coladores grandes (se limpia más fácil), cuencos de acero inoxidable, cuchillo de 8 pulgadas o 10 pulgadas del chef, un pelador de verduras, un rallador de caja, y un bloque de madera de cortar. Si usted se encuentra haciendo un montón de picado o triturado, un procesador de alimentos sería una sabia inversión. También, un extractor de jugos puede ser útil si se quiere jugos vegetales.

Para cocinar: cacerolas con fondos redondeados y suaves limpian mejor que aquellos con los cantos y bordes cuadrados. Una olla de 10 cuartos es el tamaño más pequeño recomendado para calentar grandes cantidades de líquidos como la leche. También, un deshidratador puede ser útil para cocinar algunos alimentos fermentados a bajas temperaturas.

Para la fermentación: Frascos de vidrio con tapa que mejor funcionan. Tarros de enlatado funcionan bien para la fermentación de la mayoría de los alimentos. Un tarro Pickl-Tiene una cámara de aire que añade presión para mantener las verduras enteras, como pepinos, constantemente sumergidos en el líquido.

Para elaborar cerveza líquidos fermentados (como la sidra o cerveza): Hay algunos artículos de la especialidad requerida. Las grandes jarras de 1 galón (bombonas) con tapas y equipos sifón se pueden encontrar en las tiendas de la casa-cervecería o en los sitios web.

Ingredientes:

Hay muchas opciones en cuanto a las materias primas para las fermentaciones. Algunas reglas básicas son: más fresco es el mejor, el más puro es el mejor, y evitar los OGM. Pero ¿cómo funciona una tienda de estas cosas?

En cuanto a los productos, los productos lácteos y la carne, comprar el más fresco que puedes encontrar. Ir a los productores locales y agricultores mercados para encontrar los mejores productos - o



crecer usted mismo! La compra de productos orgánicos es especialmente importante cuando se tiene la intención de comer la cáscara o piel; cuando el producto particular, tiende a acumular grandes cantidades de pesticidas (como las manzanas, col rizada, el apio y pimientos); o si la gente que va a comer el producto terminado son muy jóvenes o de edad avanzada, o tienen sistemas inmunitarios debilitados.

Otra consideración importante es el agua. Sí, el agua. Como se mencionó anteriormente, el más puro es el mejor. Muchos municipios añaden productos químicos (como el cloro y flouridefluoride) para matar las bacterias y para fortalecer los dientes. Usted no quiere que cualquiera de ellos presentes en su fermentación! Pero, puede haber otros contaminantes desagradables en el agua, como los fertilizantes, los pesticidas, los minerales disueltos, los COV

(compuestos orgánicos volátiles, como el benceno), metales pesados, e incluso protozoos! Lo mejor es utilizar agua purificada o filtros de ósmosis inversa para hacer frente a estos problemas de contaminación.

Otro de los principales contribuyentes a la fermentación es la sal. En general, parcialmente sal marina refinada funciona muy bien. La sal del mar contiene minerales que se incorporarán en el

contenido de nutrientes de su producto terminado. Sin embargo, si usted está haciendo una gran cantidad de salmuera que no se consume directamente, entonces sal común será suficiente.

Precaución: utilice únicamente sal pura sin otros aditivos, como el yodo u otros productos químicos para evitar la formación de grumos. Sal Kosher es una buena opción, pero asegúrese de leer la etiqueta.

Proceso básica:

Se trata de un recorrido básico del proceso de fermentación. Esta lista no es de ninguna manera exhaustiva - que sólo se diseñó para

darle una idea de lo que sucede en qué etapa y qué tener en cuenta a lo largo del camino. Estos son los pasos básicos:

- El primer paso es preparar los ingredientes alimentarios. Asegúrese de que los carbohidratos están presentes, ya sea en sus alimentos (como frutas, vegetales, jugos y productos lácteos) o añadida por separado. Si no hay carbohidratos presentes (como en la carne), el azúcar se debe agregar: es lo que los microbios se consumen mientras interactúan con la comida.

- A continuación, decidir qué microbios que vaya a utilizar. Hay muchas maneras de obtener microbios:

- Muchos alimentos ya tienen microbios en la superficie, especialmente la col y las verduras crucíferas.

- Puede utilizar los subproductos de fermentaciones anteriores como el yogur, el jugo de chucrut,

suero de leche, etc. Muchas veces, usted tendrá que elegir una sustancia que es similar a la fermentación está intentando (por ejemplo, utilizar el yogur para crear un nuevo lote de yogur).

- También puedes comprar los microbios específicamente vendidos para este propósito. Se venden comúnmente en sobres.

- A pesar de que los microbios hacen un trabajo maravilloso, es posible que necesite para reforzar mediante la adición de sal. Sal crea líquidos y produce un ambiente que muchos microbios dañinos (los que no desea) encuentran intolerable.

- Considere si usted quiere que su fermentación expuesta al aire o no? Esto depende de los microbios y los tipos de fermentaciones que está haciendo. Chucrut requiere la protección del aire (una reacción anaeróbica, significado sin oxígeno), pero el vinagre requiere la exposición al aire (una reacción aeróbica, es decir, con el oxígeno).

- Se necesita un espacio tranquilo, relativamente oscura para almacenar su fermentación. La luz del sol por lo general no es amigable con microbios o levadura. El espacio también debe ser una temperatura apropiada para su fermentación y los microbios implicados. Zonas muy secas como bodegas y sótanos funcionan bien para el almacenamiento de alimentos fermentados.

- Por último, pero no menos importante, se necesita tiempo. La fermentación no sucede inmediatamente. El tiempo requerido puede variar de 2-3 días a muchos meses.

Ahora que usted tiene los fundamentos, usted está listo para comenzar la fermentación de su

propia comida. En la siguiente sección, se encuentra de todo, desde recetas básicas, como salmuera, a las recetas complejas, como ginger ale!

Fermentación feliz!

## **Capítulo 5:**

### **Recetas básicas**

Suero

El suero es la base para muchas recetas y es muy sencillo de hacer.

Equipo:

- Tazón

- Gasa

- Colador

Ingredientes:

- 1 cuarto de yogur natural, kéfir, u otro producto lácteo fermentado. Si utiliza comprados en la tienda de yogur, asegúrese de que está hecho con leche entera!

Procedimiento:

Coloque la gasa en el colador y la puso sobre la taza. Coloque el yogur o producto lácteo en la estopilla y dejar que el líquido gotee en el recipiente durante unas pocas horas. Entonces, atar la gasa y dejar que gotee durante la noche en el mostrador. Por la mañana, la firma de la cuajada en el colador debe ser similar al queso crema y se puede utilizar como tal. El líquido en el fondo es el suero.

Almacene el suero de leche en un frasco bien cerrado en el refrigerador hasta por un par de semanas. Deseche cualquier molde que pueden crecer en ella. También se puede congelar durante unos meses, pero no indefinidamente - los microbios finalmente morirán si se congela demasiado tiempo.

RENDIMIENTO: 2 tazas

Salmuera Básica

La salmuera es básicamente agua salada. Es un ingrediente necesario en muchas recetas de fermentación. Almacena indefinidamente mientras se encuentra en un recipiente hermético en el refrigerador. Si usted está usando la salmuera de inmediato, disolver la sal en unas 3 tazas de agua y añadir el resto del agua cuando se disuelve toda la sal. Si usted está haciendo antes de tiempo para tener a mano, a continuación, siga las instrucciones a continuación.

Ingredientes:

- 9 cucharadas de sal marina gruesa o 6 cucharadas de sal marina fina

- 2 cuartos de agua filtrada o purificada

Procedimiento:

En un tazón, mezcle la sal y el agua hasta que se disuelva toda la sal. Coloque en un recipiente de vidrio hermético y guardar en el refrigerador hasta que sea necesario.

RENDIMIENTO: 2 cuartos

### Chucrut Básica

Chucrut es un vegetal fermentada fácilmente cargado con lactobacilos y nutrientes. Se traduce del alemán como "la col agria." Col fermenta fácilmente y sabe muy bien! Además, el jugo se utiliza en muchas recetas, así guardarlo cuando la fermentación es completa.

Ingredientes:

- 4 cabezas de col, rojo o verde, o ambos, rallado o picado (de su preferencia)
- ¼ taza de sal marina fina, dividido
- Salmuera básica (receta anterior) según sea necesario

Procedimiento:

En un tazón grande, agregue el repollo, un puñado o 2 a la vez. Añadir una porción de la sal y masaje de la sal en la col. Continúe agregando estos y masajes a la mezcla hasta que esté bien salado, todo el repollo. Deja un poco de sal a añadir a la jarra.

Comience el relleno de la mezcla de col salada en un tarro de cristal con una boca ancha. Masaje y aplastar la col abajo a medida que agrega al frasco. Líquido comenzará filtre fuera de la col.

Cuando todo el col ha sido añadido a la jarra, espolvorear la sal restante sobre la misma. Si el líquido no cubre la col completamente, añadir la salmuera básica para cubrirlo. Pulse el repollo por una última vez y hacerlo más pesado con algo pesado

para mantener la col sumergida. El líquido debe ser de al menos 1 pulgada por debajo de la tapa de la jarra para permitir la expansión. Cubra el recipiente con una toalla limpia.

Coloque el frasco en un lugar cálido y oscuro y se deja durante unos 7-10 días, comprobando periódicamente. Asegúrese de que el repollo se mantiene sumergido: si no es así, añadir más salmuera. Si el moho crece en la superficie, retírelo. Pruebe la col periódicamente, y cuando esté satisfecho con el sabor, sellar el contenido con la tapa y guárdela en el refrigerador.

RENDIMIENTO: 1 galón

## Yogur

Esta receta es para hacer yogur a partir de cero y es un poco más detallada. Para ello, necesitará una "incubadora". No se asuste: un recipiente de almuerzo con aislamiento funciona bien. La idea básica consiste en calentar la leche para matar cualquier bacteria dentro y deje que se enfríe, cuando se han añadido las bacterias preferidas. Esto permitirá que el proceso de fermentación suceda.

## Equipo:

- Frascos de vidrio, unos frascos diminutos-quart size o 2 funcionan bien
- Frasco extra de agua caliente
- Termómetro para alimentos

## Ingredientes:

- 6 cucharadas de yogur, como el cultivo iniciador (ver notas en la receta de suero de leche)
- 1 cuarto menos 6 cucharadas de leche entera

## Procedimiento:

Mida el yogur y colocarlo en el frasco de conservas (o dividirlo en partes iguales entre los tarros de la pinta). Calentar la leche en una cacerola hasta que llega a 180 ° F (80 ° C). Retire del fuego y dejar enfriar a unos 110F (45 ° C). (Si no quieres esperar, puedes colocar el cazo con la leche caliente en un baño de agua helada para un rápido enfriamiento.) Cuando la leche es la temperatura adecuada, se vierte en los tarros con el yogur, dejando aproximadamente una pulgada en la parte superior. Coloque las tapas de los frascos y agite vigorosamente para mezclar

la leche y el yogur también.

Ponga los frascos de mezcla de leche / yogur en la incubadora y cerrarla. Si está utilizando una lonchera con aislamiento, poner el agua caliente del grifo en 1 ó 2 frascos con tapas y colocarlos entre los tarros de yogur. Cierre la lonchera.

Después de aproximadamente 12 a 24 horas, su yogur estará listo. Se almacenará en la nevera durante unas 2 semanas. Si el líquido comienza a separar, está bien - sólo mezclar bien antes de servir. El líquido es el suero.

Sirva como es, o añadir algún ingrediente como la fruta, granola, o chutney de un poco de dinamismo.

## Kéfir

El kéfir es un producto lácteo que es más delgado que el yogur y sirve como base para muchas bebidas. Hay dos tipos de kéfir: leche y agua. Si la bebida es a base de leche, a continuación, utilizar la versión de la leche. Si quieres un jugo con sabor a fruta o algo no láctea, utilice la versión de agua.

El kéfir es inusual, ya que requiere "granos" que se pueden comprar y reutilizar muchas veces.

Muchas tiendas de alimentos naturales y sitios web venden granos de kéfir. Estos granos se componen de bacterias y levaduras en un

material lácteo. Cada vez que se usan, van a ser un poco más grande. Después de la fermentación, simplemente colar los granos y guardarlos para su reutilización.

Equipo:

- 1 cuarto de galón de tamaño frasco u otro, los más pequeños
- Colador de malla fina
- Termómetro para alimentos (opcional)

Ingredientes:

- Leche 1 cuarto
- 1 a 2 cucharadas de granos de kéfir de leche

Procedimiento:

Si usted está preocupado acerca de la contaminación en la leche, calentar en un cazo a aproximadamente 180°F (80°C) y deje que se enfríe de nuevo a temperatura ambiente.

Añadir la leche de tarro, o dividir de manera uniforme si se utiliza frascos más pequeños. Añadir los granos de kéfir, una vez más, divididos uniformemente si el uso de varios frascos. Coloque la tapa (s) en el frasco (s) y agitar vigorosamente para mezclar la leche y los granos de kéfir.

Mantener los frascos a temperatura ambiente durante 12 a 24 horas. Usted puede sacudir los frascos de vez en cuando, si se piensa en ello, pero va a trabajar sin agitación regular también.

Antes de colar la mezcla, agitar de nuevo. Esto le permitirá distinguir entre la grasa de la leche

(si se ha agrupado) y los granos de kéfir. Cuele el contenido y poner el líquido en frascos. Si coloca el kéfir en la nevera (con tapa, por



supuesto), se puede mantener durante meses. Si lo deja en el mostrador, que puede mantener durante semanas, pero si empieza a degustar falta y levadura, tírelo a la basura. Comenzará a gusto horrible antes de que sea perjudicial.

Los granos de kéfir pueden ser enjuagados en agua purificada o filtrada y se almacenan en un frasco con tapa de agua purificada en la nevera hasta que esté listo para usarlos de nuevo.

RENDIMIENTO: 1 cuarto

## **Capítulo 6:**

### **verduras, frutas, pastas para untar, y**

#### **Condimentos**

##### Escabeche nabos y remolachas

Esta sabrosa combinación se carga con probióticos y nutrientes. Pares bien con cualquier plato de carne a la parrilla o al horno como un lado. La clave para esta receta es mantener todo para el mismo tamaño y espesor para evitar texturas y sabores extraños.

Ingredientes:

- 2 a 3 nabos medianas, peladas y cortadas en palitos de  $\frac{1}{4}$  "
- 3 a 4 remolachas medianas, peladas y separados de los verdes, y cortadas en palitos de  $\frac{1}{4}$  "
- Una pieza pulgadas de largo de pelado, jengibre fresco, cortado en juliana
- Ralladura de 1 naranja
- 2 cucharadas de mostaza, o 1 hoja de laurel
- 1 taza de suero de leche (véase el Capítulo 5)

- Salmuera básica (ver Capítulo 5), según sea necesario

Procedimiento:

Mezclar nabos, remolachas, el jengibre, la ralladura de naranja y semillas de mostaza en un tazón grande. Agregue la mezcla de tarro (s) y la calabaza abajo. Añadir el suero para sumergir la mezcla de vegetales. Si se necesita más líquido, añadir salmuera para asegurar que todos los vehículos están sumergidos.

Pesar por las verduras con un plato pequeño o una bolsa de agua. Coloque el frasco (s) en un lugar fresco, oscuro en la cocina, y dejar fermentar durante 3 a 7 días. Revise periódicamente para asegurarse de que la salmuera cubre las verduras: añadir más salmuera si es necesario.

Una vez que las verduras estén listas, se puso la tapa y guarde en el refrigerador.

RENDIMIENTO: 1 cuarto

### Kimchi con Rábanos

Esta firma coreana repollo es picante y dulce. Se puede añadir a los huevos, arroz, sándwiches, o comer como un plato de acompañamiento.

Ingredientes:

- 2 cabezas de repollo Napa, en cuartos
- Salmuera básica (ver Capítulo 5)
- 2 rábanos daikon, en rodajas y peladas en juliana
- 6 cebolletas en rodajas
- 1 pera asiática, pelada y cortada en juliana
- 5 zanahorias, peladas y cortadas en juliana

- 2 "trozo de jengibre, pelado y picado
- 12 dientes de mediano tamaños (o 1 cabeza de ajo, picados)
- ¼ de taza de salsa de pescado
- ½ taza de pasta de chile (o más o menos al gusto)
- ¼ taza de sal marina fina

#### Procedimiento:

Lavar las hojas de col en agua y déjelos remojar durante la noche en salmuera suficiente para cubrir por completo. Cuando las hojas han empapado, eliminarlos del agua y deseche la salmuera.

Agregue el repollo, rábanos, pera, zanahoria, cebollín, el jengibre, el ajo, la salsa de pescado, y el chile pegar en un tazón grande.

Agregue la sal y masajear bien la mezcla hasta que las verduras están recubiertas con sal. Cosas de la mezcla, por puñados, en un gran frasco de fermentación y de squash más o menos después de cada adición. Como las verduras están comprimidos, líquido se filtre fuera de ellos. Si el líquido no cubre completamente las verduras, añadir salmuera hasta que se sumergen las verduras. Asegúrese de que el líquido es por lo menos una pulgada de la tapa para permitir espacio para la expansión. Pesar por las verduras con un plato o una bolsa de agua para mantenerlos sumergidos. Cubra con una toalla.

Coloque el frasco en un lugar cálido, oscuro en la cocina y dejar fermentar durante 5 a 7 días.

Compruebe de vez en cuando para asegurarse de que las verduras siguen sumergidos. Si no es así, añadir más salmuera, según sea necesario. Cuando esté satisfecho con el sabor, cerrar el frasco herméticamente con la tapa y guardar en la despensa, bodega, o en el sótano. Kimchi mantendrá indefinidamente y continuará a fermentar.

RENDIMIENTO: 1 cuarto

## Ajo Dill Pickles

Estos encurtidos crujientes sólo mejoran en sabor como pasa el tiempo. Ellos están llenos de antioxidantes.

Ingredientes:

- 8 a 10 pepinos orgánicos o decapado
- 1 cucharada picada, eneldo fresco
- 8 a 10 dientes de ajo, pelados
- 1 cucharada de semillas de mostaza
- 1 cucharada de sal marina fina
- ¼ de taza de suero de leche (véase el Capítulo 5)
- Salmuera 1 ½ tazas básica (ver Capítulo 5)

Procedimiento:

Lavar los pepinos también. Divida a los pepinos por la mitad y dividirlos entre 2 frascos de fermentación de 2 cuartos. Mezclar las eneldo, ajo, y semillas de mostaza en un tazón. Divida la mezcla en medio. Como se vierte la mezcla de condimentos en los pepinos, agregue la mitad de la sal a cada frasco. Divida el suero y la salmuera de manera uniforme. Añadir el suero de los frascos y luego añadir la salmuera. Los pepinos deben ser sumergidos alrededor de una pulgada debajo de la salmuera. Ponga las tapas de los frascos y cerrar herméticamente. Colocar los frascos en un lugar tranquilo para fermentar a temperatura ambiente durante 5 a 10 días.

Degustar los pepinos de vez en cuando hasta que estén a su gusto. Ponga las tapas de nuevo en los frascos y colocar en la nevera. Los

encurtidos se mantendrá en el refrigerador durante varios meses.

RENDIMIENTO: unos 2 cuartos

### Blackberry de Apple Chucrut

Debido a esta receta añade fruta para la col, crea un Kraut dulce cargado con nutrientes y sabor.

Servir sobre yogur o con ensaladas.

#### Ingredientes:

- ½ pequeño repollo, rallado
- 1 manzana, pelada, sin corazón, y finamente picado
- Jugo de 1 naranja, incluyendo un poco de la pulpa
- ½ taza de moras
- 1 cucharadita de sal marina fina
- 1 taza de nueces picadas
- 1 cucharadita de canela en rama desmenuzada
- ¼ de taza de suero de leche (véase el Capítulo 5)

#### Procedimiento:

Ponga el repollo en un tazón grande y espolvorear con la sal. Para el repollo, agregue las manzanas, jugo de naranja, moras, nueces y canela. Mezclar bien los ingredientes. Cosas de la mezcla en un frasco de fermentación 1-cuarto, aplastando hacia abajo a medida que avanza.

Verter el suero de leche sobre la mezcla. Si se necesita más líquido para sumergir la mezcla, utilice agua purificada o filtrada para cubrir.

Asegúrese de que el líquido se queda una pulgada por debajo del borde de la jarra para permitir la expansión. Cierre bien los frascos con las tapas y dejar a temperatura ambiente durante 5 a 6 días. Guarde el kraut en el refrigerador; que se mantendrá durante un par de semanas.

RENDIMIENTO: 1 cuarto

### Sabroso Melocotón y Mango Chutney

Melocotones y mangos tanto ofrecen muchos nutrientes y un sabor dulce amargo que combina bien con el pescado, la carne de cerdo, o carne de res.

Ingredientes:

- 4 mangos maduros, pelados, sin semillas y picados en trozos
- 8 a 10 duraznos, pelados, sin semillas y cortados en cuartos
- 1 taza de pasas
- 2 tazas de nueces, picadas
- Sal marina 2 cucharaditas bien
- Jugo de 4 limones
- ¼ taza de jengibre fresco, rallado
- 2 chiles, semillas y picado
- 2 cucharadas de canela molida
- ¼ de taza de suero de leche (véase el Capítulo 5)
- Salmuera básica (ver Capítulo 5), según sea necesario

Procedimiento:

Coloque el mangos, melocotones, uvas pasas, nueces, sal, jugo de limón, jengibre, chile, y de canela en un bol grande y mezclar bien. Coloque la mezcla en un frasco de fermentación y presione hacia abajo hasta que está a menos de 1 pulgada por debajo de la tapa del frasco.

Agregue el suero. Si los líquidos no cubren la mezcla, añadir salmuera, según sea necesario.

Pesar por el contenido con un plato o una bolsa de agua para mantener la fruta en el marco del líquido. Cubra con una toalla limpia.

Coloque el frasco en una mancha oscura en la cocina y deje que se fermenta durante 2 a 4 días a temperatura ambiente. Añadir salmuera, según sea necesario para asegurar la mezcla permanece sumergido. Cuando te gusta el sabor, se puso la tapa y guárdela en el refrigerador.

RENDIMIENTO: alrededor de 1 cuarto

### Espinacas Hummus

Las espinacas contienen vitamina A, que es fundamental para la integridad de las membranas mucosas, pero también es un componente importante de algunos glóbulos blancos que combaten activamente infección. Se puede utilizar como una extensión, un baño, o adelgazada hacia abajo para hacer un aderezo de ensalada.

Ingredientes:

- 2 tazas secan o garbanzos enlatados, enjuagados y escurridos
- 2 cucharadas de vinagre de sidra de manzana
- 2 cucharadas de suero de leche (véase el Capítulo 5)
- 1 taza de espinaca fresca, picada en trozos grandes

- 3 dientes de ajo
- 6 cucharadas de aceite de oliva virgen extra
- ¼ de taza recién exprimido el jugo de limón
- Una pizca de pimienta de cayena
- 1 cucharadita de comino molido (si se desea)
- Tahini 2 a 3 cucharadas de prima
- ½ cucharadita de sal marina fina

Procedimiento:

Añadir los garbanzos en un bol y remojar en agua y el vinagre de sidra durante 12 horas, o hasta que los granos han brotado. Escurrir los garbanzos. Ponga los frijoles, suero de leche, espinacas, ajo, aceite de oliva, jugo de limón, pimienta de cayena y el comino en un procesador de alimentos y mezcle hasta que esté suave. Añadir la pasta de sésamo y sal y mezclar bien. Guarde el hummus en la nevera y servir frío.

RENDIMIENTO: alrededor de 2 ½ tazas

Garbanzos Hummus

Igual que la receta anterior, excepto para omitir las espinacas. Puede que tenga que ajustar los líquidos para dar cuenta de las espinacas desaparecidos.

Pico de gallo

Ingredientes:

- 6 tomates medianos, pelados, sin semillas y picados
- 1 cebolla grande, picada



- ½ manojos de cilantro, picado
- 6 dientes de ajo, picados
- Pimientos picantes al gusto (jalapeno, jalapeño, habanero, etc.)
- 1 ½ tazas de jugo de col fermentada (véase el Capítulo 5)
- Sal y pimienta al gusto

#### Procedimiento:

Agregue los tomates, la cebolla, el cilantro, el ajo y los chiles en un tazón grande y mezcle bien.

Sal y pimienta al gusto. Cram la mezcla en un frasco de fermentación y cubrir con el jugo de chucrut hasta que la mezcla esté completamente cubierto. Asegúrese de dejar 1 "entre el líquido y la tapa para la expansión. Cierre la tapa bien y se deja en el mostrador de 3 a 5 días. Refrigere cuando haya terminado, y que se mantendrá en la nevera durante un par de semanas.

RENDIMIENTO: alrededor de 1 cuarto

#### Salsa de tomate

Esta receta se puede jazzed añadiendo copos de pimiento rojo, pimienta, pimentón o incluso ahumado.

#### Ingredientes:

- 3 tazas de pasta de tomate
- Sal marina 2 cucharaditas bien
- ¼ de taza de salsa Worcestershire
- ½ taza de vinagre de sidra de manzana

- Miel cruda 6 cucharadas abundante (como trébol) o jarabe de arce orgánico
- ¼ de taza de suero de leche (véase el Capítulo 5)

Procedimiento:

Mezclar todo en un bol, asegurándose de que la miel y la sal se disuelven por completo. Añadir la mezcla a un recipiente de fermentación de boca ancha y cubrir con una pieza garantizada de gasa. Deja reposar la mezcla por lo menos 8 horas (o toda la noche) a temperatura ambiente.

Retire la gasa y bien cierre la tapa. Guárdelo en la nevera durante 2 días antes de servir.

Asimismo, mantendrá durante unos 2 meses.

RENDIMIENTO: 1 cuarto

## Mayonesa

Esta versión no es tan grueso como productos comprados en la tienda, pero la receta puede ser ajustado a su gusto personal cambiando las cantidades de mostaza o la adición de otros ingredientes como polvo de chipotle, polvo de curry, o hierbas.

Ingredientes:

- 2 huevos enteros grandes, temperatura ambiente
- 2 yemas de huevo, la temperatura ambiente
- ¼ de cucharadita de sal marina fina
- 2 cucharaditas de mostaza de Dijon (puede utilizar mostaza de Dijon, la próxima receta)
- 3 cucharadas de jugo de limón, recién exprimido

- 2 cucharadas de suero de leche (véase el Capítulo 5)
- 1 ½ a 2 tazas de aceite de oliva virgen extra

Procedimiento:

Mezclar los huevos, las yemas de huevo y la sal en un procesador de alimentos. Añadir la mostaza, el jugo de limón, y suero de leche y mezclar hasta que se incorpore. Si bien mezclado, añadir poco a poco el aceite de oliva para hacer una emulsión.

Coloque la mezcla en un frasco y cubrir con la tapa. Deje reposar a temperatura ambiente durante 6 horas, y luego el lugar en el refrigerador.

Asimismo, mantendrá durante 4 a 6 semanas en la nevera.

RENDIMIENTO: alrededor de 3 tazas

Mostaza de Dijon

Ingredientes:

- ¾ de taza de mostaza en polvo (leve es preferido)
- 1 cucharadita de sal marina fina
- ⅛ cucharadita de ajo en polvo
- 2 cucharaditas de miel cruda
- ½ taza de agua filtrada o purificada
- 1 cucharada de suero de leche (véase el Capítulo 5)
- 2 cucharadas de vinagre de sidra de manzana

Procedimiento:

En un tazón pequeño, mezcle la mostaza, la sal y el ajo. Añadir la miel, agua, y salmuera. Batir para mezclar bien. Coloque la mezcla en un frasco, tape bien y deje que fermente durante 3 días a temperatura ambiente. La mostaza se espesa, por lo que añadir más agua o salmuera después de 1 día para hacer una consistencia que te guste. Coloque la mezcla en la nevera y deje reposar durante 3 días antes de usar. Asimismo, mantendrá durante un máximo de 2 meses en el refrigerador.

RENDIMIENTO: aproximadamente 1 ½ tazas

## **Capítulo 7:**

### **Los cereales, frijoles y nueces**

#### Fermentadas Lentejas

##### Ingredientes:

- 1 taza de lentejas secas
- 2 tazas de agua filtrada, calentaban
- 2 cucharadas de suero de leche (véase el Capítulo 5)
- 1 cucharada de vinagre o el jugo de 1 limón pequeño
- 1 cucharadita de sal marina fina
- 1 cucharada de cilantro molido
- 1 cucharada de comino molido

##### Procedimiento:

Escoge a través de las lentejas y desechar las que no se ve bien. Ponerlos en un bol, añadir el agua y suero se filtra, y revuelva. Agregue el jugo de vinagre o limón y revuelva de nuevo.

Cubra el recipiente con un paño limpio y dejar reposar en reposo durante 24 horas en un lugar fresco. Después de 12 horas, drenar el agua, enjuague, y añadir más agua. Coloque las lentejas de vuelta en el lugar reservado para continuar la fermentación de las restantes 12 horas.

Poner las lentejas en una olla y agregue la sal y suficiente agua filtrada para cubrir las lentejas por un par de pulgadas. A fuego medio-alto, llevar las lentejas a hervir. Cubra y reduzca el fuego a bajo y cocine a fuego lento, revolviendo ocasionalmente, de 20 a 30 minutos, o hasta que las lentejas estén tiernas. Escurrir las lentejas y agregue el cilantro y el comino.

RENDIMIENTO: 2 ½ tazas

### Germinado Arroz

Arroz integral germinado tiene una enorme cantidad de nutrientes debido a la germinación. Pero, si se deja el arroz brotar más de 12 horas, enjuague, y cambiar el agua. Además, no deje que los brotes crecen más de 1/8 ° de una pulgada - consiguen amargo. Además, si no se consumen en una semana o dos, el arroz se convertirá en amargo.

### Ingredientes:

- 1 ½ tazas de arroz integral sin procesar de grano entero
- 3 tazas de agua filtrada
- Vinagre de arroz 1 cucharada
- 1 cucharada de azúcar
- Sal marina 2 cucharaditas bien

### Procedimiento:

Colocar el arroz en un colador y enjuague con agua corriente durante 1 a 2 minutos. Poner el arroz en un tazón o fermentación frasco con suficiente agua caliente para cubrir por 2 pulgadas.

Remojar el arroz durante 12 horas. Vierta el arroz en un colador de malla fina y enjuagar muy bien. Deseche el agua original y enjuagar el recipiente. Poner el arroz de nuevo en el recipiente o frasco y cubrir con una toalla limpia. Coloque el recipiente en un lugar fresco y oscuro.

Revuelva el arroz con una cuchara de madera dos veces al día durante 2 días. El arroz comenzará a brotar. Enjuague el arroz de nuevo y lo coloca en un tamiz o colador para escurrir. Guarde el arroz en la nevera durante 1 a 2 semanas.

Para cocinar, lleve 3 tazas de agua filtrada a hervir, añadir el arroz, tape y cocine a fuego lento hasta que esté hecho. Arroz germinado cocina más rápido que el arroz regular. Mientras tanto, bata el vinagre, el azúcar y la sal. Mezcle esta mezcla con el arroz antes de servir.

RENDIMIENTO: alrededor de 3 tazas

De alto valor proteico Frijoles Pintos

Para las personas que desean un sin carne y alternativo de soja menos proteínas, estos granos caben el billete. Ellos están llenos de proteínas y fibra.

Ingredientes:

- 2 tazas secan frijoles pintos
- 1 cebolla grande, picada
- 3 dientes de ajo picados
- 1 cucharadita de sal marina fina

- ¼ de taza de suero de leche (véase el Capítulo 5)
- ½ a 1 taza de salmuera básica (ver Capítulo 5)

Procedimiento:

Coloque los frijoles en un recipiente grande y cubrir con agua filtrada en remojo durante 24

horas, cambiando el agua después de 12 horas. Cuando los granos han empapado durante 24

horas, escurrir y deseche el agua. Agregue los frijoles, cubra con agua más filtrada, y cocinar en una cacerola a fuego medio-bajo hasta que las habas estén tiernas. Escurrir los garbanzos y dejar que se enfríe.

En un tazón grande, agregue los frijoles, la cebolla, el ajo, la sal y el suero de leche y revuelva bien para mezclar. Vierta la mezcla en un frasco de fermentación 1-cuarto. Añadir suficiente de la salmuera para cubrir completamente los granos, mientras que dejando aproximadamente 1

pulgada de espacio en el frasco para acomodar la expansión. Cierre la tapa firmemente y establecer el frasco en una parte oscura de la cocina durante 3 días. Coloque los frijoles en la nevera y utilizar dentro de 2 meses.

RINDE: 4 ½ tazas

Barras de granola

Ingredientes:

- 1 taza de acero de corte o copos de avena
- 1 taza de dátiles, sin hueso y picadas
- 1 taza de suero de leche (véase el Capítulo 5)

- ½ taza de harina de arroz integral, además de más para espolvorear el molde
- ½ taza de coco rallado sin azúcar
- ½ taza de almendras picadas
- Semillas 3 cucharadas de sésamo
- ½ cucharada de sal marina fina
- 1 cucharada de canela en polvo
- 1 taza de azúcar libre de mantequilla de maní
- ½ taza de jarabe de arce

#### Procedimiento:

Moler la avena en una harina gruesa en una licuadora o procesador de alimentos. En un tazón grande, mezcle la harina de avena, dátiles, suero de leche, harina de arroz, coco, almendras y semillas de sésamo. Agregue la sal y la canela y mezclar bien. Cubra con una toalla limpia y deje reposar durante 6 a 8 horas.

Precale el horno a 75 ° F (24 ° C). Se puede configurar de hasta 100 ° F (38 ° C). Si su horno no establece esta baja, use un deshidratador de alimentos - que le permiten establecer una temperatura específica. Añadir la mantequilla de maní y miel de maple. Mezclar bien.

Saque el polvo de una cacerola 9x13 pulgadas con un poco de harina de arroz integral. Extienda la mezcla de avena uniformemente en el molde y presionando en las esquinas. Hornee la mezcla durante 8 a 10 horas, o hasta que la granola es la consistencia que usted prefiere - masticable o crujiente. Cortar las barras en cuadrados y comer inmediatamente o ponerlos en la nevera. Las barras refrigerados se mantendrá durante varios meses.



Rendimiento: 12 a 16 bares

## Básica Pan de masa fermentada

Aunque este pan es un alimento básico despensa, la receta puede ser alterada por la adición de frutas, hierbas, frutos secos o especias. La masa fermentada utilizado en la receta puede encontrarse en la sección de Recursos en el Capítulo 11.

### Ingredientes:

- 1 taza de masa fermentada de arranque
- 1 taza caliente de agua filtrada
- 1 cucharada de miel cruda (opcional)
- 1 cucharadita de sal marina fina
- 3 tazas de trigo integral o harina de espelta, tamizada
- ½ taza de perejil, finamente picado (opcional)

### Procedimiento:

En un bol, añadir la masa fermentada, el agua, la miel, la sal, la harina y el perejil. Combine para hacer una masa suave. Coloque la masa sobre una superficie ligeramente enharinada y amasar durante 3 minutos. Forme un pan ovalado con la mano y colocarlo en una bandeja de hornear engrasada. Cubra y deje crecer durante 1 a 2 horas, o hasta que doble su tamaño.

Precaliente el horno a 400 °F (200°C). Spritz la masa con agua. Con un cuchillo muy afilado, corte con una "X" en la parte superior de la masa, alrededor de ¼ a ½ pulgada de profundidad.

Hornear durante 30 a 40 minutos o hasta que la masa esté dorada y firme. La temperatura interna del pan debe ser 200 ° F (90 ° C),

como se comprobó mediante la inserción de un termómetro en la parte inferior para que no Destrozar tu pan!

RENDIMIENTO: 1 pan

Tostado Nut Butter

Aunque mis favoritos personales son las almendras y el maní, cualquier tuerca funcionará. Las recetas pueden ser ajustados con hierbas, especias y miel. Pueden ser utilizados como diferenciales y como aditivos para pastas, sopas, guisos, avena, o hecho en una salsa.

Ingredientes:

- 2 tazas de nueces crudas: puede ser almendras, cacahuetes, anacardos, nueces, o pistachos
- 5 ½ cucharaditas de sal marina fina
- Agua filtrada
- 1/3 taza de aceite de coco
- 2 cucharadas de miel cruda

Procedimiento:

Coloque las tuercas en un tazón y agregue 4 ½ cucharaditas de sal. Mezclar bien. Cubrir con agua filtrada y remojo durante 6 horas.

Escurrir los frutos secos, seque con toallas de papel, y se extendió hacia fuera en una bandeja para hornear durante 30 minutos para que se sequen. En una sartén a fuego medio, colocar una sola capa de nueces y pan tostado durante unos 10 minutos, revolviendo ocasionalmente. Cuando los frutos secos se han secado aún más y se empieza a caramelizar, retírelos del fuego. Repita hasta que se tuestan las nueces.

Ponga las nueces tostadas en un procesador de alimentos con aceite de coco, miel y 1 cucharadita de sal. Licuar hasta obtener la consistencia deseada - difusión suave o pasta gruesa. Divida la mezcla en dos frascos de media pinta. Cubrir la boca de los frascos con una gasa y seguro. Deje los frascos a cabo a temperatura ambiente durante 6 horas. Retire la gasa y añadir los párpados, cerrando herméticamente.

Refrigere la mantequilla. Al momento de servir, dejar que la mantequilla se calienta a temperatura ambiente durante 20 minutos antes de usar. La mantequilla se mantendrá en la nevera durante 3 semanas o más.

RENDIMIENTO: 2 tazas

## **Capítulo 8:**

### **Lechería y Pesca**

CCrea agria

Ingredientes:

- Crema agria 1 o 2 cucharadas orgánica
- 2 cucharadas de suero de leche (véase el Capítulo 5)
- 2 tazas de crema, preferiblemente de vacas alimentadas con pasto

Procedimiento:

Mezcle la crema agria y el suero de leche. Añadir la mezcla de crema agria a la crema en un frasco de fermentación 1-cuarto y agitar vigorosamente para mezclar bien. Cubra el recipiente con una gasa y seguro. Deje el frasco a temperatura ambiente durante 12 a 24 horas. Se establecerá como un yogur espeso. Cubrir con la tapa y deje reposar en la nevera durante 6 horas antes de su uso. Asimismo, mantendrá en el refrigerador durante varias semanas.

RENDIMIENTO: 2 tazas

### Papaya Ice Cream

Esta receta se puede alterar con diferentes frutas o combinaciones de frutas por su gusto. Se requiere un fabricante de helados, sin embargo.

#### Ingredientes:

- 1 taza de papaya, pelada y picada
- 2 huevos
- $\frac{3}{4}$  de taza de azúcar sin refinar o  $\frac{1}{4}$  de taza de miel cruda
- 2 tazas de leche kéfir (ver Capítulo 5) o la leche entera
- 1 taza de crema de leche
- 2 cucharaditas de extracto de vainilla

#### Procedimiento:

Agregue la papaya, los huevos y el azúcar en una licuadora y mezcle bien. Agregue el kéfir, crema de leche y la vainilla y mezcle bien.

Coloque el contenido en un fabricante de helados y siga las instrucciones de la máquina.

RENDIMIENTO: 1 cuarto

### Berry yogurt

#### Ingredientes:

- Mezcla de bayas 2 tazas frescas o congeladas (fresa, frambuesa, mora, arándano o)

- 3 cucharadas de leche
- 2/3 de taza de miel cruda
- 2 tazas de yogur (ver Capítulo 5)
- 1 ½ cucharadas de extracto de vainilla

Procedimiento:

Si usa bayas congeladas, descongelar y mantener el jugo. Triture las bayas con un tenedor o puré en una licuadora. En un bol, mezclar la leche y la miel. Añadir las bayas puré a la mezcla de leche y mezclar bien. Añadir el yogur y la vainilla y revuelva bien. Coloque la mezcla en una

máquina para hacer helados y siga las instrucciones del fabricante de la máquina.

RENDIMIENTO: 1 cuarto

Griega salsa Tzatziki

Esta salsa deliciosa se puede utilizar en sándwiches, ensaladas, y como un baño.

Ingredientes:

- 1 taza de yogur (ver Capítulo 5)
- 1 pepino, pelado y picado en trozos
- 2 cucharadas de aceite de oliva virgen extra
- La ralladura y el jugo de ½ de un limón (cáscara, luego exprimir el jugo)
- 2 dientes de ajo

- 2 cucharadas de menta fresca picada
- 1 cucharada de eneldo fresco picado o ½ cucharada de eneldo seco
- ½ cucharadita de sal marina fina
- Una pizca de pimienta de cayena

Procedimiento:

Coloque una gasa en un colador como un forro. Coloque el colador forrado en un tazón. Vierta el yogur en la gasa y atar las esquinas. Deje gotear durante 2 a 4 horas. Raspe el yogur engrosada y guardar el suero para uso futuro.

Añadir el yogur, pepino, aceite de oliva, la ralladura de limón y el jugo, el ajo, la menta, el eneldo, la sal y la pimienta en un procesador de alimentos y mezcle bien. Coloque la salsa en un plato de servir y refrigerar por varias horas antes de servir para que los sabores se mezclen.

RENDIMIENTO: 1 ½ tazas

Salmón con miel y jengibre

Ingredientes:

- 1 cucharada de miel cruda
- 1 cucharadita de jengibre fresco, picado
- 1 cucharadita de granos de pimienta enteros
- 2 o 3 cebolletas, picadas
- ¼ taza de suero de leche (véase el Capítulo 5)
- ¼ taza de salmuera básica (ver Capítulo 5)

- 1 libra de filete de salmón (salvaje capturado es mejor que el de piscifactoría)
- 2 rodajas de limón
- 2 cucharadas de eneldo fresco picado
- 2 hojas de laurel

Procedimiento:

Combine las cebolletas, miel, jengibre, suero de leche, granos de pimienta, y de salmuera en un tazón mediano. Embale el limón, pescado, así como el eneldo en un frasco de fermentación 1-cuarto. A continuación, asegúrese de verter la mezcla de miel sobre el pescado para que sea completamente sumergido. Deje 1 pulgada entre el líquido y la parte superior de la jarra para la expansión a tener lugar. Añadir las hojas de laurel, y coloque la tapa en el frasco y cerrar todo bien. Dejar a temperatura ambiente durante aproximadamente 24 horas. Coloque la jarra en la nevera donde se mantendrá durante un máximo de 2 semanas. Por último, quite el salmón del líquido antes de servir.

RENDIMIENTO: 1 libra

## **Capítulo 9:**

### **Bebidas**

Zanahoria y Apio Kéfir

Ingredientes:

- ¼ de taza de jugo de zanahoria fresco
- ¼ taza de jugo de apio fresco
- Kéfir de agua ¾ de taza (véase el Capítulo 5)

- Una pizca de pimienta de cayena (opcional)

Procedimiento:

Coloque todos los ingredientes en una licuadora y licue hasta que quede suave. Enfríe antes de servir.

RENDIMIENTO: 1 porción (1 ¼ tazas)

Grano entero Tonic

Esta bebida refrescante se puede hacer con cualquier granos enteros. Se gaseosas ligeramente con un sabor dulce y limón.

Ingredientes:

- 1 taza de granos de trigo u otros granos integrales (toda centeno, mijo, cebada, avena, arroz o trigo sarraceno granos)
- 1 cuarto de agua filtrada
- Un chorrito de vinagre de sidra de manzana

Procedimiento:

Remojar los granos durante la noche en caliente, agua filtrada. Escurrir y enjuagar muy bien los granos. Coloca los granos en una bandeja adecuados para la germinación. Deje que los granos se sientan durante 2 a 3 días, el drenaje y enjuagar los granos todos los días hasta el brote. Los granos han brotado cuando aparezca una pequeña cola. Una vez germinadas, colocar los granos en un frasco de fermentación y cubrir con la 1 cuarto de agua filtrada. Añadir el chorrito de vinagre de sidra. Deje que los granos se sientan durante 2 a 3 días. Se espera algo de efervescencia. La tónica está listo cuando los granos huelen agradablemente amargo y el líquido es turbio. Deseche los granos, poner el líquido en un frasco herméticamente con tapa, y el lugar en el refrigerador. Asimismo, mantendrá durante un máximo de 2 semanas.



RENDIMIENTO: 1 cuarto

Lemon Lime Fizz

Esta bebida es muy efervescente y refrescante!

Ingredientes:

- $\frac{3}{4}$  de taza de jugo de caña evaporado o Sucanat
- 2 litros de agua por filtración, se dividen
- Jugo de 5 limones
- Jugo de 5 limones
- 1 taza de suero de leche (véase el Capítulo 5)

Procedimiento:

En una olla grande a fuego medio, disolver el azúcar en 2 tazas de agua. Retirar del fuego y

añadir el resto de 1  $\frac{1}{2}$  litros de agua fría. Vierta el agua con azúcar en una jarra de 1 galón. Deje que se enfríe a temperatura ambiente. Añadir las dos zumos y el suero de leche. Agregar suficiente agua para llenar el plazo de 1 pulgada de la parte superior de la jarra. Colocar en la tapa y se deja reposar a temperatura ambiente durante 2 a 3 días, o hasta que la dulzura se ha reducido a su gusto. Coloque la jarra en la nevera y enfriar completamente antes de servir.

Asimismo, mantendrá indefinidamente, pero la dulzura no disminuir con el tiempo.

RENDIMIENTO: 2 cuartos

Virgen Bloody Mary

## Ingredientes:

- 6 tomates Roma, cortados en cuartos
- ¼ cebolla mediana
- ½ pepino mediano, pelado
- ¼ pimiento, sin semillas
- ½ pimiento Chile, cabeza de serie
- 1 diente de ajo
- Jugo de ½ de un limón
- ½ cucharada de sal marina fina
- 3 cucharadas de suero de leche (véase el Capítulo 5)

## Procedimiento:

Coloque los tomates, cebolla, pepino, pimiento, pimiento Chile y ajo en una licuadora y extraer el jugo. Vierta el jugo en una jarra de fermentación de 1 cuarto con una boca ancha. Añadir a la jarra, jugo de limón, sal y suero de leche. Batir bien para mezclar a fondo. Asegúrese de que haya al menos una pulgada entre el líquido y la parte superior de la jarra. Cubra con la tapa o una bolsa de aire. Dejar reposar a temperatura ambiente durante la noche, o durante 12 horas.

Coloque la jarra en la nevera para sentarse durante 2 a 3 horas más. Mezclar de nuevo justo antes de servir. Se mantendrá hasta 2 semanas, pero lo mejor es cuando se consume dentro de unos pocos días.

Servir como un Bloody Mary con apio y una pizca de pimienta negro.

RENDIMIENTO: 2 tazas

## Refresco de gengibre

El truco para hacer cualquier bebida gaseosa es embotellarlo mientras aún está fermentando, pero

no demasiado pronto o no habrá demasiada presión! Cada lote se comportará de manera diferente, por lo que esperan un poco de ensayo y error con esta bebida. Las variaciones de esta bebida incluyen cerveza rootbeerroot y zarzaparrilla! Aromas y raíces pueden ser ajustados para adaptarse a su gusto.

### Ingredientes:

- 3 a 4 pulgadas de la raíz de gengibre, pelado y rallado
- 1 galón de agua filtrada
- 1 ½ tazas de azúcar
- ½ a 1 taza de suero de leche (véase el Capítulo 5)

### Procedimiento:

Coloque el gengibre y el agua en una olla grande y llevar a ebullición. Continuar la ebullición durante un par de minutos. Esto hace que un agua de sabor o un "té" de clases. Eliminar el agua del fuego y añadir el azúcar. Revuelva hasta que todo el azúcar se disuelva.

Deje que el líquido se enfríe a una habitación caliente temperature. Add el suero de leche al agua de gengibre endulzado. Vierta el agua en una jarra de 1 galón (o bombona). Si hay una cámara de aire, instalarlo. Si no es así, tapar el jarro. Es importante abrir la tapa o la esclusa un par de veces al día durante los primeros días para "eructar" la botella y aliviar la presión del gas.

Mantenga la jarra a una temperatura fresca habitación por unos días. Debe conseguir efervescente en unos pocos días. Después de la efervescencia desaparece en unos cuantos días

más, tal vez sea hora de embotellar el jengibre ale. Pour el ginger ale en botellas pequeñas y dejar un poco de espacio en la parte superior. Deje estas pequeñas botellas a cabo a temperatura ambiente durante unos cuantos días y luego colocarlos en el refrigerador o en otro lugar fresco.

## **Capítulo 10:**

### **Grandes Recursos**

Cultivos iniciadores:

Culturas para la Salud

[www.culturesforhealth.com](http://www.culturesforhealth.com)

Se especializa en las culturas no lácteos de arranque,, lácteos y granos de kéfir de agua Kombucha de scoby, arrancadores natto, y arrancadores de masa fermentada Wilderness familiares Naturals

[www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com)

Se especializa en cultivos de yogur y el kéfir, cuajo para la elaboración del queso Alimentos y Producir seguridad:

Grupo de Trabajo Ambiental

[www.ewg.org/foodnews](http://www.ewg.org/foodnews)

Información sobre la cantidad de productos químicos presentes en los alimentos

### **Conclusión**

Después de leer a través de este libro, usted ha adquirido un conocimiento significativo para mejorar su salud en general. Fermentación ofrece tantos beneficios que casi parece demasiado bueno para ser verdad. Pero no es - los beneficios son genuinos!

Este libro le dio un poco de conocimiento de fondo sobre lo que realmente está sucediendo en su cuerpo. Armado con este conocimiento, usted puede tomar decisiones basadas en lo que usted necesita y desea. Y a pesar de que tiene una comprensión básica, hay mucho más por ahí para aprender - el conocimiento es poder. Este libro te ha mostrado cómo aprovechar algunos poderes ocultos en los alimentos que de otra manera no serían conscientes.

Y al experimentar con algunas de las recetas, obtendrá los conocimientos y la confianza para intentar recetas más complejas. Este libro pretende ser un trampolín para el arte de la fermentación de los alimentos. Las recetas aquí estaban destinados a ser simple, que requiere poco más de equipo que usted probablemente ya tiene.

Como habrás dado cuenta al leer a través de las recetas, la fermentación es muy adaptable. Usted puede hacer cualquier receta para adaptarse a su propio gusto añadiendo o restando ingredientes.

Esta variabilidad es una manera segura de evitar el aburrimiento en la mesa! Hay un sinfín de posibilidades, incluso con las recetas más sencillas de fermentación.

Este libro fue escrito como una introducción al mundo de la fermentación en casa, con la esperanza de que va a seguir desarrollando nuevas recetas y nuevas técnicas! Así que, como se dice, ir adelante y prosperar!

Mason Jar Comidas

*388 poco conocidos,*

*Fácil, saludable y delicioso*

*Mason Jar Recetas para*

*Ocupado, On-the-Go Gente*

*Ella Marie*

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## **Introducción**

¿Está buscando nuevas ideas de comidas? ¿A menudo se trata de alcanzar alimentos procesados o rápido, ya que no tienen algo ya preparado? Aunque nadie se va a agitar una varita mágica y hacer parecer que los alimentos, no debe renunciar!

Muchos de nosotros estamos en el mismo barco - necesitamos comidas rápidas. Con un poco de organización inteligente y

preparando, sin embargo, usted puede hacer comidas increíbles que no son mucho tiempo. Comidas y postres tarro Mason son cada vez más común. Este método puede ser una interesante manera de cambiar su forma de pensar acerca de la creación de las comidas y tomar su almuerzo al trabajo.

Comidas tarro de albañil se ven y saben muy bien, y puede ser exactamente lo que has estado buscando. Muchas personas tienen ideas preexistentes sobre las comidas tarro de albañil - es decir, que no permiten mucha variedad. Esta creencia les impide perseguir comidas tarro como una opción.

Pero esto no podría estar más lejos de la verdad! Hay un montón de grandes recetas que puedes probar usando tarros de cristal. Lo divertido es que se puede variar en cualquier forma para adaptarse a sus necesidades y preferencias. Por ejemplo, puede agregar ingredientes para las recetas de ensaladas o cambiar las frutas en las recetas de postres, y eso es sólo el comienzo.

Nadie quiere comer lo mismo día tras día, pero en el mundo actual, la conveniencia menudo triunfa sobre todas las demás consideraciones. Al hacer comidas tarro de albañil, es posible lograr que la variedad y al mismo tiempo el uso de alimentos que son buenos para usted. A medida que descubre grandes recetas, también comenzará a sentirse cómodo creando un poco de su propia.

Creación de albañil comidas tarro que su familia le encantará sólo va a animarte a continuar.

Usted puede planear sus comidas con anticipación y obtener todos los ingredientes en una, viaje organizado a la tienda. A continuación, puede sentirse mejor acerca de lo que come y lo que usted alimenta a su familia.

También deja de sentirse culpable por las malas elecciones de alimentos que usted hizo en el pasado cuando estaba en un apuro. Tarros de masón son grab-and-go, pero también le permiten ver los

ingredientes en el interior, así que usted sabe que usted está tomando decisiones saludables. Se sirven Algunas recetas tarro que está, mientras que otros sólo necesitan ser sacudido antes de comerlas.

Comer, mientras fácil y conveniente, puede añadir un gasto enorme para el presupuesto mensual.

Mediante la planificación de sus comidas y conseguir algunos tarros de cristal, que se va a recortar lo que gasta en alimentos. Y al mismo tiempo, usted va a comer más saludable, sentirse más satisfechos, y no va a pasar un montón de tiempo en la cocina

En el momento en que usted termine de leer este e-libro, usted tendrá un montón de respuestas y el estímulo para comenzar. Usted va a entender cómo empezar, aprender las mejores prácticas, y explorar recetas increíbles.

Usted también va a darse cuenta de que usted tiene el poder para hacer que suceda! Usted no tiene que amar a pasar tiempo en la cocina para hacer comidas tarro de masón. Usted no tiene que poseer un suministro interminable de ingredientes, tampoco. De hecho, varias de las recetas que usted leerá acerca de incluir sólo unos pocos ingredientes.

Si desea aprovechar la oportunidad de comer mejor y de una manera versátil positivo, que está justo en frente de usted. Este libro se va a dar la inspiración y la confianza para empezar a hacer las comidas tarro de albañil. Está preparado para las toneladas de complementos de sus familiares, amigos y compañeros de trabajo una vez que haces!

## **Capítulo 1**

### **¿Por qué son Mason Jar**

#### **Comidas tan popular?**



Cuando hay algo nuevo suceda, la gente tome nota. A menudo quieren conocer de primera mano lo que todo el alboroto. Muchas de estas cosas nuevas, sin embargo, acaba de convertirse en pasar tendencias. Ellos parecen perder el interés de los consumidores con la misma rapidez, ya que comenzó.

Este no parece ser el caso de las comidas tarro de albañil. De hecho, que realmente están recogiendo en popularidad. Funcionan bien para todo público, incluidas las familias, estudiantes universitarios, los baby boomers, los jubilados y los que están en la fuerza de los negocios. La verdad es que todo el mundo necesita para comer.

Con esto en mente, las comidas tarro de albañil hacen una gran dosis de sentido. Permiten un mayor control sobre lo que está comiendo. Cuando tu vida es de ritmo rápido y ocupado, los malos hábitos alimenticios son muy fáciles de desarrollar. Cortar los alimentos procesados y comidas rápidas puede ayudarle roza muchos de estos malos hábitos.

Usted también encontrará que la mayoría de las comidas tarro de albañil contienen ingredientes que son buenos para usted. Tienen un montón de proteína, como pollo y carnes magras. También incluyen un montón de antioxidantes y te hacen sentir con más energía debido a las frutas y verduras frescas que contienen.

Hay algunos buenos postres también, pero ya que las porciones son más pequeñas, que no tienen que sentirse culpable por consumirlos cuando. Además, si usted está recortando calorías de otras maneras, su dieta le permite esos dulces ocasionales que no se traducirá en el aumento de peso o problemas de salud.

Hacer comida conveniente, así como visualmente atractivo es importante. No queremos comer

alimentos que es aburrido, soso, o días incoloro tras día. Tarros de cristal ofrecen una manera simple pero elegante para servir a una

variedad de platos. También son fáciles de lavar y no son caros de comprar.

Estas comidas son cada vez más popular como la gente aprende acerca y compartirlas. Todo lo que se es comer una - en un almuerzo, o en casa de un amigo - que te engancha! Es posible que haya visto también albañil comidas tarro en Pinterest y quieres probarlas.

Seamos realistas - todos nos cansamos de la misma vieja rutina a la hora de comer y hacer las comidas. A menudo hacemos robóticamente, pero ahora es el momento de cambiar eso. Se le busca hacia adelante a comer de nuevo cuando usted ve a su colorido del tarro de albañil en lugar de una bolsa de papel marrón que contiene un sandwich aburrido.

Las posibilidades son infinitas cuando se trata de tarros de cristal: se puede utilizar para ensaladas y otros alimentos resfriados; usted puede poner en el horno y hornear directamente dentro de ellos; usted puede incluso el microondas si usted está en un apuro. El hecho de que el vidrio es 100% reciclable sólo se suma a los aspectos positivos. Sabiendo que usted está haciendo su parte para reducir los residuos en el medio ambiente es siempre una buena sensación.

Tarros de masón almacenan bien, también. Usted no tendrá que utilizar un montón de ollas y sartenes para cocinar y recipientes Tupperware para almacenar. Tarros de cristal albañil ofrecen una solución todo-en-uno.

Colegios dormitorios con cocina son a menudo equipados con tarros de cristal. Este tipo de cocción se ha vuelto muy popular entre los estudiantes universitarios, ya que es fácil y sin complicaciones. Si está ocupado - pero a menudo perezosos - adolescentes pueden hacerlo, tú también puedes.

Comer más sano y ser consciente de lo que está poniendo en su cuerpo es una fuerza impulsora detrás de la explosión de las

comidas tarro de albañil. La gente está finalmente entendiendo que las comidas rápidas procesados no son buenas para la mente o el cuerpo.

Tomar decisiones saludables no significa que usted debe comer comida que sabe mal o pasar hambre. En su lugar, se puede comer los alimentos que le ofrecen la nutrición y parecen apelar a usted. Por supuesto, existen comidas y postres que no son las más saludables del tarro de albañil, así que tenga cuidado de comer aquellos con moderación!

Con tarros de cristal, se puede ver exactamente la cantidad de comida que está comiendo.

Control de las porciones es un gran problema en nuestra sociedad hoy en día. Piense en cuando en servir platos en su cocina. La mayoría de nosotros no miden la cantidad de comida que nos amontonamos en un plato.

Piensa, también, acerca de cuando vas a comer fuera o en coche hasta una ventana. La mayoría de los restaurantes de comida rápida tratan de atraerlo mediante upsizing económicamente sus lados, como papas fritas o un refresco. Esto da lugar a consumir muchas más calorías de lo necesario o saludable.

La mayoría sentarse restaurantes ofrecen porciones que son incluso más grande que lo que nos servirá a nosotros mismos en casa. Sin embargo, ya estamos pagando por la comida y estamos disfrutando de la atmósfera, tendemos a comer más de lo que normalmente lo haría. Si usted se presenta de hambre, usted puede incluso conseguir un aperitivo, también.

Comidas tarro de albañil, sin embargo, le ayudan de forma sencilla y con éxito a identificar la cantidad de alimentos que están consumiendo. Para que tu tamaño de las porciones bajo control es una de las claves para reducir la ingesta de calorías y, en consecuencia, perder peso.

También es una parte de un estilo de vida saludable. Simplemente siendo consciente de tamaños de las porciones es una experiencia reveladora y un paso en la dirección correcta hacia un mejor estado general de salud.

Mientras que usted puede tener sus propias razones para probar las comidas tarro de albañil, aquí están las razones más comunes que otros han sugerido:

tarros de masón son aptas para lavavajillas.

Pueden ser reutilizados.

No son perjudiciales para el medio ambiente.

Los alimentos no manchan los tarros de cristal.

Capas y tarros de cristal de colores son visualmente atractivo.

Son fáciles de apilar, paquete, el transporte, y el temblor.

Son baratos para comprar.

tarros de masón se pueden almacenar en el refrigerador, congelado, colocado en el microondas, o poner en el horno.

Son convenientes.

comidas tarro Mason son fáciles de recalentar.

Son fáciles de almacenar.

Al probar con estas recetas y crear tus comidas tarro de albañil, no dude en añadir algunas de sus propias razones a esta lista!

## **Capitulo 2**

### **Empezando**

Tal vez te gusta la idea de las comidas tarro de albañil, pero se siente escéptico. La última cosa que quiere es una tarea problemática en la cocina. Usted no tiene que pasar mucho tiempo o mucho dinero, sin embargo, para dar estas comidas intentarlo.

Es posible que usted ya tiene varios de los elementos que necesita alrededor de la casa. Si no, no va a costar mucho dinero en absoluto para conseguirlos. Esto es lo que necesita para empezar: Un par de tarros de cristal

Algunas recetas para tratar de

Una lista de compras

Tiempo para planificar

### **A pocos Mason tarros**

La compra de tarros de cristal de diferentes tamaños es muy recomendable. Usted encontrará que usted busca recetas que los tamaños de los frascos necesarios variarán. Mientras que 4 onzas y 8

onzas tarros son los tamaños más comunes, no son los únicos a tener en cuenta. Y si los frascos que tienes no son del tamaño adecuado, se puede reducir o aumentar proporcionalmente los ingredientes, pero asegúrese de que sus cálculos son correctos.

Comprar tarros de cristal con tapas para que pueda almacenar fácilmente sobras. Esto también es importante para las comidas como ensaladas. Se necesita una buena tapadera para que pueda sacudir todos los ingredientes sin hacer un desastre.

Usted puede comprar los casos de tarros de cristal de muchos minoristas que ya visite. También podrás comprar a granel, si desea adquirir una gran cantidad de ellos. Los casos no cuestan mucho, y usted encontrará que la compra de ellos como un conjunto es mucho menos costosa por unidad que la compra de los frascos

individualmente. Incluso hay algunos sitios web donde se pueden comprar tarros de cristal con tapa y que nos los envíen directamente a su hogar.

Busque los que ofrecen el envío gratis o de bajo costo. Tarros de cristal pueden ser pesados para que no quieras pagar una fortuna para el envío. Siempre se debe considerar el costo total de los honorarios de productos más gastos de envío.

### **Algunas Recetas para probar**

Encuentra algunas recetas que le gustaría inicialmente a intentarlo. Cuando tienes éxito con ellos, se le anima a continuar y ampliar su repertorio. Si no tienes mucho tiempo libre, usted puede buscar recetas con un tiempo de baja preparación y unos pocos ingredientes.

Si usted está interesado en perder peso o comer mejor, buscar recetas que incluyen ingredientes que son altamente nutritivo. Hay incluso albañil postres tarro que tienen un montón de fruta y yogur en ellos. Ellos satisfacer su gusto por lo dulce sin ser cargado con azúcar y calorías.

Usted puede encontrar todas las recetas que necesita en línea. Hay sitios web que no sólo te muestran los ingredientes, sino que también proporcionan fotos paso a paso del proceso de preparación. Por supuesto, este libro electrónico le proporcionará un buen número de recetas apetitosas. Una vez que haya terminado la exploración de esos, que será fácil de buscar un poco de su propia.

Pinterest se ha convertido en un lugar muy popular para las recetas del tarro de albañil. Si usted está buscando una receta en particular, que es el mejor sitio para comenzar la búsqueda de ella.

Puede buscar por ingredientes, beneficios para la salud, o incluso el tiempo de preparación.

### **Una lista de la compra**

Ahora que tiene sus recetas, obtener su lista de compras listo. Saber lo que usted necesita antes de llegar a la tienda de comestibles es muy importante. Esto hará que el proceso de compra más rápido, más eficiente, y completa: usted no tendrá que volver más tarde para cualquier ingrediente que se olvidó, y usted será menos probable que se distraiga con, abundantes en calorías "conveniencia" alimentos poco saludables. Trate de encontrar los objetos que están en temporada, así. Esto puede ayudarle a reducir los costos y aumentar los valores nutricionales.

Por ejemplo, puede sustituir las frutas y verduras dentro de las recetas para lo que es en la acción, fresco y bajo precio. Muchos ingredientes también pueden ser sustituidos con alimentos que son más asequibles o más a sus gustos.

### **Tiempo para planificar**

Usted tiene que asignar tiempo para cocinar comidas de todos modos, ¿por qué no utilizar un poco de ese tiempo para crear otras tarro de masón? Por ejemplo, si el desayuno es a menudo una molestia en su casa, usted puede hacer la preparación de la noche anterior. Muchas de estas grandes opciones de recetas le permiten hacer la comida antes de tiempo, y refrigerar hasta su uso.

Incluso las recetas que necesitan ser horneado se pueden prepped con antelación. Sólo guardarlos en la nevera hasta que esté casi listo para comer. Entonces precalentar el horno, y el pop en, mientras continúa con sus otras actividades.

Los tarros de cristal estarán listos cuando usted es. Esto es especialmente cierto y útil para los desayunos calientes. Es un plan simple que toma un tiempo mínimo, por lo que puede se puede empezar el día con gran sabor, alimentos nutritivos.

## **Capítulo 3**

### **Consejos para crear sus Mason Jar Comidas**

## **con éxito**

Antes de sumergirse directamente en la creación de las comidas tarro de albañil, usted debe ser consciente de estos consejos útiles. Se reducirá el tiempo necesario para la preparación y limpieza. También ayudarán a lograr los mejores resultados de calidad.

## **Lubricado**

Muchos alimentos pueden pegarse a los lados de los tarros de cristal, si no tienes cuidado. Engrase puede ser recomendado por la receta y si es así, es un paso que no debe saltar. Puede ser difícil de conseguir sus manos hasta el fondo del frasco para fregar limpio.

El uso de aceite en aerosol spray es la mejor opción para engrasar sus tarros de cristal. Es muy fácil de usar, incluso si usted tiene manos más grandes, ya que sólo tiene que apuntar el spray en la boca de la jarra. Esto también significa que usted evitará la frustración de quedarse comida cuando la limpieza.

## **Limpieza**

Asegúrese de limpiar los tarros de cristal muy bien. Puede que tenga que conseguir un cepillo de botella u otra herramienta si no se puede llegar al fondo de los frascos. También puede colocarlos en el lavavajillas que limpiar y desinfectar ellos.

Es muy importante asegurarse de que los tarros de cristal están completamente limpios. De lo contrario, los gérmenes se quedarán y las bacterias pueden crecer.

Otro problema común no está completamente enjuagando si los lava a mano. El jabón persistente puede arruinar el sabor de su próxima receta, así que enjuague bien. Imagínese tomando el tiempo para hacer algo delicioso y entonces, en lugar de degustación de jabón en lugar - que es un error que serías más feliz evitando por completo.



## **Inspección**

Tarros de cristal son muy durables, pero usted tiene que tener cuidado con ellos. El vidrio puede romperse o astillarse. Siempre inspeccione los tarros de cristal después de lavarlos y antes de ponerlos de distancia. Compruebe las asas para que no se corta al momento de retirar uno. Hora en todo el área de la tapa, también, ya que es un lugar común para saltar de ocurrir.

Si observa algún problema con un frasco de conservas, no seguir utilizándolo. En su lugar, debe ser reciclado con sus otros artículos de vidrio.

Para ayudar a reducir problemas con tarros de cristal, comprar los de buena calidad. Ellos no van a costar mucho más, pero la diferencia de calidad pueden ser significativos. Cuida bien de los tarros de cristal, también. Maneje con suavidad, y no golpear juntos.

## **Manejo**

Tarros de masón pueden estar muy calientes cuando se los saca del horno. Asegúrese de que usted los maneja con cuidado para evitar quemaduras graves. No deje que se enfríen donde los niños o los animales domésticos puedan acceder a ellos.

Aunque el exterior del frasco es sólo cálido, el contenido de los alimentos dentro de ella todavía pueden estar muy calientes. No tener prisa para poner que los alimentos en un utensilio y en la boca! Compruebe siempre que primero para que no se queme la lengua.

## **Hornada**

Es una buena idea colocar una bandeja para hornear o bandeja de horno debajo de los tarros de cristal antes de hornear en ellos. Esto hará que sea mucho más fácil para eliminar los frascos calientes del horno. Cuando se les desliza en el horno, sin embargo, hacerlo con

cuidado para que no se vuelquen. Esto puede resultar en un gran lío para limpiar.

Algunas recetas le dirán que añadir unas pocas pulgadas de agua al fondo de la olla de cocción.

Esto es para asegurar que los ingredientes en la parte inferior de los tarros de cristal no se quemen. Preste atención a estos consejos, ya que pueden hacer una gran diferencia en su comida resultante.

### **Siguiendo direcciones**

Asegúrese de tomar el tiempo para seguir las direcciones con mason jar alimentos. Utilice el tamaño correcto de la jarra para el artículo que usted está haciendo. Puede reducir o aumentar la cantidad de frascos de la comida es para el, pero asegúrese de hacer los cálculos derecho por lo que tiene la cantidad correcta de ingredientes.

Si usted no sigue las instrucciones de sus comidas tarro de masón puede ser un fracaso. Usted puede terminar creando un lío demasiado por sobre el llenado de los frascos. Algunos de los alimentos que se expandirá durante el horneado así que lea lo que dice la receta y se puede evitar este tipo de preocupaciones.

Si está fácilmente intimidados a la hora de intentar algo nuevo, comenzar lento. Use recetas que sólo tienen 5 o menos ingredientes. Asegúrese de que usted tiene gusto de lo que los ingredientes incluyen. La última cosa que quiere es poner adelante el tiempo y esfuerzo y luego tirar lo que acaba de hacer.

### **Almacenamiento**

La receta también debe decirle cuánto tiempo se puede almacenar las comidas tarro de albañil después de hacer ellos. Normalmente será de 3 a 5 días, pero esto depende de los tipos de ingredientes. Asegúrese de que los alimentos tarro de albañil se aseguran con tapas que se ajustan correctamente, y consumen los alimentos de

una manera oportuna para evitar enfermedades relacionadas con los alimentos.

Si a menudo se hacen las comidas tarro de albañil, que es una gran idea para etiquetarlos tanto con los contenidos y la fecha de uso-by. Utilice etiquetas que se pegan bien pero lavar fácilmente en el agua. También puede etiquetar con un marcador de borrado en seco, siempre y cuando usted no ensuciar la información con los dedos.

## **¡Divirtiéndose!**

La creación de las comidas tarro de albañil debe ser divertido, no estresante, trabajo! Que tengas un buen tiempo experimentando. Usted puede decidir que desea crear algunas de sus propias recetas con sede fuera de los demás que has encontrado. O tal vez le gustaría sustituir ciertos ingredientes para hacer una receta más a su propio gusto.

Usted no tiene que hacer las comidas tarro de albañil por su cuenta tampoco. Puede que sea una actividad familiar. Ponga a un lado una o dos horas en el fin de semana cuando todos pueden participar.

Puede probar nuevas recetas, limpiar juntos y hablar mientras se preparan las comidas. Esto va a hacer todo el proceso más divertido, así como social y sanamente beneficioso para toda la familia.

## **Capítulo 4**

### **Desayuno Recetas**

El desayuno es la comida más importante del día, sin embargo, mucha gente evitarlo debido a la punta de la mañana. La creación de estos increíbles albañil recetas de desayuno tarro de asegurarse de que obtiene el día libre para un gran comienzo. Algunos de ellos incluso se puede hacer de la noche anterior, lo que ayuda a eliminar la punta de la mañana agitada que muchos hogares experiencia!

Desde la comida es en un frasco de vidrio, también puede tomar su comida a ir. Tal vez usted tiene un largo viaje a la oficina por la mañana. Usted puede disfrutar de su comida en la unidad.

Usted puede incluso llevarlo a la oficina para consumir en su escritorio mientras que usted va a través de su correo electrónico y organizar sus tareas diarias.

Al horno Huevos

6 tarros de cristal, 4 onzas cada una

2 cucharaditas de aceite de oliva ecológico

1 cebolla orgánica, en rodajas

1 taza de espárragos orgánicos, picado

10 huevos de gallinas camperas, batidos

Queso 1 taza de hierba-alimentado, rallado

Precalente el horno a 375 ° F. Calentar el aceite en una sartén y añadir las cebollas. Saltee durante un par de minutos. Añadir los espárragos y cocinar por unos 5 minutos - hasta que esté tierno pero aún crujientes. Añadir sal y pimienta al gusto.

Untar generosamente los tarros de cristal. Utilice pinzas para agregar la mezcla de verduras.

Batir los huevos bien y añadirlos a los tarros de cristal. Distribuir el queso encima. Use una cuchara para revolver los frascos bien hasta que el queso se mezcla con los huevos y verduras.

Hornear durante 20 a 25 minutos. Las tapas deben ser de color marrón dorado. Retirar del horno y dejar enfriar. Usted puede agregar las tapas y almacenar una vez que los frascos estén completamente frías. También es posible preparar suficientes tarros

para toda una semana de desayunos. Ahora preparando el desayuno a toda prisa no es un problema.

Melocotones y crema tostada francesa

8 tarros de cristal, 4 onzas cada una

1 taza de harina orgánica

1 cucharada de polvo para hornear

3-oz caja de mezcla para pudín de vainilla instantáneo 3 cucharadas de mantequilla alimentado con pasto

1 libre-gama de huevo

½ taza mitad y medio

16-oz puede melocotón mitades

Paquete de 8 onzas de queso crema orgánica, suavizada

½ taza de azúcar de coco

8 piezas de pan orgánico

Precale el horno a 350 ° F. Mezclar todos los ingredientes, excepto los melocotones y el pan en un tazón grande durante 2 minutos a velocidad media. Coloque un pedazo de pan en el fondo de cada frasco. Escurrir los melocotones y añadir unas rodajas de cada frasco. Vierta la mezcla sobre el pan y los melocotones.

Hornear durante 30 minutos. La parte superior debe burbujeando. Comer caliente. Para evitar que los ingredientes se peguen a los tarros de cristal, generosamente engrasar antes de su uso.

Plátano Kiwi Desayuno Yogur

6 tarros de cristal, 4 onzas cada una

Granola:

Avena sin gluten orgánicas 1 taza

½ taza de coco rallado

Azúcar morena 2 cucharadas orgánica

Una pizca de canela

3 cucharadas de aceite de coco

2 cucharadas de miel cruda

Yogur:

2 tazas de yogurt de vainilla orgánica

2 tazas de yogurt de fresa orgánica

1 banano orgánico, picado

2 kiwis orgánicos, picadas

Mezclar todos los ingredientes juntos para hacer la mezcla de granola. En un recipiente aparte, mezclar el yogur y la fruta. Capa de la granola y yogur en los tarros de cristal. Refrigere durante un par de horas antes de comer.

Plátano pan de nuez

8 tarros de cristal, diminuto

2/3 taza de manteca

2 ½ tazas de azúcar de coco

4 huevos de gallinas camperas

2 tazas de banano orgánico, puré

1 taza de agua

3 ½ tazas de harina orgánica para todo uso

½ cucharadita de polvo de hornear

2 cucharaditas de bicarbonato de sodio

1 cucharadita de sal del Himalaya

1 cucharadita de canela

1 cucharadita de clavo de olor, planta

1 taza de nueces picadas

Precale el horno a 325 ° F. Engrase los lados y la parte inferior de los tarros de cristal. En un tazón, bata la manteca y la sal hasta que esté suave y esponjosa. Añadir el plátano, huevos y agua. Mezclar bien y dejar a un lado.

En otro bol, tamizar la harina, el bicarbonato de sodio, polvo de hornear, el clavo, la canela y la sal. Añadir la mezcla líquida a la mezcla seca y revuelva bien. Añadir la última nueces. Llène cada tarro ½ completo como la mezcla se levantará como los hornea pan de plátano.

Hornee por 45 minutos o hasta que el pan de plátano esté dorada en la parte superior. También hay que alejando de la copa, ya que reafirma arriba. Los frascos pueden ser sellados y guardados en el refrigerador por alrededor de una semana después de hacer.

Desayuno Cazuela

6 tarros de cristal, 4 onzas cada una

6 huevos de gallinas camperas

½ taza de leche orgánica

1 lata rollo de masa media luna

1 rollo de salchichas, cocido, desmenuzado, escurridos

1 taza de queso cheddar alimentado con pasto, rallado

Coloque una pieza de masa media luna rollo firmemente a la parte inferior de cada frasco.

Cocine la salchicha y escurrir toda la grasa. Usted también puede hacer este plato de desayuno con bacon en vez de salchichas, si lo prefiere.

Mezclar los huevos y la leche juntos. Verter uniformemente en los tarros de cristal. Divida el queso y añadir a la parte superior de cada frasco. Hornee a 350 ° F durante 20 minutos.

Tocino y huevos

6 tarros de cristal, 4 onzas cada una

6 huevos de gallinas camperas

Queso 1 taza de hierba-alimentado, rallado

1 libra de tocino libre de nitratos, cocidos, escurridos, desmenuzado  
Mezclar los huevos y el queso en un bol, y luego verter en los tarros de cristal. Coloque cada frasco de conservas en el microondas durante unos 2 minutos. Esto hará que la mezcla de huevo se inflamara. Sin embargo, se desinflará pronto.

Mezclar el queso y el tocino. También puede añadir un poco de espinaca fresca a la mezcla, si quieres.

Coco Plátano Avena

\*\* Esta receta es para un frasco de conservas \*\*



¼ taza de copos de avena orgánicos, sin cocer

Leche de almendras 1/3 taza

14 taza de yogur de vainilla orgánica

2 cucharadas de semillas de chía

Cacao 1 cucharada

1/2 taza de banano orgánico, picado

Mezclar la avena, yogur, leche de almendras y semillas de chía en el frasco. Ponga la tapa en forma firme y agitar bien. Añadir el cacao y revuelva bien. Añadir los plátanos. Añadir 1

cucharada de nueces picadas y una cucharada de miel a esta receta si lo desea.

Lo mejor es dejar que esta mezcla en el refrigerador durante varias horas antes de consumir. Lo ideal es que sea la noche anterior y disfrutar de la mañana. Asegúrese de que usted consume este producto dentro de 3 días de lo que es debido a los ingredientes lácteos que incluye.

Miniatura Cinnamon Rolls

4 tarros de cristal, 4 onzas cada una

2 tazas de harina orgánica para todo uso, sin blanquear

2 cucharadas de azúcar de coco

1/4 de cucharadita de polvo de hornear

1/2 cucharadita de sal del Himalaya

1/4 taza de mantequilla alimentado con pasto, cortado en trozos 3/4 de taza de suero de leche orgánica

Mezclar todos los ingredientes secos en un tazón grande para mezclar. Cortar en los trozos de mantequilla y mezclar bien. La masa debe ser grumosa. Añadir la mantequilla y mezclar. La masa debe empezar a formarse. Agregue un poco de harina a la encimera y amasar durante 2

minutos. Estirar en un gran rectángulo alrededor de ¼ "de espesor.

¼ taza de mantequilla alimentado con pasto, suavizada

1 taza de azúcar morena orgánica

1 cucharadita de canela

Mezclar bien los ingredientes y se extendió sobre la masa rectángulo. Enrollar la masa lejos de ti.

Cortar por la mitad, la mitad otra vez, y luego en tercios. Usted tendrá 12 rebanadas incluso de tamaño.

Engrasar la parte inferior de los tarros de cristal y colocarlos en una bandeja de horno. Añadir 3

de los cortes a cada frasco. Hornee a 350 ° F durante 18 minutos. Las tapas deben ser de color marrón dorado. Dejar enfriar antes de comer. Si bien se están enfriando, puede hacer que la formación de hielo.

Azúcar en polvo 2 tazas orgánica

¼ de taza de crema de leche orgánica

1 cucharada de vainilla

Batir los ingredientes en un tazón. Añadir más crema si es necesario para obtener la consistencia deseada. Vierta en la parte superior de los panecillos de canela.

Canela Pancakes

6 tarros de cristal, 4 onzas cada uno

6 tazas de harina orgánica, cruda

1 cucharada de polvo para hornear

3 cucharadas de azúcar de coco

1 cucharada de sal del Himalaya

Mezcle todos los ingredientes bien en un bol. Use un batidor de alambre, no una batidora eléctrica. Añadir una cantidad uniforme de la masa de cada uno de los 6 tarros de cristal. Hornee a 350 ° F durante 10 minutos.

Fresa Plátano Chewy Avena

\*\* Ingredientes son por tarro de albañil \*\*

½ taza de copos de avena orgánicas

½ taza de yogur griego orgánica

Leche orgánica 2/3 taza

1 cucharada de semillas de chía

1 banano orgánico, puré

2 cucharadas de mermelada de fresa orgánica

Mezcle todos los ingredientes bien. Colocar en el frasco y poner una tapa en ella con fuerza. Deje que se refrigere durante la noche.

Banana y almendra Smoothie

\*\* Los ingredientes son por pinta de tamaño tarro de albañil \*\*

Leche de almendras 1 taza

1 cucharada de almendras orgánica mantequilla

1 banano orgánico

1 cucharada de semillas de lino, planta

Mezcle todos los ingredientes y luego verter en el frasco. Refrigere durante un par de horas antes de consumir. Se puede hacer la noche anterior para un delicioso y nutritivo batido de beber por la mañana.

## **Capítulo 5**

### **Recetas Almuerzo**

Conseguir un gran almuerzo degustación mientras usted está en el trabajo o simplemente ocupado alrededor de la casa es importante. De lo contrario, puede omitir el almuerzo o tomar algo que no es muy nutritivo. Aquí están algunas grandes albañil recetas almuerzo jarra para probar!

Sushi en un tarro

\*\* Los ingredientes son de 1 tarro de albañil \*\*

½ taza de cereal orgánico corto, arroz, cocinado

Azúcar de coco 1 cucharadita

2 cucharaditas de salsa de soja

1 hoja de nori, cortado en trozos de ¼ "

½ taza de la mezcla de pepinos orgánicos y las zanahorias, rallado

¼ taza de aguacate orgánico, cortado en cubitos

Jugo de limón 1 cucharada

1 cucharada de jengibre, en escabeche

¼ de taza de pasta de wasabi

En una olla pequeña, calentar la salsa de azúcar y soja. Se disuelve de calor hasta que el azúcar.

Calentar el arroz integral y vierta esta mezcla sobre la parte superior de la misma, mientras que todavía está caliente.

Escudo del aguacate con el jugo de limón para que no se vuelven marrones. Mezclar en el resto de las verduras con el aguacate. Ya está listo para comenzar a acodar sus ingredientes. Coloque la mitad del nori en el fondo y la media en la parte superior.

Mediterráneo Quinoa

6 u 8 tarros de cristal, 4 onzas o más grandes cada

1 taza roja orgánica o quinoa blanca, enjuagados

2 tazas de agua o caldo de vegetales orgánicos

½ taza de vinagreta

2 cucharaditas de mostaza de grano entero

3 cucharadas de jugo de limón, recién exprimido

Vinagre de vino blanco 1 cucharada

2 dientes de ajo orgánico, picado

¼ cucharadita triturado pimiento rojo

½ taza de aceite de oliva, el virgen extra prefiere

1 pepino, cortado en cubitos

2 tazas de maíz de grano entero

1 pinta tomates cherry orgánico, reducido a la mitad

1 cebolla roja orgánica, en rodajas

½ taza de perejil orgánica, finamente picado

Hervir la quinua y el agua o caldo a fuego alto. Baje el fuego a fuego lento una vez que está en plena ebullición. Deje que se cocine a fuego lento durante unos 15 minutos, hasta que la quinua esté tierna. Retire del fuego y tapar. Deje reposar por 5 minutos más. Use un tenedor para pelusa.

La quinua se puede preparar el día anterior.

Mezcle todos los vegetales juntos. A continuación, mezclar los ingredientes restantes, incluida la quinua. Coloque la mezcla generosamente en los tarros de cristal. Se puede almacenar durante un

máximo de 3 días, siempre y cuando se refrigera.

Perros de maíz

12 tarros de cristal, por lo menos ½ litro de tamaño

3 tazas de harina de maíz amarillo, auto ascendente

6 huevos de gallinas camperas

1 ½ taza de leche orgánica

½ taza de crema agria orgánica

¼ de taza de aceite de semilla de vegetablegrape

¾ de taza de azúcar de coco

6 perros calientes orgánicos, cortados por la mitad

Precalente el horno a 375 ° F. Mezclar todos los ingredientes, excepto los perros calientes. La mezcla debe ser suave. Untar generosamente el fondo y los lados de cada frasco. Añadir la mezcla de manera uniforme a cada frasco.

Párese un perro caliente de pie en el centro de la masa en cada frasco. Hornear durante 20

minutos. El pan de maíz debería ser de color marrón dorado. Deje que se enfríe por completo.

Use un cuchillo para aflojar el pan de maíz de los lados de los tarros de cristal.

Se puede comer de inmediato o refrigere hasta que esté listo para comer. Para recalentar, quitar la tapa y microondas durante 45 segundos a 1 minuto. Usted puede disfrutar solo o con mostaza y salsa de tomate. Chili y queso pueden añadir sabores adicionales, también.

### Capas Burritos

4 grandes tarros de cristal

1 taza de quinoa orgánica, cocinado

1 ½ tazas de frijoles negros orgánicos

4 tazas de lechuga orgánica, picado

1 taza de col rizada orgánica, picado

1 taza de caños de girasol

2 tazas de salsa orgánica

1 taza de yogur griego orgánica, llano



Cocine la quinua y deje que se enfríe. Añadir ¼ de taza a la parte inferior de cada frasco de conservas. Agregue los frijoles negros, lechuga, col rizada, salsa, yogur, y luego brotes en ese orden. Asegúrese de dejar un poco de espacio en la parte superior. Agitar bien antes de comer.

Hacer burritos de la mezcla o comer con tortillas en el lateral.

## **Capítulo 6**

### **Recetas Ensalada**

Una ensalada saludable es una buena manera de mantenerse al día con sus esfuerzos para perder peso o tus objetivos de alimentación saludable. Estas ensaladas tarro de albañil se le impida poner dinero en la máquina expendedora o ir al local de drive-thru para tomar algo para el almuerzo.

Una de las preguntas más comunes que la gente tiene cuando se trata de ensaladas tarro de masón es como para cubrir bien los ingredientes. La mayoría de las recetas que dicen que poner el vendaje en la parte inferior de la jarra. Sólo asegúrese de dejar espacio en la parte superior para que pueda agitarlo todo antes de comer. No llene el frasco tan lleno que no se mueve al sacudirlo.

Otra preocupación común es la lechuga se marchita. Sin embargo, muchas de estas recetas, incluso después de estar sentado en los frascos durante unos días, la lechuga no tiene que ser marchitado. Puede permanecer fresco y delicioso. El secreto para asegurarse de que sucede es conseguir tarros de cristal con tapas de buen ajuste. Un cierre hermético al aire se reduce el riesgo de tales problemas.

Turquía y pan de maíz Ensalada

6 tarros de cristal, 3 o 4 onzas cada uno

6 onzas de mezcla de pan de maíz suero de leche

12 onzas orgánica vestidor Parmesano-grano de pimienta

¼ de taza de suero de leche orgánica

½ taza de mayonesa orgánica

1 paquete de lechuga Romaine orgánica, rallado

3 tazas de pavo orgánico, fumaba y picado

2 pimientos orgánicos, de cualquier color, picados

2 tomates orgánicos, picadas

1 cebolla orgánica, picado

1 taza de apio orgánico, cortado en cubitos

Queso suizo 2 tazas orgánica, rallado

1 libra de tocino libre de nitratos, cocidos, escurridos, desmenuzado

2 cebollas verdes orgánicos, en rodajas

Siga las instrucciones en el envase para que el pan de maíz. Deje que se enfríe y luego se desmoronan. Coloque una capa de la pan de maíz en la parte inferior de cada frasco.

Mezclar la mantequilla, la mayonesa, y vestirse bien juntos. Mezclar los ingredientes restantes juntos. Generosamente colocar en los tarros de cristal. Agregue el aderezo a la cima. Asegúrese de que hay suficiente espacio en la parte superior de la jarra para que usted pueda agitar bien antes de comer. Para obtener los mejores resultados de permitir que esta ensalada para refrigerar por lo menos 3 horas antes de comer.

Ensalada de taco

4 tarros de cristal, 12 onzas cada una

2 pechugas de pollo a la parrilla orgánicas,

1 taza de frijoles negros orgánicos

1 taza de maíz orgánico

Tomates orgánicos, cortado en cubitos 1 taza

1 taza de lechuga Romaine orgánica, picado

Para el aderezo:

½ taza de yogur griego orgánica

½ taza de queso de cabra orgánico, desmenuzado

¼ taza de cilantro orgánicos, frescos

1 limón orgánico, jugo

¼ cucharadita de comino

¼ de cucharadita de sal del Himalaya, opcional

1 aguacate orgánico

¼ de taza de agua

Añadir todos los ingredientes para el aderezo y mezcle bien. Puré hasta que quede suave y refrigere durante 30 minutos por lo que puede espesar. Triture el pollo a la parrilla. Lugar ¼ taza del aderezo en la parte inferior de cada frasco.

Agregue la siguiente en este orden: el maíz, los frijoles negros, los tomates, el pollo y la lechuga.

Para obtener los mejores resultados le permiten refrigerar unas horas antes de consumir. Agite bien y vierta sobre chips de maíz cuando esté listo para comer.

## Remolacha y zanahoria Ensalada

\*\* Receta es por una pinta de tamaño frasco \*\*

½ taza de zanahorias, juliana

¼ de taza de vinagreta de vino tinto

½ remolacha orgánicos taza, acuartelados

2 onzas de queso de cabra, se derrumbó

2 tazas de hojas de espinacas orgánicas

Verter la vinagreta en la parte inferior del frasco de conservas.  
Agregue los demás ingredientes y poner la tapa herméticamente.  
Asegúrese de que hay suficiente espacio para agitar bien antes de comer.

## Ensalada caprese

2 tarros de cristal, diminuto

2 tomates orgánicos, rojo o verde, en rodajas

½ taza de queso mozzarella, rallado

¼ de taza de vinagreta balsámica

8 hojas de albahaca orgánicos, frescos

Coloque la vinagreta en la parte inferior de los tarros de cristal.  
Añadir el resto de ingredientes.

Asegúrese de tener suficiente espacio para sacudir todo para arriba antes de comerlo. Esto asegurará que todos los ingredientes estén bien cubiertas con el aderezo.

## Ensalada de fideos de Asia

4 tarros de cristal, 4 onzas cada una

4 onzas de fideos soba

1 pimiento en rodajas

1 taza de frijoles de soya, sin cáscara, cocido

2 zanahorias orgánicas, pelados y triturados

4 cebollas verdes orgánicas, en rodajas

1 taza de fideos crujientes

Para el aderezo:

2 cucharadas de mantequilla de maní orgánico

4 cucharaditas de vinagre de arroz

4 cucharadas de salsa de soja

¼ de taza de aceite de oliva orgánico prensado en frío, extra virgen

4 cucharaditas de Sambal oelek

1 cucharada de semillas de sésamo

Hervir una olla de agua y añadir los fideos. Cocine hasta que estén tiernas. Enjuague con agua fría y escurrir bien. Permitir que los fideos se enfríe completamente.

En un tazón agregue los ingredientes para el aderezo. Mezclar muy bien. Añadir el apósito a la parte inferior de los cuatro tarros de cristal. Agregar los fideos Soba. Capa de los demás ingredientes de la forma que desee, con los fideos crujientes en la parte superior. Asegúrese de dejar suficiente espacio en el frasco para agitar bien antes de comer.

## Trigo Berry Manzana Ensalada

4 tarros de cristal, de cualquier tamaño

3 tazas de granos de trigo, cocinada

1 taza de manzanas orgánicas, picados

½ taza de arándanos orgánicos, se secaron

1 cebolla de verdeo, picada

Jugo de limón 1 cucharada

1 cucharada de vinagre balsámico

1 cucharada de aceite de oliva prensado en frío virgen extra ecológico  
2 cucharadas de perejil orgánico, picado

Batir el vinagre balsámico, aceite de oliva y jugo de limón también. En otro tazón agregue los demás ingredientes y mezclar bien. Vierta la mezcla líquida sobre la mezcla de ensaladas. Utilice las manos para tirar bien. Distribuir la mezcla de ensalada de manera uniforme en los tarros de cristal. Refrigerar durante unas horas antes de comer.

## Ensalada de arroz salvaje

4 tarros de cristal, 4 onzas cada una

1 taza de arroz salvaje orgánica

½ taza de arándanos orgánicos, se secaron

½ taza de nueces picadas

½ taza de anacardos, sin sal, picados

¼ taza de apio orgánico, picado

¼ de taza de cebolla orgánica, picado

Vendaje:

⅛ taza de vinagre de vino tinto

Jugo de limón 1 cucharada

1 diente de ajo orgánico, picada

1 cucharadita de mostaza

Azúcar de coco 1 cucharadita

1/3 taza de aceite de oliva prensado en frío virgen extra ecológico

En hervir una cacerola, 4 tazas de agua y 1 cucharada de sal. Una vez que se llega a hervir, añadir el arroz. Reduzca el fuego a medio y tapar. Cocine a fuego lento durante unos 45 minutos, el arroz debe ser tierno. Revuelva de vez en cuando. Deje que el arroz se enfríe completamente.

Ecurrir lo que no hay agua que queda.

En una licuadora, mezcle el jugo de limón, el ajo, el azúcar, la mostaza y el vinagre. Vierta el aceite de oliva última y se mezcla en el pozo. Permitir que este se siente mientras se agrega el resto de los ingredientes al arroz. A continuación, vierta este aderezo sobre la mezcla de arroz.

Distribuir en los tarros.

## **Capítulo 7**

### **Recetas Cena**

Después de un largo día de trabajo, lo último que quieres hacer es la cena plan y cocinar. No tener la tentación de ordenar pizza o para tomar hamburguesas en su camino a casa de un drive-thru ventana.

En su lugar, considere estas perfectas albañil opciones de cena tarro!

### Chicken Cordon Bleu

6 tarros de cristal, 6 onzas cada una

6 pechugas de pollo

1 cucharada de sal

½ cucharadita de pimienta negro

6 rebanadas de jamón

6 rebanadas de queso suizo

½ taza de mantequilla derretida, sal

2 tazas de pan rallado

Precaliente el horno a 375 ° F. Sal y pimienta pollo. Coloca cada pieza en la mantequilla y luego cubrir en las migas de pan. Engrasar el fondo de cada frasco antes de añadir el pollo. Coloque un pedazo de jamón y queso en la parte superior de cada pieza de pollo.

Hornear durante unos 40 minutos. Compruebe a cabo de 20 minutos y si parece que están haciendo demasiado hecho en la parte superior, se puede cubrir la parte superior con papel de aluminio. Quite el papel de aluminio durante los últimos 5 minutos de tiempo de cocción.

### Tex-Mex Camarones

2 tomates orgánicos, picadas

½ cebolla orgánica taza, picado

¼ jalapenosjalapeños orgánicos taza, picados



¼ de taza de jugo de limón

1 libra de camarones, cocidos y pelados

2 aguacates orgánicos, en rodajas

2 tazas de lechuga orgánica, rallado

1 taza de chips de tortilla orgánica, se desmoronaron Mezclar todos los ingredientes a excepción de las de lechuga, camarones y patatas fritas.

Coloque una capa de lechuga en el fondo del frasco. Añadir una generosa cantidad de los ingredientes mezclados. Añadir una capa de camarones y luego más de los ingredientes mezclados. Añadir las patatas fritas a la cima.

Mini Pollo Pot Pies

8 tarros de cristal, 4 onzas cada una

2 paquetes de corteza de pastel refrigerado

1/3 taza de mantequilla alimentado con pasto

03.01 orgánica harina para todo uso

½ cebolla orgánica taza, picado

1 cucharadita de sal del Himalaya

½ cucharadita de pimienta

2 tazas de caldo de pollo orgánico, baja en sodio

½ taza de leche orgánica

3 tazas de pollo orgánico, cocinado y desmenuzado

1 lata de 16 onzas de zanahorias, escurridos

1 16-oz puede guisantes, escurridos

Precalente el horno a 425 ° F. Las cortezas de la empanada se deben cortar en 4 cuartos cada uno. Coloca 1 cuarto en la parte inferior de cada frasco. Derretir la mantequilla en una sartén y añadir las cebollas. Saltee durante un par de minutos. Añadir la sal, la pimienta y la harina, mezclando bien. Añadir el caldo y la leche poco a poco y seguir removiendo. La mezcla se espesa.

Llevar la mezcla a ebullición y luego reducir el fuego a medio. Añadir las verduras y el calor durante unos minutos. Añadir el pollo y deje que se caliente. Vierta la mezcla en los frascos, llenándolos casi hasta la cima.

Coloque otra cuarta parte de la corteza de pastel en la parte superior de cada frasco. Si es posible, hacer un patrón reticular usando tiras finas de corteza. Esto crea salidas de aire a través de la masa mientras los frascos están cocinando. Hornee por 15 minutos o hasta que la masa en la parte superior esté dorada.

## Pizza

6 tarros de cristal, 4 onzas cada una

1 paquete de pizza de masa orgánica

1 16-oz frasco de salsa para pizza orgánica

2 tazas de queso mozzarella hierba alimentados

Coberturas deseadas, tales como salchichón, tocino, verduras (libre de nitratos / orgánica) Precalente el horno a 375 ° F. Preparar la masa de pizza de acuerdo con las instrucciones del paquete. Cook y drenar las carnes. Cortar las verduras que le gustaría utilizar.

Coloque la masa en la parte inferior de cada frasco de conservas, alrededor de 1 pulgada de espesor. Hornear durante 15 a 20

minutos. La masa debe ser nítida y marrón. Añadir capas de salsa, coberturas y queso. Repita hasta que esté casi en la parte superior del frasco. A continuación, añadir más pasta a la parte superior del frasco.

Colocar los frascos en una bandeja para hornear con cerca de 2 pulgadas de agua. Esto evitará que la capa inferior de la corteza de la quema. Hornear durante unos 15 minutos. La corteza superior debe ser de color marrón dorado.

Lasaña

12 tarros de cristal, 8 onzas cada una

3 tazas de fideos de huevo de ancho

Ricotta 1 libra

1 taza de queso parmesano

2 tazas de queso mozzarella

3 tazas de salsa marinara orgánica

2 tazas de pastoreo carne picada o salchichas suelo

Hervir y preparar los fideos según las instrucciones en el envase. Drenaje y les permiten permanecer en la olla a fuego lento. Agregar 2 tazas de la salsa. En un tazón, mezcle los demás ingredientes excepto el queso parmesano. Añadir esta mezcla a los fideos y la salsa y revuelva bien.

Vierta la mezcla en tarros de cristal bien engrasadas. Top ellos con la otra taza de salsa.

Espolvoree el queso parmesano en la parte superior. Hornee a 350 ° F durante 30 minutos aproximadamente.

Pastel de carne

6 tarros de cristal, 6 onzas cada una

Cubierta:

3 tazas orgánica papas doradas, cocidos y puré

3 tazas de col rizada orgánica, picado

1 puerro, en rodajas finas

Leche orgánica 1 taza

2 cucharadas de mantequilla alimentado con pasto

1 cucharadita de sal del Himalaya

½ cucharadita de nuez moscada

Relleno:

1 libra de salchicha, cocinado y desmenuzado

2 cucharadas de aceite de oliva

½ taza de Guinness

1 cebolla orgánica, picado

2 dientes de ajo, picados orgánicos

1 taza de apio orgánico, picado

Zanahorias orgánicas 1 taza, picados

1 taza de repollo orgánico, picado

2 cucharadas de harina orgánica

2 cucharaditas de salsa inglesa

½ taza de caldo de vegetales orgánicos, bajo en sodio

1 taza de arvejas, escurridas

Cubierta:

1 taza de queso cheddar blanco, rallado

Precaliente el horno a 400 ° F. Preparar las papas y los puso a un lado para refrescarse. En una olla pequeña, mezcle la nuez moscada, la sal, la mantequilla, el puerro, col rizada, y la leche.

Revuelva bien y deje cocinar a fuego lento durante unos 10 minutos. Añadir las patatas a esta mezcla. El calor durante unos minutos y luego deje que se enfríe mientras se prepara el relleno.

Calentar 1 cucharada de aceite de oliva y añadir la salchicha. Cocine hasta que se dore y escurrir la grasa. Añadir la otra cucharada de aceite de oliva y las verduras. Rehogar durante unos 10

minutos hasta que estén suaves. Añadir la harina y revuelva bien.

Añadir la Guinness y Worcestershire. Deje que la mezcla se caliente hasta que esté espeso y burbujeante. Agregue el chorizo y guisantes y continuar la cocción hasta que todo esté bien mezclado y se calienta. Llene los frascos y colocarlos en una bandeja para hornear. Hornee a 400

° F durante 20 minutos. Añadir el queso en la parte superior y deje que se derrita durante un par de minutos antes de servir.

## **Capítulo 8**

### **Recetas de postres**

Hay un montón de deliciosas recetas de postres que se pueden hacer en tarros de cristal, también.

Ellos pueden ser una adición de la diversión a su comida para la familia. También pueden ser una manera espectacular para lucir un postre para una ocasión especial.

De Apple Crumble cookies

6 tarros de cristal, 4 onzas cada una

½ taza de semillas de lino orgánico

1 cucharada de jarabe de arce orgánico

3 tazas de copos de avena sin gluten orgánicas

1 taza de harina de almendras

1 cucharadita de polvo para hornear

1 cucharadita de bicarbonato de sodio

1 cucharadita de canela

1 cucharadita de sal del Himalaya

½ taza de aceite de coco crudo orgánico prensado en frío

½ taza de azúcar de coco

2 cucharaditas de semillas de chía, tierra

1 cucharadita de vainilla

2 tazas de manzanas orgánicas, cortados en cubitos

1 taza de nueces, opcional

Mezcle la semilla de lino y el jarabe de arce en un tazón pequeño. Añadir las nueces y calentar la mezcla en una bandeja de horno en el horno durante 10 minutos a 170 ° F. En un tazón grande para

mezclar, agregar la canela, la sal, el bicarbonato, la avena y el polvo de hornear. Combina bien.

En otro tazón, mezcle el aceite de coco con el azúcar. Añadir la mezcla de lino, steviaugar, y la vainilla. Poco a poco agregue los ingredientes secos y mojados en el bol con los ingredientes secos. Revuelva bien y luego agregar las manzanas.

Pre caliente el horno a 350 ° F. Coloca 1 pulgada de agua en el fondo de un molde para pasteles y luego añadir los tarros de cristal a la sartén. Vierta la mezcla en los frascos y cocinar por unos 35

a 40 minutos. Las cookies deben ser firmes y alejándose de la copa cuando se hacen.

### Plátano Kiwi Desayuno Yogur

6 tarros de cristal, 4 onzas cada una

#### Granola:

1 taza de avena

½ taza de coco rallado

2 cucharadas de azúcar morena

Una pizca de canela

3 cucharadas de aceite vegetal

2 cucharadas de miel

#### Yogur:

2 tazas de yogur de vainilla

2 tazas de yogurt de fresa

1 plátano picado

2 kiwi, picado

Mezclar todos los ingredientes juntos para hacer la mezcla de granola. En un recipiente aparte, mezclar el yogur y la fruta. Capa de la granola y yogur en los tarros de cristal. Refrigerere durante un par de horas antes de comer.

Plátano pan de nuez

8 tarros de cristal, diminuto

2/3 taza de manteca

2 ½ tazas de azúcar

4 huevos

2 tazas de plátano, puré

1 taza de agua

3 ½ tazas de harina para todo uso

½ cucharadita de polvo de hornear

2 cucharaditas de bicarbonato de sodio

1 cucharadita de sal

1 cucharadita de canela

1 cucharadita de clavo de olor, planta

1 taza de nueces picadas

Precaliente el horno a 325 ° F. Engrase los lados y la parte inferior de los tarros de cristal. En un tazón, bata la manteca y la sal hasta



que esté suave y esponjosa. Añadir el plátano, huevos y agua. Mezclar bien y dejar a un lado.

En otro bol, tamizar la harina, el bicarbonato de sodio, polvo de hornear, el clavo, la canela y la sal. Añadir la mezcla líquida a la mezcla seca y revuelva bien. Añadir la última nueces. Llene cada tarro  $\frac{1}{2}$  completo como la mezcla se levantará como los hornea pan de plátano.

Hornee por 45 minutos o hasta que el pan de plátano esté dorada en la parte superior. También hay que alejando de la copa, ya que reafirma arriba. Los frascos pueden ser sellados y guardados en el refrigerador por alrededor de una semana después de hacer.

### Blueberry Crujiente

6 tarros de cristal, 4 onzas cada una

5 tazas de arándanos orgánicos, frescos

$\frac{1}{4}$  de taza de maicena

$\frac{1}{2}$  taza de azúcar de coco

Relleno:

$\frac{1}{2}$  taza de azúcar de coco

$\frac{1}{2}$  taza de azúcar morena orgánica

$\frac{1}{2}$  taza orgánica harina para todo uso

1 cucharadita de sal del Himalaya

$\frac{1}{2}$  taza de copos de avena sin gluten

$\frac{1}{4}$  taza de mantequilla alimentado con pasto

1 cucharadita de canela

En una cacerola, combine el arándano, la maicena, y ½ taza de azúcar a fuego medio. Los

arándanos se ablandan y se puede puré mientras se cocinan. La mezcla se hace cuando es espeso y burbujeante. Retirar del fuego y dejar reposar.

En un tazón, combine los ingredientes restantes. Llenar los tarros de cristal 2/3 completos con los arándanos. Utilice el restante 1/3 de la jarra de la mezcla de relleno. Añadir un poco más de la mezcla de arándanos a la cima si tiene espacio.

Coloque los tarros de cristal en una bandeja para hornear y hornee a 350 ° F por unos 20 a 25

minutos. Dejar enfriar durante 30 minutos antes de comer.

### Cake Whiskey Irlandés

10 tarros de cristal, 8 onzas cada una

Pastel:

2 taza de harina para todo uso orgánica

2 cucharadas de bicarbonato de sodio

1 cucharadita de sal del Himalaya

2 tazas de café orgánico, fuerte Brewed

¼ de taza de Irish Whiskey

1 taza de mantequilla alimentado con pasto, sin sal, cortada en trozos pequeños 1 cucharadita de canela

1 taza de cacao en polvo, sin endulzar

2 tazas de azúcar de coco

3 huevos de gallinas camperas

1 cucharadita de vainilla

Precaliente el horno a 325 ° F. Batir la sal, el bicarbonato y la harina bien en un bol. En una cacerola, añadir el café, la mantequilla, la canela, el cacao en polvo, y el whisky. Revuelva bien a fuego medio y mezclar hasta que la mantequilla se derrita por completo. Retire del fuego y mezclar el azúcar. Vierta la mezcla en un tazón grande y deje que se enfríe.

En otro tazón, mezcle la vainilla y los huevos. Añadir a la mezcla húmeda. Añadir la mezcla de harina y revuelva bien. La mezcla será delgada, pero que se espesa posteriormente. No agregue más harina!

Coloque los tarros de cristal en una bandeja de horno y rellenar cada una  $\frac{1}{2}$  completa con la masa. Hornear durante 45 a 55 minutos dependiendo de las variaciones del horno.

Magdalenas rojas del terciopelo

12 tarros de cristal, 4 onzas cada una

Cupcakes:

1 taza de harina de torta

2 cucharadas de cacao en polvo, sin endulzar

1 cucharadita de sal del Himalaya

$\frac{2}{3}$  tazas de aceite vegetalcoconut

Azúcar de coco 1 taza

1 libra-gama de huevo

1 cucharadita de vainilla

4 gotas de colorante rojo (remolacha deriva)

½ taza de suero de leche orgánica

1 cucharadita de bicarbonato de sodio

1 cucharadita de vinagre whitewhite

Queso crema formación de hielo:

8 onzas de queso crema orgánica, suavizada

De mantequilla 3 cucharadas de hierba-alimentado, ablandó

3 tazas de azúcar en polvo, tamizado

2 cucharaditas de vainilla

Precale el horno a 350 ° F. Tamizar la harina para pastel, la sal y el polvo de cacao en un tazón. Añadir el huevo y el aceite y mezclar bien. Agregue la vainilla y el colorante de alimentos.

Añadir el suero de leche, pero no sobre mezclar. Agregar el bicarbonato de sodio y luego el vinagre, mezclando después de cada.

Divida la masa en los 12 tarros de cristal. No llenarlos más de 2/3 de su capacidad. Hornear durante 20 a 24 minutos. Mientras ellos están horneando hacer su glaseado de queso crema.

Mezclar el queso crema y la mantequilla también. Añadir el azúcar en polvo un poco a la vez y mezclar bien. Agregue la vainilla.

Después se hacen los cupcakes, usar un cuchillo para cortar por la mitad de cada uno. Verter su formación de hielo en la abertura por lo que la formación de hielo se llega a la parte inferior de la jarra de Mason. Usted recibirá algunos de los deliciosos guinda con cada bocado de estos increíbles pastelitos de terciopelo rojo.

## No-Bake limón Tarta de queso

12 tarros de cristal, 8 onzas cada una

Limón de capa:

Sólo 7 de corral huevos, yemas

2 huevos de gallinas camperas, toda

Azúcar de coco 1  $\frac{1}{4}$  taza

$\frac{1}{2}$  taza de jugo de limón fresco

$\frac{1}{4}$  de taza de ralladura de limón

Una pizca de sal del Himalaya

4 cucharadas de mantequilla alimentado con pasto

De crema de leche 3 cucharadas orgánica

Batir todos los huevos bien y colocarlos en una cacerola. Añadir el azúcar, el jugo de limón, la ralladura, la mantequilla y la sal. Batir bien mientras se está calentando. Se tarda unos 10

minutos para espesar. Revuelva con frecuencia para evitar que se queme en el fondo. Vierta la mezcla por un colador y luego agregar la crema. Batir bien. Cubra y refrigere por lo menos 2

horas.

Pastel de queso de capa:

1 taza de crema de leche orgánica

$\frac{1}{2}$  taza de azúcar de coco

32 onzas de queso crema orgánica, suavizada

Mezclar la crema y el azúcar en alto hasta que se crean a punto de nieve. Reducir el mezclador a baja velocidad y agregar el queso crema. Continúe mezclando hasta que esté suave.

Graham Cracker de capa:

15 galletas graham

6 cucharadas de pastoreo de mantequilla derretida

Licuar las galletas graham para que se trituren finamente. Mezclar bien con la mantequilla derretida.

Presione la mezcla de galleta en el fondo de cada frasco. Añadir la mezcla de queso. Añadir la

capa de limón. Deje que el postre para relajarse durante un par de horas antes de servir. Cubrir con la crema batida si lo desea.

Crema de coco y ron tropical Bagatela

6 tarros de cristal, 4 onzas cada una

Crema de coco:

Azúcar de coco 1 taza

$\frac{1}{4}$  de taza de maicena

Leche orgánica 1 taza

14 onzas de leche de coco, sin azúcar

Sólo 4 de corral huevos, yemas

Bagatela:

4 tazas de mango orgánico, piña y las fresas, cortadas y bien mezclada

¼ de taza de azúcar de coco

¼ taza de ron

3 tazas de crema de coco

1 bizcocho, cortado en trozos

½ taza de coco rallado

1 taza de nueces de macadamia, picados

Batir los dos tipos de leche, huevos, almidón de maíz y el azúcar en una cacerola a fuego medio.

Cocer durante unos 5 minutos mientras revolviendo con frecuencia para evitar que se formen grumos. Vierta la mezcla por un colador y refrigere por lo menos 2 horas.

Mezclar la fruta con el azúcar y el ron. Deje reposar durante 30 minutos. Colar pero mantener el líquido. Vierta el líquido sobre los trozos de pastel. Añadir pedazos de la torta para los tarros de cristal. Añadir fruta y luego una capa de la crema de coco. Enfríe por lo menos 2 horas antes de servir.

Molinos menos pastel de chocolate

12 tarros de cristal, 8 onzas cada una

7 onzas de chocolate para hornear agridulce

½ barra de mantequilla alimentado con pasto, sin sal

Azúcar de coco 1 taza

4 huevos de gallinas camperas, separados

¼ de taza de azúcar en polvo

Precalente el horno a 350 ° F. Engrase ligeramente los frascos en los lados y la parte inferior. El uso de una caldera doble, derretir el chocolate. Cuando esté casi derretido añadir la mantequilla.

Continuar calentando hasta que la mezcla esté suave. Retire del fuego y deje que se enfríe.

En un tazón batir las claras de huevo a punto de nieve. En otro bol, añadir las yemas de huevo y el azúcar, mezclar hasta que estén cremosos y grueso. Poco a poco agregue la mezcla de chocolate derretido a la mezcla de yema de huevo. Doble las claras de huevo a la mezcla.

Colocar los frascos en una bandeja para hornear y llenarlos con la masa del pastel. No llene más de 1/3 de su capacidad. Hornear durante 25 a 30 minutos. Ellos se hacen cuando la parte superior de la torta comienza a agrietarse. Retirar del horno y les permitirá a los tarros se enfríe por completo. Saque el polvo de las tapas con el azúcar en polvo.

### Cereza Crujiente

4 tarros de cristal, 8 onzas cada una

3 tazas de relleno pastel de cereza

½ taza orgánica harina para todo uso

½ taza de copos de avena sin gluten

Azúcar morena 1/3 taza, lleno

¼ taza de mantequilla alimentado con pasto, derretida

Precalente el horno a 350 ° F. Coloque el relleno de la empanada en el fondo de los tarros de cristal. En un tazón grande, mezcle los demás ingredientes bien. Vierta la mezcla en la parte superior de las cerezas en los tarros de cristal. Hornear durante 20 a 25 minutos. Sirva caliente con crema batida o helado si se desea.



## Mini Blackberry Pies

6 tarros de cristal, 4 onzas cada una

4 tazas de moras orgánicos, congelados o frescos

Azúcar de coco 1 taza

1 cucharadita de ralladura de limón

¼ cucharadita de canela

2 cucharadas de harina orgánica

2 cucharadas de mantequilla alimentado con pasto

1 huevo libre-gama, golpeado

1 paquete de pastel de masa

Mezclar la arándanos, el azúcar, la canela, la harina y la ralladura de limón. Si utiliza los arándanos congelados, descongelar antes de empezar. Llenar los tarros de cristal con la mezcla.

La mezcla se hundirá como se hornea, así que no te preocupes si los tarros de cristal miran demasiado lleno.

Añadir ¼ cucharada de mantequilla a cada frasco. Cortar la masa en tiras de ¼ ". Hacer una tapa de celosía con 4 tiras de ida, 3 tiras de la otra manera. Cepille la red con el huevo batido y

colocar en la parte superior de la mezcla de la zarzamora Hornear durante 20 minutos a 375 °. Dejar enfriar un poco y luego servir mientras está caliente.

Agregue la crema batida o helado si se desea.

Chocolate fresa Parfait

**\*\* Esta receta es por tarro de albañil \*\***

1 taza de yogur llano orgánica

2/3 taza de granola sin gluten

6 fresas orgánicas, en rodajas

Barra de chocolate 2 oz, roto en pedazos

Añadir medio del yogur a la parte inferior del frasco de conservas.  
Añadir la mitad de la granola.

Agregue tres fresas y media del chocolate. Repita el procedimiento para una segunda capa.

## **Conclusión**

Mealsbreakfasts tarro de albañil, almuerzos y postres son una manera elegante de llevar un poco de emoción de nuevo en su alimentación y divertida. Ahora que usted sabe lo que se necesita y usted tiene algunas recetas increíbles para probar, ¿qué estás esperando? Una vez que pruebe albañil jarsit cabo, usted no tendrá que volver a sus métodos normales de preparar la comida de nuevo.

Hay tantos beneficios a hacer comidas en tarros de cristal:

Menos comida se desperdicia.

Control de las porciones es más fácil y visual.

Los frascos le permiten ver lo que hay dentro de su comida.

Los colores y las capas son atractivas visualmente.

tarros de masón mantener el limpiador refrigerador y más organizados.

Frascos de vidrio son más fáciles de limpiar que los envases de plástico y son menos perjudiciales para el medio ambiente

Ensayo y error son una parte de las aventuras de cocina. Con esto en mente, no seas tímido acerca de dar opciones de comida tarro de albañil intentarlo. Le encantará la forma en que resultan. Busca recetas que tienen ingredientes que usted y su familia podrán disfrutar de verdad.

Usted no tiene que invertir un montón de dinero en los tarros de cristal o los alimentos que necesita comer más sano. Va a costar mucho menos para hacer ensaladas tarro de masón a tomar para el almuerzo que ir a un lugar de comida rápida todos los días. También va a ser mejor para su salud en general.

Usted puede obtener toda su familia con ganas de comidas una vez más con tarros de cristal. Van

a disfrutar del cambio. Durante la temporada más caliente, evitar los platos de papel! Sirva la cena en tarros de cristal en el porche trasero. También se puede comer la cena en la casa, pero tienen un postre de relax en la sala de estar.

Comidas tarro Mason también pueden ser una excelente manera de ayudar a los demás. Tal vez usted conoce a alguien que tuvo una cirugía o acaba de tener un bebé. Llevarlos cena es una práctica común, pero teniendo ellos la cena y el postre en tarros de cristal va a ser recordado!

Ellos realmente apreciarán el esfuerzo especial que ha presentado, también. Por supuesto, usted no tiene que decirles lo fácil y rápido que se va a armar. Eso puede ser su secreto!

También puede vestirlos para los regalos para ocasiones especiales o las vacaciones. La gente le encanta conseguir tarros de cristal llenos de mezcla de cacao o los ingredientes para hacer galletas desde cero. Puede agregar lazos de colores o decorar los frascos.

Puede ser divertido para que su lado creativo fluya medida que los hacen.

Dar como regalos también puede inspirar a otros a probar comidas tarro de albañil. Una vez que comen lo que les has dado, pueden limpiar y reutilizar los frascos. Tal vez esa es toda la motivación que necesitan para probar una de las recetas. Una vez que lo hacen, van a ser enganchado y se convertirá en una empresa común en su cocina s también.

Realmente hay posibilidades ilimitadas cuando se trata de alimentos en tarros de cristal .. Este libro le ofrece únicamente una muestra de ellos para que pueda empezar con el pie derecho. Sea creativo y llegar a sus propias ideas. Preparación tarro de Mason está aquí para quedarse. Sólo se va a seguir evolucionando y que es algo que tendrá que ser una parte de.

También sabrá con seguridad que su familia le encantará algunas de estas recetas, y van a pedir una y otra vez! No habrá más gemido que están cansados de comer los mismos alimentos que acaba de hacer la semana pasada. Es una situación ganadora para todos.

La leptina ResistanceEPTIN RESISTENCIA

*La Guía de Resistencia última dieta para bajar de peso leptina*

*Ella Marie*

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## **Introducción**

¿Qué hace usted cuando usted ha sido obeso durante toda su vida? Usted ha sido objeto de burlas, ridiculizado, y atormentado por su tamaño gigantesco, y te sientes como si no hay nada que puedas hacer al respecto. Ha intentado en numerosas ocasiones a perder algo del peso; usted ha experimentado con un sinnúmero de dietas e incluso inscrito en algunos programas de ejercicio en el gimnasio, pero por desgracia, nada ha funcionado en el largo término porque usted sigue siendo obeso. Te sientes desanimado ahora porque se siente como nada puede ayudar a su difícil situación. Tú crees que es tu culpa; usted cree que su glotonería ha causado su corpulencia, y usted cree que va a ser la grasa para siempre. ¿Y si te dijera que tal vez no es su culpa en absoluto? ¿Y si te dijera que tal vez un desequilibrio hormonal ha sido la causa de su obesidad y que usted puede ser resistente a la leptina?

Esta hormona, que fue descubierta en 1994 ha revolucionado la forma en que muchos científicos y expertos por igual miran la condición de la obesidad. En lugar de mirar a esta enfermedad a través de la lente censurar, los científicos finalmente están viendo la obesidad de una manera imparcial y darse cuenta de que la leptina, a menudo apodado como la hormona de la saciedad, puede contribuir a esta enfermedad debilitante similar a la forma de insulina contribuye a la diabetes.

Sigue leyendo si usted está finalmente listo para dejar ir todo tu autocompasión y odio a sí mismo; si usted está listo para aprender acerca de la obesidad y tomar medidas efectivas para perder peso para siempre, entonces este es el libro para usted.

## **Lo primero es lo primero: ¿Qué es la leptina?**

Para entender plenamente lo que la leptina es y su función en el cuerpo, tenemos que ir por el camino de vuelta en el día. Tenemos que volver a la época en que la raza humana no sabía nada acerca de la agricultura. Tenemos que volver a los días cuando éramos cazadores y recolectores.

En aquel entonces, cuando el verano estaba en, muchas frutas estaban en temporada y muchos animales comestibles fueron corriendo - tendríamos una fiesta! Nos volveríamos a comer una gran cantidad de alimentos en la preparación para el invierno debido a que la temporada trajo consigo nada más que hambre. Durante el invierno, los árboles frutales dejaron de producir su fruto maravilloso y la mayoría de los animales en hibernación, así que no había mucha comida para todos. Sin embargo, tuvimos que tener cuidado durante las fiestas de verano para no comer en exceso, porque si lo hiciéramos, estaríamos engordar y ser obeso era tan malo en aquellos tiempos tan muerto de hambre porque ambas condiciones hacen que sea más difícil para sobrevivir en el medio natural. Ambas condiciones, la obesidad y el hambre, eran dos extremos que deben evitarse, y la hormona leptina se produce en nuestro cuerpo para asegurar que se mantiene el delicado equilibrio entre los dos. Causó nosotros para conseguir más hambre y comemos cuando se utilizaban nuestras reservas de grasa (es decir, cuando estábamos empezando a morir de hambre), pero también nos obligan a dejar de comer cuando nuestras reservas de grasa se estaban poniendo demasiado grande (es decir, cuando nos estábamos poniendo demasiado mucho peso) y limítrofes en la línea de la obesidad.

Por lo tanto, la leptina le indica al hipotálamo de nuestro cerebro cuando tenemos suficiente energía almacenada en nuestros

cuerpos. Cuando tenemos suficiente energía almacenada, que significa que no necesitamos comer comida extra para acumular esas reservas de energía, significa que podemos quemar calorías a un ritmo normal, y también significa que podemos participar en los procesos de costosa energía como el embarazo y la pubertad.

La energía se almacena en el cuerpo en forma de grasa, así que tiene sentido que las células grasas son las que producen leptina. Como se puede imaginar, cada uno de nosotros tiene sus propios umbrales específicos de energía porque el cuerpo de cada persona es diferente y cada uno tiene sus propias necesidades específicas.

Por lo tanto, cuando nos encontramos en un peso normal, las células grasas será producir una cierta cantidad de leptina, y nuestro cerebro (específicamente nuestros hypothalamuses) registrará esa cantidad como el umbral - la cantidad normal y saludable que se producirá. Cuando comenzamos a bajar de peso, sin embargo, significa que vamos a tener menos células de grasa en nuestros cuerpos y por lo tanto, menos productores de leptina. Con menos leptina está produciendo, eso significa que vamos a estar por debajo de nuestro umbral y el cerebro a establecer mecanismos para hacernos comer más alimentos para reponer los depósitos de grasa y también hemos mediante menos energía para que menos grasa será quemada. Esto ayudará a evitar el hambre.

De la misma manera, si estamos comiendo demasiada comida, entonces la cantidad de leptina en el cuerpo estará por encima del umbral. Para prevenir la obesidad, nuestros cerebros disminuirán nuestro apetito y nos hacen involucramos en actividades más costosas de energía para que podamos perder el exceso de grasa y estar de vuelta al equilibrio normal de nuevo.

Estos conceptos pueden ser más fácilmente comprendidos por consultar a los diagramas de las páginas siguientes.

Cuando perdemos peso y vamos por debajo del peso / umbral óptimo

Cuando ganamos peso e ir por encima de nuestro peso óptimo

En las personas que son resistentes a la leptina, otra cosa sucede: en lugar de detectar las cantidades de leptina en la sangre, sus hypothalamuses son "ciegos" a la misma y no hacen los cambios necesarios para reducir el apetito y aumentar la actividad física. Esto se explica con más detalle en la siguiente sección.

## **¿Qué es la resistencia a la leptina y cómo**

### **funciona**

Antes de entrar en una explicación a fondo de lo que la resistencia a la leptina es en realidad, vamos a resumir lo que hemos aprendido hasta ahora:

La leptina es la hormona que controla el gasto de energía en los seres humanos. Se le dice al hipotálamo del cerebro cuando tenemos suficiente energía almacenada, y esto hace que el cerebro para disminuir el apetito hasta que estamos de vuelta a la normalidad. También le dice el hipotálamo del cerebro cuando tenemos muy poca energía, y nuestro cerebro aumenta nuestro apetito y nos hacen comer más para que podamos reponer nuestras reservas de energía.

La leptina es producida por las células de grasa de nuestro cuerpo. Cuanto más subimos de peso, las células de grasa que tenemos, y por tanto la más leptina que producimos. Cuanto más se pierde peso, las células menos de grasa que tenemos, y menos leptina que producimos.

En las personas resistentes a la leptina, el hipotálamo del cerebro son "ciegos" a la cantidad de leptina en la sangre, por lo que la leptina es incapaz de producir sus efectos normales en el hipotálamo, que es, por tanto, no puede realizar cambios en el apetito y / o actividad para hacernos perder el exceso de peso.



Estoy seguro de que usted se está preguntando exactamente lo que quiero decir cuando digo que el cerebro es ciego, y es hora de que te diga. Nuestros cuerpos están llenos de receptores que nos ayudan a detectar ciertos cambios y sustancias en nuestro entorno interno y externo. Hay un receptor para la presión arterial, un receptor para niveles de glucosa en sangre, y un receptor para niveles de leptina en sangre. Durante Resistencia a la leptina, algo bloquea estos receptores de leptina en la sangre y hace menos receptivo a los estímulos de la leptina. Por lo tanto, los receptores de leptina erróneamente informan al cerebro, en menor cantidad de leptina que lo que está realmente presente en la sangre.

Los receptores de leptina pueden ser tan defectuosos que la cantidad de leptina que informan al cerebro es similar a la cantidad que se informó si el cuerpo estuviera en modo de hambre. Esto hace que el cerebro ponga en marcha mecanismos para evitar el hambre, ya que, como ustedes ya saben, el hambre puede ser una de las cosas más peligrosas que ha de acontecer el cuerpo humano. Esto es exactamente lo que ocurre en las personas que son obesas. Tienen una cantidad excesiva de células de grasa en sus cuerpos, y estas células de grasa están produciendo cantidades excesivas de leptina, pero los receptores no están detectando las cantidades correctas de leptina que circulan en la sangre y están reportando una cifra errónea de nuevo al cerebro. Por lo tanto, los cuerpos de las personas obesas leptina resistentes están reportando que son obesos, pero el cerebro cree que está muriendo de hambre.

Cuando el cerebro recibe estos informes bajos de leptina de los receptores de leptina, que desesperadamente trata de salvar a la persona mediante el aumento del apetito de manera que más grasas se pueden almacenar, y también hace que la persona sea menos activa de modo que menos energía puede ser gastada. Esta acción del cerebro es la razón exacta por la que las personas obesas tienen esos enormes apetitos y por qué son generalmente tan inactivas y con sueño también. Es un intento desesperado de sus cerebros para salvarse del hambre y finalmente la muerte.

Las personas obesas, por lo tanto, resulta muy difícil de anular las órdenes de sus cerebros y se va en dietas o el ejercicio y, de hecho, en realidad esto puede empeorar la situación. Recuerde que el cerebro está recibiendo una figura erróneamente baja para la cantidad de leptina flotando en la sangre. Cuando una persona obesa comienza a hacer ejercicio o ir en una dieta, en realidad están causando más células de grasa que se agota, por lo que una cantidad aún menor de leptina se informó de nuevo al cerebro! El cerebro, por lo tanto, pone en marcha un ataque de pánico y pone toda su energía en recuperar esa energía perdida, es decir, la grasa. Por lo tanto, el apetito de la persona obesa se duplicará, tal vez incluso triple, como el cerebro trata de salvar a la persona de lo que cree que es la última vuelta de hambre antes de que ocurra la muerte. La persona también se sentirá más cansado y con sueño, y en lugar de querer hacer ejercicio, que se sentirá como acaba de acostarse y dormir - esto es el intento del cerebro para conseguir el cuerpo a moverse menos para que menos energía se gasta.

"Pero lo que podría provocar que los receptores de leptina a ser tan insensible en el primer lugar?" Usted puede preguntar; después de todo, si no estaban haciendo informes erróneos al cerebro, nadie tendría este problema. Leer a la siguiente sección donde vamos a explorar la razón

detrás de tales receptores de leptina no responden.

### **Las causas de la resistencia a la leptina**

Para entender completamente lo que causa la resistencia a la leptina, tiene sentido llamar a la memoria una historia que usted puede haber oído hace algún tiempo cuando eras un niño - la historia del niño que gritó lobo. La primera vez que gritó lobo, que llamó la atención de todos los habitantes del pueblo, pero cuanto más se continuó haciendo esto, menos atención que recibió de los habitantes del pueblo, hasta que un día todos los habitantes del pueblo se volvió totalmente insensible a sus llamadas porque se acostumbraron a sus bromas tontas.

Es un caso similar con la resistencia a la leptina. Los receptores de leptina están tan acostumbrados a ser bombardeados por tantas moléculas leptina que se convierten abrumado y cierran para protegerse. Es como el cuerpo está llorando, "La leptina, leptina, leptina!", Pero los receptores han acostumbrado tanto a la detección de que la alta cantidad de leptina en la sangre que se vuelven insensibles y no transmiten la señal al cerebro. La señal no llega al cerebro para decirle que deje de comer mucho, así que el problema de la resistencia a la leptina se desarrolla.

Por lo tanto, una persona obesa y resistentes a la leptina tiene que comer más y más comida para sentirse saciado, y la más comida que él o ella come, más grasas se almacenan y cuanto más leptina se produce, y esta mayor cantidad de leptina flotando en la sangre hará que incluso más de los receptores de leptina a perder su sensibilidad. Como se puede imaginar, esto forma un círculo vicioso de un aumento del apetito y el hambre constante, aumento de peso debido a la mayor capacidad de almacenamiento de grasa y una disminución de la sensibilidad a la hormona leptina.

## **Dietas**

Hay otros factores que pueden afectar a los receptores de leptina en el cuerpo. Las dietas ricas en grasas e hidratos de carbono simples pueden afectar en gran medida los receptores de leptina e impedir que hagan su trabajo. La dieta occidental está llena de alimentos que han sido endulzados por azúcares simples (generalmente sacarosa y fructosa) y grasas no saludables.

Usted se sorprenderá al darse cuenta de que incluso los alimentos que han sido comercializados como ser saludable y bueno para usted ha sido rellenas con grandes cantidades de grasas saturadas, el jarabe de maíz de alta fructosa y otros edulcorantes peligrosas que son ricos en energía pero baja en todo lo demás.

Una molécula de sacarosa se compone de una molécula de glucosa y una molécula de fructosa.

Ambos azúcares tienen la misma fórmula química, pero la fructosa se metaboliza en el cuerpo de una manera completamente diferente a la glucosa. Cuando se ingiere glucosa, que puede ser utilizado por cualquier célula en el cuerpo directamente para obtener energía. Se utiliza para hacer otros azúcares que se necesitan en su material genético, y también puede ser utilizado para hacer complejos de proteína-azúcar que constituyen sus fluidos lubricantes y los tejidos conectivos. Cuando hay cantidades en exceso de glucosa en el cuerpo, parte de ella se convierte en glucógeno, y cuando las reservas de glucógeno se han llenado, el resto de la glucosa se convierte en grasas.

Cuando se ingiere la fructosa, se necesita una ruta completamente diferente. Se metaboliza únicamente por las células del hígado y se convierte en triglicéridos, radicales libres, y ácido úrico. Tener altos niveles de radicales libres y ácido úrico en la sangre puede tener repercusiones peligrosas en varios sistemas del cuerpo, pero cuando hay una alta concentración de moléculas de fructosa, que en realidad puede bloquear los receptores de leptina directamente, evitando de este modo el mensaje de saciedad desde siendo llevado al cerebro. Esto contribuye a la resistencia incluso más leptina. Los triglicéridos que se producen cuando la fructosa se descompone también pueden interferir con los receptores de leptina, e incluso si no lo hacen, cuando se almacenan, todavía convertirse en una parte de las células de grasa del cuerpo y ayudar a producir aún más leptina que desensibiliza aún más los receptores de leptina.

En resumen, grandes cantidades de azúcares como la sacarosa plantean la cantidad de glucosa

que flota alrededor en la sangre; esto puede conducir a la resistencia a la insulina, que es otra complicación relacionada que se discutirá más adelante en el libro. El exceso de glucosa que hay en la sangre también se puede convertir en grasas corporales (también llamados triglicéridos) que ayudarán a producir aún más leptina y hacer el cuerpo más leptina resistente de lo que ya es.

Moléculas de fructosa bloquean los receptores de leptina directamente, y cuando se rompen, forman triglicéridos que también interfieren con los receptores de leptina y ayudan a compensar las células de grasa que producirán aún más el exceso de leptina, lo que contribuye al problema de la resistencia a la leptina.

Las dietas altas en grasa, especialmente aquellos ricos en grasas saturadas, también plantean el mismo riesgo de causar resistencia a la leptina, ya que añaden tanto los triglicéridos extra para el cuerpo.

## **Hormonas**

La hormona insulina también se cita como un culpable en la saga de la resistencia a la leptina, pero esto todavía está vinculado a un alto consumo de azúcar. Cada vez que ingerimos grandes cantidades de azúcares, nuestros niveles de insulina en sangre se elevan como la hormona elimina el exceso de azúcar de la sangre. Ayuda a las células del cuerpo, ayudando a absorber la glucosa de la sangre y también señala el hígado para tomar parte de la glucosa y almacenarla en forma de glucógeno. Cuando las reservas de glucógeno se han llenado, la insulina señala las células de grasa que absorben la glucosa y almacenarlo en forma de triglicéridos; por lo tanto este añade más grasas al cuerpo.

La insulina y la resistencia a la leptina están relacionados debido a que los niveles altos de azúcar que hacen que los receptores de leptina no responda también hacen que los receptores de insulina para ser insensible. Por lo tanto, una gran cantidad de glucosa se deja en la sangre, y una gran cantidad de insulina está siendo producido por el cuerpo, así debido a que la glucosa no está siendo absorbido. Los altos niveles de insulina nos impiden la quema de grasa corporal y, de hecho, inducir el almacenamiento aún más grasa. Este exceso de grasa produce incluso más hormona leptina que agrava aún más la resistencia a la leptina y la lleva a comer en exceso más, elevar los niveles de glucosa en la sangre aún más. La insulina también puede ayudar a bloquear los receptores de leptina y hacerlos insensibles a retransmitir el mensaje de saciedad en el

cerebro. Un círculo vicioso de comer en exceso y aumento de peso entonces sobreviene.

## **Estrés**

La hormona cortisol es la hormona liberada durante momentos de estrés. En el corto plazo, hace que los niveles de glucosa en sangre aumente y hace que la grasa para ser convertida en energía, lo que lleva a una disminución en la cantidad de células de grasa. Esto significa que los niveles de leptina disminuyen durante momentos de estrés en el corto plazo. Las personas suelen aumentar su ingesta de alimentos en relación con el estrés cuando se prolonga el factor de estrés; por lo tanto, en el largo plazo, el estrés nos hace ganar más grasa y, por lo tanto, producimos más leptina. Si la tensión sigue aumentando y no se trata, se seguirá para elevar los niveles de leptina en sangre y la resistencia a la leptina hará lo mismo poco después.

## **Los signos de la resistencia a la leptina**

La primera y más obvia señal de resistencia leptina sería definitivamente el sobrepeso. Los científicos están de acuerdo en que si alguien es obeso, entonces hay casi un 100% de probabilidad de que son resistentes a la leptina. Fatiga constante también es otro síntoma común en personas que son resistentes a la leptina.

Tener un gran apetito y los antojos de carbohidratos, especialmente por la noche, es también otro signo común que alguien es resistente a la leptina. Esta enorme apetito por lo general lleva a comer en exceso, por lo que si usted ve a alguien que está siempre comer en exceso, entonces es muy probable que se les resistentes a la leptina.

Tener un alto nivel de estrés, irritabilidad, o tener cambios de humor también puede ser una señal de que alguien está leptina resistente. Tener azúcar en la sangre, junto con niveles altos de triglicéridos y colesterol alto, también puede significar que son resistentes a la leptina.

Los problemas de tiroides, problemas hepáticos, y problemas reproductivos también son muy comunes en las personas que son resistentes a la leptina.

### **El tratamiento de resistencia a la leptina Naturalmente** Hábitos y acciones a adoptar y evitar:

Manejo Adecuado Estrés - Usted ha visto el efecto que el estrés no saludable y prolongada tiene en el equilibrio hormonal en el cuerpo. Esto lleva a un gran número de complicaciones que todo el trabajo al unísono para hacer la resistencia leptina peor. Por lo tanto, para reducir su resistencia a la leptina y finalmente eliminarlo, es necesario tomar medidas para reducir o eliminar los factores de estrés en su vida. A pocos minutos cada día de la meditación puede recorrer un largo camino para aliviar la ansiedad o cualquier otro factor de estrés que pueden estar recibiendo abajo.

Simplemente cierra los ojos y repite un mantra positivo como "Yo amo a mí mismo"

o "estoy en paz" y dejar que ningún pensamiento de distracción flotar lejos con cada respiración que exhalas. Tomar cinco minutos de descanso para respirar profundamente también puede ayudarle a relajarse. La respiración profunda ayuda a anular los efectos del estrés mediante la reducción de la presión arterial y la desaceleración de su ritmo cardíaco. Hablar con los amigos cercanos y la familia también puede ayudar a eliminar algo de estrés y ansiedad. Darles un grito, averiguar acerca de sus días; sólo estar en compañía de alguien que usted quiere puede recorrer un largo camino para reducir el estrés y la ansiedad y por lo tanto la reducción de su resistencia a la leptina.

Ejercite la manera correcta - ¿Te has preguntado por qué su apetito disminuye con el tiempo con la actividad física moderada? Sí, ese derecho! Su apetito disminuye porque el ejercicio mitiga el efecto que el cortisol tiene sobre su cuerpo y reduce la resistencia a la leptina.

Comience lentamente cuando usted decide agregar el ejercicio a su rutina regular debido a que el cuerpo se considera ejercicio vigoroso a ser una forma de estrés en el cuerpo, y esto sólo haría que su resistencia a la leptina peor. Evite cardio cuando usted acaba de comenzar a hacer ejercicio; en su lugar, optar por el entrenamiento de resistencia (peso). Recuerde que si usted está resistentes a la leptina, su cerebro está en modo de hambre, por lo que se negará a quemar sus tiendas "bajas" de energía para alimentar los músculos - incluso si usted lo necesita. Por lo tanto, hacer cardio que exige una gran cantidad de energía no tendría efectos positivos en su cuerpo

cuando usted acaba de comenzar. El entrenamiento de resistencia hará que su cuerpo para producir hormonas de crecimiento, lo que reiniciar su metabolismo y hacer que su cuerpo empiece a quemar energía para abastecer a sus músculos. Después de haber iniciado la pérdida de peso y sus antojos ha comenzado a disminuir, entonces usted puede agregar cardio para su rutina de ejercicios, porque eso significaría que su metabolismo está en marcha y su cuerpo está dispuesto a quemar grasa. También debe considerar que se resuelve en la mitad de la tarde o por la noche para apoyar los niveles hormonales.

Obtener cantidades adecuadas de sueño - el sueño es fundamental para la salud general y el metabolismo, pero es muy importante para la reversión de la resistencia a la leptina y aquí es por qué: el sueño ayuda a perder peso, sueño mejora su rendimiento en todo lo que haces, y el sueño ayuda a restaurar y rejuvenecer los tejidos. Conseguir consistentemente menos de seis horas de sueño cada noche hace que sea más difícil para que usted pierda peso. Esto se debe a que durante el sueño, tu cuerpo segrega hormonas que regulan los niveles de azúcar en la sangre y su apetito. La falta de sueño disminuye la hormona leptina y aumenta el cortisol; esta por lo tanto aumenta la cantidad de azúcar que circula en la sangre. Tener constantemente una alta concentración de azúcar en la sangre conducirá inevitablemente a un aumento de peso debido a la insulina hará que los excesos que se convierten en grasa. Puede



que eventualmente conducir a un mal control de azúcar en la sangre e incluso diabetes.

Obtener cantidades adecuadas de sueño también mejorará su desempeño en todo lo que haces.

Cuando estamos despiertos, una sustancia conocida como adenosina (un subproducto de la actividad neuronal) se produce en nuestro cuerpo y se acumula hasta que nos dormimos.

Conduce a nosotros sufrir somnolencia, y todo el mundo sabe que son menos eficientes cuando esté somnoliento que cuando usted está totalmente descansado. Por lo tanto, con un descanso adecuado que estará en mejores condiciones para completar su entrenamiento con pesas y, finalmente, su cardio; esto le ayudará a perder peso y no recuperarlo. También va a hacer mejor en cualquier otra actividad en su vida, y esto le dará más confianza y reducir sus niveles de estrés también.

Por último, el sueño ayuda a restaurar los tejidos y rejuvenecer ellos también. Aunque la mayoría de las actividades fisiológicas se reducen durante el sueño, la liberación de la hormona del crecimiento en el torrente sanguíneo no lo es. La hormona del crecimiento ayuda a reparar los

tejidos, especialmente los músculos, desde el desgaste de la vida cotidiana. Los músculos más fuertes significa que usted estará en mejores condiciones para llevar a cabo más actividad física que ayudará a que su metabolismo vuelva a funcionar de nuevo. Restauración de su tasa metabólica normal es una de las cosas más importantes que usted puede hacer para reducir su resistencia a la leptina, así que asegúrese de que usted consigue dormir lo suficiente por la noche.

Comer cada tres o cuatro horas - Usted debe tratar de espaciar sus comidas para que sean al menos de tres a cuatro horas de diferencia. Esto incluye las bebidas que tienen calorías, pero té sin azúcar o crema, café, agua y té de hierbas están bien.

También debe asegurarse de que tiene tres comidas al día, y no debe haber ninguna picoteo entre comidas. Esto le ayudará a obtener sus hormonas en equilibrio otra vez. Cuando usted come constantemente durante todo el día, su hígado no tienen la oportunidad de descanso para que sus niveles hormonales pueden volver a la normalidad, así que evite los refrigerios a toda costa. Usted puede reducir con seguridad sus niveles de leptina al participar en el ayuno intermitente, si quieres.

Evite las dietas muy bajas en calorías - A estas alturas ya debe saber que las dietas muy bajas en calorías se debe evitar si su objetivo es reducir su resistencia a la leptina. Las dietas bajas en calorías serían aquellos que restringen a mil calorías o menos al día. Esto sólo sería poner la tensión en el cuerpo, elevar sus niveles de cortisol, y hará ganar aún más peso; su cuerpo iba a toda marcha ya que trata de protegerse de "inanición." Las dietas bajas en calorías causarían oleadas hormonales en su cuerpo, y que sólo conduciría al hambre incontrolable, así que asegúrese de que se mantenga alejado de las dietas muy bajas en calorías.

Evite MSG (glutamato monosódico) y aspartamo - glutamato monosódico y el aspartame le llevará por un camino de la obesidad, el síndrome metabólico y la diabetes, y hará que su apetito espiral fuera de control. El glutamato monosódico y el aspartamo son añadidos a 80% de todos los alimentos con sabor. Se excita el área de su cerebro que es responsable del metabolismo de la grasa y el almacenamiento de grasa, y los experimentos incluso han demostrado que pueden dejar cicatrices en el hipotálamo y dar lugar a lo que se conoce como la obesidad hipotalámica. Por cicatrización su hipotálamo, el glutamato monosódico y el aspartame alteran su metabolismo de la grasa y causar un aumento de peso. Este exceso de grasa por lo tanto produce más leptina que finalmente conduce a la resistencia a la leptina, y con un hipotálamo defectuosa y el exceso de leptina en el juego, su peso será

inevitablemente una espiral fuera de control. El glutamato monosódico y el aspartamo son también conocidos para elevar los

niveles de insulina en sangre. Esto también conduce a la resistencia a la insulina, la diabetes, y una miríada de problemas después de eso.

Tome en más ácidos grasos omega-3 y reducir sus ácidos grasos omega-6 -

resistencia a la leptina, resistencia a la insulina, y otras complicaciones derivadas de los desequilibrios hormonales son simplemente inflamaciones en el cuerpo. Usted puede reducir estas inflamaciones mediante el aumento de las cantidades de ácidos grasos omega-3 que se consumen y la reducción de las cantidades de ácidos grasos omega-6 que usted consume. Los ácidos grasos Omega-3 ayudan a mantener los niveles de leptina saludables, ayudando a reparar los receptores de leptina que han sido insensibilizados. Los ácidos grasos Omega-6 hacen lo contrario y ayudan a que los receptores de leptina aún más insensible. Por lo tanto, comer alimentos que son ricos en ácidos grasos omega-3. Estos alimentos incluyen la col rizada, calabaza de verano, las semillas de lino, semillas de chía, trucha, caballa, sardinas, anchoas, salmón, nueces y carnes alimentadas con pasto. Alimentos a evitar son los aceites vegetales, carnes y granos convencionales, ya que contienen una cantidad sustancial de ácidos grasos omega-6.

Coma más proteínas - Se recomienda que usted come proteínas en cada comida, especialmente en el desayuno. Es muy eficaz en la mejora de sensibilidad a la leptina, y también tarda más tiempo para digerir. Por lo tanto, mantendrá la sensación de saciedad durante un largo periodo de tiempo. Las proteínas también ralentizan la liberación de glucosa en el torrente sanguíneo, por lo que disminuirán las grandes oleadas hormonales que se producen cuando comemos y ayuda a controlar y reducir la aparición de la diabetes. Otra cosa acerca de la proteína es que aumenta su metabolismo hasta en un 30% para la mitad de un día o menos. Esto es el equivalente de quema de calorías de un plazo de dos o tres millas. Al reiniciar su metabolismo y conseguir que vuelva a la

normalidad es una de las cosas más importantes para que usted pueda lograr si quieres recuperar sensibilidad a la leptina. Las proteínas pueden realmente ayudarle a alcanzar su meta y obtener de vuelta en perfecto estado de salud.

Reduzca el consumo de aquellos alimentos ricos en hidratos de carbono, los alimentos refinados y los alimentos azucarados - Usted puede pensar que la forma más fácil de corregir su resistencia a la leptina sería cortar los carbohidratos de su

dieta por completo, pero ese tipo de pensamiento es incorrecto! Cortar los carbohidratos de su cuerpo sólo te haría menos saludable; sus músculos debilitarían, su sistema digestivo se vería comprometida, la hormona del crecimiento no sería liberado correctamente, su corazón iba a estresarse, los electrolitos se convertirían en no regulada, la grasa no se quema de manera eficiente, y su glándula tiroides cerraría! Evitar los carbohidratos por completo, no sería la respuesta en absoluto, porque ellos mismos carbohidratos no son malos. Está a sólo las cantidades y tipos de carbohidratos que consumimos que causan problemas.

La mayoría de personas con sobrepeso y obesos comen duplicar o incluso triplicar las cantidades de hidratos de carbono que sus cuerpos necesitan. Como tal, sus cuerpos almacenan los hidratos de carbono en exceso como grasas y estos cada vez mayores reservas de grasa producen más leptina y conducen a la resistencia a la leptina. Para determinar con precisión la cantidad de carbohidratos que usted debe ingerir, usted debe buscar en la comida en su plato y utilizar la técnica 50/50. Usted debe tener una porción de tamaño de la palma de las proteínas (de seis a ocho oz porción para los hombres o una porción oz cinco y cincuenta y seis para las mujeres), y usted debería ver también una porción tamaño de la palma de hidratos de carbono. Esa es la técnica de 50/50. Usted también debe tener un montón de verduras ricas en fibra y cantidades moderadas de frutas.

Usted debe esforzarse por comer grandes cantidades de alimentos ricos en fibra en cada comida.

Eso incluye a las verduras y algunas frutas. Alimentos ricos en fibra le ayudará a llenar su barriga rápidamente y hacer que sea menos probable que coma en exceso. Usted se sentirá más lleno, y lo que es más, los alimentos ricos en fibra por lo general no tienen demasiadas calorías tampoco. Esto ayudará a estabilizar sus hormonas, y, con el tiempo, le ayudará a reducir su leptina y la insulina sensibilidad y traer de vuelta a la salud normal.

Usted debe cortar el consumo de alimentos refinados y los alimentos azucarados, porque lo más probable es que contienen fructosa y otros edulcorantes que sólo dañará su equilibrio hormonal aún más. De hecho, se debe evitar la fructosa y aquellos otros edulcorantes como la peste! Usted ya sabe el efecto que la ingestión alta fructosa tiene en el cuerpo y las razones por las que daña la sensibilidad a la leptina. Las frutas son también una fuente de fructosa, pero las frutas contienen a menudo antioxidantes, fibra y otras sustancias útiles que se ralentizará la liberación de fructosa en la sangre y también ayudar a revertir los daños que puede causar. Frutas generalmente no contienen esas grandes concentraciones de fructosa de todos modos, así que comer algo de fruta

no debe ser motivo de gran preocupación; simplemente no exagere. Veinticinco gramos o una pieza de fruta de fruta por día estaría bien. Usted también debe estar preocupado por el contenido de fructosa en los zumos de frutas y frutos secos, que a menudo son modificados para aumentar su contenido de azúcar y hacerlos más apetecibles.

Tomar suplementos - Hay muchos suplementos por ahí que le ayudará a reducir su resistencia a la leptina; sólo tienes que elegir el más adecuado. Fucoxantina es un carotenoide que se ha utilizado durante siglos para reducir la inflamación, y se ha mostrado resultados positivos en la reducción de la resistencia a la leptina también.

Se puede encontrar en las algas marrones, pero también puede tomar suplementos fucoxantina y cosechar los mismos beneficios.

El zinc también ha demostrado ser útil en la lucha contra la resistencia a la leptina. Se ha demostrado para impulsar el rendimiento de leptina y ayudar a que funcione a niveles óptimos en el cuerpo. Algunas de las principales fuentes de zinc incluyen cordero, cerdo, carne de res, pescado, pollo, y la levadura. Otro suplemento a considerar es la que cura sus intestinos y por lo tanto ayuda a controlar su peso corporal y el apetito. Se ha utilizado para tratar los intestinos debido a sus propiedades curativas. Estoy hablando de los probióticos. Los probióticos son las bacterias beneficiosas que viven dentro de nuestro tracto digestivo. También se pueden encontrar en muchas fuentes de alimentos. Los médicos han dado cuenta de que cuando la relación de los probióticos cae por debajo de 85% a lo largo del tracto intestinal, surgen muchos problemas de salud, incluyendo la resistencia a la leptina. Los probióticos se ha demostrado para reducir las concentraciones de leptina en el cuerpo y se han utilizado para ayudar a los trastornos intestinales tales como colitis. Por lo tanto, comer caldos de hueso y tomar probióticos para sanar sus paredes intestinales. Algunas buenas fuentes de probióticos incluyen chucrut, miso, kimchi, el tempeh, kombucha, kéfir, escabeche / vegetales fermentados, pan de masa fermentada, natto, quesos blandos, y el yogur. También puede tomar suplementos probióticos. Los alimentos que contienen inulina, incluidos los plátanos, sol-bobinas, alcachofas, puerros, cebollas y ajo, se alimentan las bacterias buenas del intestino y promover su replicación y, por tanto, son tan eficaces como tomar suplementos probióticos.

Los extractos de la planta de *Irvingia gabonensis* también han estado haciendo avances en ayudar a las personas obesas a perder y mantener fuera de peso, incluso sin otros altercados de estilo de vida. Asimismo, ha mostrado resultados prometedores en ayudar a la gente a recuperar sensibilidad a la leptina y revertir los efectos de la inflamación celular. Ha tenido un impacto

positivo en otros sistemas hormonales, entre ellos el de la adiponectina y la insulina.

Este extracto de la planta se utiliza en muchos experimentos para inhibir la acción de la enzima digestiva que se utiliza para descomponer los carbohidratos complejos en azúcares simples. Esto por lo tanto disminuye la velocidad a la que la glucosa entra en el torrente sanguíneo y por lo tanto evita que las oleadas hormonales rápidos que se habrían producido sin la *Irvingia gabonensis*. También ayuda a inhibir la hormona que facilita la conversión de la glucosa en sangre en triglicéridos o grasa corporal. Esto reduce la cantidad de glucosa en la sangre que se convierte en grasas, y se puede ver cómo esto beneficia a la resistencia a la leptina. Si usted podría conseguir algo de la fruta de la planta *Irvingia gabonensis* o extractos de la misma, que sería recorrer un largo camino en la reducción de su resistencia a la leptina y ayudando a conseguir sano de nuevo.

Evitar las lectinas - Los granos de cereales tales como centeno, la cebada y el trigo contienen una sustancia conocida como aglutinina de germen de trigo, o WGA, que es un tipo de lectina. Las lectinas son sustancias que las plantas producen para protegerse de las enfermedades y los insectos. Esta sustancia en realidad se une a los receptores de leptina directamente y así evita que la hormona leptina de la unión a ellos y estimularlos. Esto, obviamente, contribuye a la resistencia a la leptina. Por lo tanto, evite los granos de cereales, las legumbres, la soja y maní tanto como sea posible, hasta que recupere su sensibilidad a la leptina, ya que contienen grandes cantidades de lectina.

## **Ideas de comidas**

Después de leer muchos de los hacer y no hacer para reducir la resistencia leptina, usted puede sentirse abrumado y puede pensar que usted no puede ser capaz de planificar las comidas correctas que se adhieran a las reglas dadas anteriormente. Algunos de ustedes pueden pensar que las comidas que usted tendrá que preparar será aburrido y soso, pero se equivocan! Todavía se puede hacer comidas maravillosas que son saludables y deliciosos. Pruebe las siguientes recetas y hacer ajustes a ellos como quieras; revertir

su resistencia a la leptina será tan fácil como uno, dos, tres con estas comidas ambrosía.

## Desayuno

### Panqueques Paleo con Puré de fresas

"Este Paleo-friendly, receta para pancakes sin harina está cubierto con puré de fresas."

Tiempo de preparación: 10 minutos

Tiempo de cocción: 20 minutos

Preparado en: 30 minutos

Porciones: 10

#### INGREDIENTES:

2 huevos

1 ½ tazas de harina de almendra

½ cucharadita de canela molida

½ cucharadita de extracto de vainilla

¼ de cucharadita de polvo de hornear

½ taza de puré de manzana

¼ de taza de leche de coco, o más, según sea necesario

1 cucharadita de aceite de oliva, para freír

#### Cubierta

1 taza de fresas



## DIRECCIONES:

1. Mezcle los huevos, la harina de almendras, canela, extracto de vainilla, polvo de hornear, puré de manzana y leche de coco en un cuenco.
2. Engrase ligeramente una sartén y ponla a fuego medio-alto.
3. gotee cucharadas de la masa sobre la plancha y cocinar hasta que los bordes de la crepe se secan y burbujas aparecen.
4. Da la vuelta al panqueque y permitir que el otro lado a cocinar hasta que esté dorada 5. Repita el procedimiento con la masa restante.
6. Puré de las fresas hasta que se convierta en liso en un procesador de alimentos.
7. Arriba las crepes con las fresas hechas puré.

## INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 10

Calorías: 112

Cantidad por porcion

Grasa total: 5,9 g

Colesterol: 42 mg

Sodio: 29 mg

Carbohidratos totales: 8,4 g

Fibra dietética: 0,7 g

Proteínas: 8,2 g

## Tocino Pancakes (Paleo)

"Empezar bien el día haciendo sus panqueques con tocino torsión porque sabes lo que dicen:"

¡todo es mejor con tocino ""

Tiempo de preparación: 15 minutos

Tiempo de cocción: 20 minutos

Preparado en: 40 minutos

Porciones: 2

### INGREDIENTES:

3 rebanadas de tocino

1 plátano picado

2 huevos

Extracto de vainilla 1 cucharadita

1 pizca de bicarbonato de sodio

2 cucharadas de harina de coco

1 pizca de sal

1 pizca de polvo de hornear

### DIRECCIONES:

1. Coloque las rebanadas de tocino en una sartén grande y cocine a fuego medio-alto durante unos 10 minutos mientras convirtiéndolos vez en cuando hasta que estén dorados uniformemente.

2. Escurrir las rodajas de tocino en toallas de papel y luego verter la grasa del tocino en un recipiente de vidrio.
3. Desmenuzar el tocino
4. Batir el plátano y los huevos en un bol con una batidora eléctrica hasta que la mezcla se vuelve suave y espumoso.
5. Batir 1 1/2 cucharadas de la grasa de tocino y también los trozos de tocino desmenuzados con el extracto de vainilla, y luego revuelva en la mezcla de huevo.
6. Batir el bicarbonato de sodio, harina de coco, la sal y el polvo de hornear en la mezcla de huevo hasta que el bateador es simplemente combinar.
7. Deje que la masa reposar durante 2 minutos.
8. Engrase ligeramente una sartén con la grasa de tocino y calentar sobre fuego medio-alto.
9. gotea grandes cucharadas de la pasta en la sartén y cocinar hasta que los bordes se secan y las burbujas comienzan a formarse en ellos; esto tomará 3-4 minutos.
10. Voltar las tortitas y cocinar los otros lados durante 2-3 minutos o hasta que estén dorados.
11. Repita el procedimiento con el resto de la masa.

#### INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 2

Calorías: 264

Cantidad por porción

Grasa total: 12,3 g

Colesterol: 226 mg

Sodio: 766mg

Carbohidratos totales: 24,5 g

Fibra dietética: 7,5 g

Proteínas: 13,9 g

Avena Paleo (Not Really avena en absoluto)

"Este Paleo-friendly, abundante, caliente" avena "está lleno de nueces, pecanas, pasas y manzanas."

Tiempo de preparación: 10 minutos

Tiempo de cocción: 10 minutos

Preparado en: 20 minutos

Porciones: 2

INGREDIENTES:

1/2 cucharadita de especias para pastel de calabaza

Media cucharadita de canela molida

1 cucharadita de aceite de coco

1/2 taza de pasas

1 manzana, cortada en cubitos

Extracto de vainilla 1 splash

De almendras 1 cucharada de mantequilla

Leche de almendras 1/4 taza

3 huevos

1 plátano

1/4 taza de nueces de tierra, o al gusto

1/4 taza de nueces molidas, o al gusto

Jarabe de arce 1 cucharada, o más al gusto

#### DIRECCIONES:

1. Mezcle la sal pastel de calabaza, canela, aceite de coco, pasas y manzana en dados junto a fuego medio en una cacerola.
2. Llevar la mezcla a fuego lento y cocine por unos 5 minutos para mezclar los sabores.
3. Mezcle el extracto de vainilla, mantequilla de almendras, leche de almendras, huevos y el plátano juntos en un procesador de alimentos.
4. Agregue las pecanas y nueces a la mezcla de plátano y mezclar juntos.
5. Revuelva la mezcla de plátano y el jarabe de arce en la mezcla de manzana; ponerla a fuego lento y cocine durante 5-10 minutos o hasta que la mezcla se vuelva espesa.

#### INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 2

Calorías: 615

Cantidad por porcion

Grasa total: 35.9g

Colesterol: 317 mg

Sodio: 168 mg

Carbohidratos totales: 66.8g

Fibra dietética: 7,8 g

Proteínas: 16,4 g

'Arroz' Paleo griega

"Una deliciosa coliflor Paleo" arroz "que se cuece al vapor con pimientos, cebollas y tomates y luego rematado con un vendaje a limón y menta."

Tiempo de preparación: 15 minutos

Tiempo de cocción: 15 minutos

Listo en: 1 Hora

Porciones: 6

INGREDIENTES:

1/4 taza de jugo de limón fresco

1/2 cebolla amarilla, cortada en cubitos pequeños

1 coliflor, cortada en grandes floretes

1/2 taza de tomates uva, reducido a la mitad

2/1 pimiento rojo, cortado en dados pequeños

3 cucharadas de menta fresca picada

Aceite de oliva virgen 1/4 taza extra

Planta de pimienta negro, al gusto

Sal, al gusto

#### DIRECCIONES:

1. Mezcle el jugo de limón y la cebolla en un tazón y deje reposar la mezcla durante media hora

o hasta que el sabor de la cebolla se suaviza.

2. Escurrir la cebolla, pero guarde el jugo de limón.

3. Triturar la coliflor en un procesador de alimentos hasta que es del tamaño de pequeños granos de arroz.

4. Ponga la coliflor a fuego medio en una sartén.

5. Cubra la sartén y cocinar la coliflor, mientras revolviendo ocasionalmente durante 8-10

minutos o hasta que la coliflor esté completamente cocido al vapor.

6. Retire la tapa de la sartén y revuelva en los tomates y el pimienta rojo.

7. Cocine la mezcla mientras se agita de vez en cuando durante unos 3 minutos o hasta que esté completamente caliente.

8. Añadir la menta y la cebolla a la mezcla de coliflor; revolver y cocinar durante 3 minutos o hasta que la mezcla esté completamente caliente.

9. Batir 3 cucharadas reservados jugo de limón, el aceite de oliva, la pimienta negro y la sal en un tazón.

10. Vierta la mezcla de jugo de limón sobre la mezcla de coliflor y echárselo a cubrirlo.

11. Por último, la temporada del arroz a la griega con pimienta negro y sal al gusto.

#### INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 6

Calorías: 120

Cantidad por porcion

Grasa total: 9,5 g

Colesterol: 0 mg

Sodio: 95 mg

Carbohidratos totales: 8g

Fibra dietética: 2,9 g

Proteínas: 2,3 g

almuerzo

Hamburguesas de salmón Paleo

"Hamburguesas de salmón hacen con perejil y sin gluten pan rallado puede encajar en cualquier Paleo o la dieta libre de gluten".

Tiempo de preparación: 10 minutos

Tiempo de cocción: 10 minutos

Preparado en: 20 minutos

Porciones: 8

INGREDIENTES:



1/4 cucharadita de sal de ajo

2 cucharaditas de jugo de limón

1 cucharada de perejil fresco picado

3 cucharadas de mayonesa

2 huevos batidos

1/2 taza de cebolla picada

1 taza de pan rallado sin gluten

1 lata (14 onzas) de salmón, escurrido y desmenuzado

1 cucharada de aceite de oliva, o más, según sea necesario

#### DIRECCIONES:

1. Mezclar la sal de ajo, jugo de limón, el perejil, mayonesa, huevos, cebollas, pan rallado, y el

salmón en un tazón.

2. Formar la mezcla en las empanadas.

3. Calentar el aceite de oliva a fuego medio en una sartén o una cacerola de la parrilla.

4. Cocine las hamburguesas durante unos 5 minutos por cada lado o hasta que estén dorados.

#### INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 2

Calorías: 556

Cantidad por porcion

Grasa total: 53.6g

Colesterol: 0 mg

Sodio: 9 mg

Carbohidratos totales: 17,6 g

Fibra dietética: 7,2 g

Proteínas: 11,2 g

Paleo Pan de plátano

"Esto, pan de plátano Paleo ambiente libre de gluten es húmedo y denso."

Tiempo de preparación: 15 minutos

Tiempo de cocción: 45 minutos

Listo en: 1 Hora

Porciones: 12

INGREDIENTES:

1 porción aceite en aerosol

1 cucharadita de bicarbonato de sodio

1 cucharada de canela en polvo

2 tazas de harina de almendra

2 huevos

1/2 taza de agua

Extracto de almendra 1 cucharadita

Jarabe de agave 1/4 taza

2 plátanos, maduro y puré

1/2 cucharadita de pasta de vainilla, opcional

#### DIRECCIONES:

1. Precaliente el horno a una temperatura de (175 ° C) 350 ° F.
2. Rocíe el molde para pan con un poco de aceite en aerosol.
3. Mezcle el bicarbonato de sodio, canela en polvo y harina de almendras en un tazón.
4. Batir los huevos en un bol
5. Mezclar la pasta de vainilla, puré de banano, jarabe de agave, el extracto de almendra y el agua.
6. Mezclar la mezcla de plátano en la mezcla de harina de almendras hasta que no haya zonas secas permanecen.
7. Vierta la mezcla en el molde para pan que usted preparado antes.
8. Hornee el pan de plátano en el horno precalentado durante unos 45 minutos o hasta que el pan es de color marrón y crujiente en los bordes.

#### INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 12

Calorías: 127

Cantidad por porcion

Grasa total: 4,3 g

Colesterol: 31 mg

Sodio: 117 mg

Carbohidratos totales: 15,8 g

Fibra dietética: 1,1 g

Proteínas: 8,6 g

Italiano Paleo Chicken Meat Loaf

"Este pastel de carne de pollo de inspiración italiana hace un almuerzo sabroso y sencillo, y es Paleo-amable también."

Tiempo de preparación: 15 minutos

Tiempo de cocción: 2 horas

Preparado en: 2 horas 35 minutos

Porciones: 8

INGREDIENTES:

1 cucharadita de pimienta negro

1 cucharada de sazónador italiano

2 dientes de ajo

1/4 cebolla grande

Tallo de apio 1

6 zanahorias

7 brocheta de pollo

4 huevos

Puede (8 onzas) de salsa de tomate, añadido sin sal 1 y dividido

#### DIRECCIONES:

1. Precaliente el horno a una temperatura de (175 ° C) 350 ° F.
2. Engrase un molde para pan de 9x5 pulgadas.
3. Poner el pimienta negro, el condimento italiano, el ajo, la cebolla, el apio y las zanahorias en un procesador de alimentos y pelar en ellos.
4. Tome la mezcla de vegetales del procesador de alimentos y ponerla en un bol grande.
5. Coloque los filetes de pollo en el procesador de alimentos y les procese hasta que estén conectados a tierra.
6. Use un tenedor para mezclar los huevos en la mezcla de verduras hasta que estén completamente incorporados.
7. A continuación, agregue la mitad de la salsa de tomate en la mezcla y mezclar de nuevo.
8. Doble el pollo en la mezcla de salsa de vegetales de tomate y se vierte en el molde para pan preparado.
9. Hornee la masa en el horno precalentado durante hora y media.
10. Separe el resto de la salsa de tomate sobre el pan de carne.
11. Hornee el pastel de carne durante una media hora más o hasta que el pastel de carne esté bien cocido. Un termómetro de lectura instantánea insertado en el centro del pastel de carne debe leer por lo menos 165 ° F (74 ° C).

12. Deje el pastel de carne fresca en el molde para pan durante 20 minutos antes de intentar cortarlo.

#### INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 8

Calorías: 123

Cantidad por porcion

Grasa total: 3,3 g

Colesterol: 134 mg

Sodio: 110mg

Carbohidratos totales: 8,1 g

Fibra dietética: 2,3 g

Proteínas: 15,3 g

Paleo picante de camarones fritos con poco aceite

"Esta sabrosa receta de camarones salteado es-Paleo amable y con sabor a jengibre, limón y ajo."

Tiempo de preparación: 20 minutos

Tiempo de cocción: 10 minutos

Preparado en: 8 horas 30 minutos

Porciones: 4

#### INGREDIENTES:

De jugo de limón 1/2 taza

1 cebolla pequeña, finamente picado

1/2 taza de aceite de oliva

3 dientes de ajo picados

1 cucharada de ralladura de limón

1 cucharada de jengibre rallado

1 cucharadita de cúrcuma molida

24 camarones grandes, pelados y limpios

El aceite de coco 1 cuchara de sopa, o cuando sea necesario

#### DIRECCIONES:

1. Mezclar la cúrcuma, el jengibre, la ralladura de limón, ajo, aceite de oliva, la cebolla y el jugo de limón en un tazón.

2. Coloque los camarones en el adobo que ha creado en el paso anterior, cubrirlo, y refrigere durante la noche.

3. Retire los camarones, pero guarde el adobo.

4. Calentar una sartén o wok a fuego medio-alto y fundir el aceite de coco en el mismo.

Revolver-freír los camarones en el aceite de coco se calentó durante 5 a 10 minutos o hasta que estén rosados y opacos.

5. Agregue la marinada reservada y llevarlo a ebullición y asegurarse de que usted revuelve la mezcla constantemente.

#### INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 4

Calorías: 388

Cantidad por porcion

Grasa total: 31,7 g

Colesterol: 192 mg

Sodio: 222 mg

Carbohidratos totales: 5,9 g

Fibra dietética: 0,8 g

Proteínas: 21,1 g

Cena

Paleo Chicken Stew

"Este guiso de pollo está hecho con espinacas y patatas dulces, y se puede ajustar la cantidad de caldo de pollo que se utilizan para cambiar su consistencia."

Tiempo de preparación: 15 minutos

Tiempo de cocción: 35 minutos

Preparado en: 50 minutos

Porciones: 6

**INGREDIENTES:**

2 cucharaditas de aceite de oliva

2 dientes de ajo, picados

1 cebolla roja pequeña, picada



2 mitades de pechuga de pollo, sin hueso, sin piel y cortadas en cubos  
2 batatas, peladas y picadas

1 taza de espinacas frescas, o al gusto

1 pizca de pimienta roja triturada, o más al gusto

1 pizca de pimentón, o más al gusto

La sal del mar, al gusto

1/2 taza de caldo de pollo, o más al gusto

#### DIRECCIONES:

1. Caliente el aceite de oliva a fuego medio-alto en una cacerola.
2. Sofría el ajo y la cebolla durante unos 5 minutos en el aceite de oliva se calienta hasta que se ablanden.

Sal marina 3. Revuelva, pimentón, pimienta roja triturada, espinaca, batata, y pollo con la cebolla y el ajo en la sartén.

4. Vierta la mayor cantidad de caldo de pollo en la cacerola para hacer la mezcla como-guiso similar o como la sopa-como como usted desea.

5. Lleve el caldo a ebullición, reduzca el fuego a medio-bajo y la mezcla a fuego lento durante media hora o hasta que las batatas estén tiernas y el pollo ya no esté rosado en el centro.

#### INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 6

Calorías: 144

Cantidad por porcion

Grasa total: 2,5 g

Colesterol: 21 mg

Sodio: 207 mg

Carbohidratos totales: 20,8 g

Fibra dietética: 3,2 g

Proteínas: 9,6 g

Paleo Tilapia sumergido en cocos

"Tilapia filetes que han sido sumergidas en cocos son Paleo amable, sabroso, y frito en aceite de coco. Se puede servir con unas sabrosas verduras de color verde! "

Tiempo de preparación: 15 minutos

Tiempo de cocción: 10 minutos

Preparado en: 25 minutos

Porciones: 4

INGREDIENTES:

2 cucharadas de aceite de coco

Sal de mar al gusto

Harina de coco 1/2 taza

3/4 taza de coco, en copos y sin azúcar

3 huevos batidos

4 (4 onzas) de filetes de tilapia, o más, según sea necesario

## DIRECCIONES:

El aceite de coco 1. Calienta a fuego medio-alto en una sartén.

2. Mezcle la sal, la harina de coco y coco sin azúcar juntos en un plato.

3. Cepille el huevo batido sobre cada filete de tilapia.

4. Pulse cada filete en la mezcla de coco de manera que se recubre de manera uniforme.

5. mezcle suavemente los filetes entre sus manos para que las piezas de exceso de coco pueden caerse.

6. Coloque los filetes recubiertos en un plato y el pan el resto, pero no se apilan los filetes.

7. Freír los filetes en el aceite caliente durante 5-7 minutos por cada lado o hasta que el pescado se desmenuce fácilmente con un tenedor y hasta que los filetes estén dorados.

## INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 4

Calorías: 462

Cantidad por porcion

Grasa total: 26,5 g

Colesterol: 200mg

Sodio: 189 mg

Carbohidratos totales: 24,7 g

Fibra dietética: 15g

Proteínas: 32,9 g

## Spaghetti Carbonara-Paleo Estilo

"Este

-Paleo amigable Carbonara reemplaza pasta con calabaza espagueti con tomate y tocino."

Tiempo de preparación: 10 minutos

Tiempo de cocción: 50 minutos

Listo en: 1 Hora

Porciones: 4

### INGREDIENTES:

1 espaguetis calabaza, grande, reducido a la mitad, y se sembraron

El aceite de oliva 1/4 taza extra virgen

8 rebanadas de tocino, picado

1 cucharadita de pimienta negro

1 cucharadita de sal

1 tomate grande, cortado en cubitos

4 yemas de huevo grandes

3 ramitas de albahaca fresca

### DIRECCIONES:

1. Precaliente el horno a una temperatura de (200 ° C) 400 ° F.

2. Coloque la calabaza en una bandeja para hornear lado cortado hacia arriba.
3. Hornee la calabaza en el horno precalentado durante 45-60 minutos hasta que se vuelve tierna.
4. Saque la carne de la calabaza y usar un tenedor para triturar en hebras.
5. Calentar el aceite de oliva a fuego medio-alto en una sartén grande 6. Coloque el tocino en el aceite caliente y cocine y revuelva durante 5-10 minutos o hasta que se dore y completamente cocido.
7. Agregue la calabaza rallada a la sartén y cocine y revuelva durante 3-5 minutos o hasta que la calabaza se ablande.
8. Agitar la pimienta, la sal y el tomate en la mezcla de calabaza y luego retire la sartén del fuego.
9. Mezclar las yemas de huevo a la mezcla de calabaza hasta que la mezcla se vuelve cremosa pero no permiten que las yemas toquen la sartén.
10. Transferencia de la Carbonara calabaza a un recipiente para servir y decorar con las tres ramitas de albahaca fresca.

#### INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 4

Calorías: 428

Cantidad por porcion

Grasa total: 28,7 g

Colesterol: 225 mg

Sodio: 1091 mg

Carbohidratos totales: 34,4 g

Fibra dietética: 0,7 g

Proteínas: 12,9 g

Paleo Brócoli Rabe y salchicha

"Esta receta Paleo-friendly es un simple pan-freír de brócoli rabe y salchichas que ha sido sazonado con limón y el ajo en un poco de aceite de oliva".

Tiempo de preparación: 10 minutos

Tiempo de cocción: 20 minutos

Preparado en: 30 minutos

Porciones: 2

#### INGREDIENTES:

3 cucharadas de aceite de oliva divididos, o más al gusto

4 (3,5 oz) Enlaces salchicha italiana, en rodajas

2 dientes de ajo, picados

2 manojos rabe brócoli, cortado

1 pizca de ralladura de limón, o al gusto

1 pizca de pimienta roja molida o al gusto

Sal de mar al gusto

2/1 limón

#### DIRECCIONES:

1. Cubra el fondo de una sartén con una capa fina de aceite de oliva.
2. Calentar la sartén a fuego medio.
3. Cocine y revuelva las rodajas de salchicha durante 3-5 minutos en una sartén hasta que estén dorados
4. Agregue el ajo y continuar la cocción durante un minuto más o hasta que el ajo se vuelve fragante.
5. Agregue el brócoli rabe a la sartén y se sazona con la sal marina, pimienta roja, y la ralladura de limón.
6. Rocíe el aceite de oliva sobre el brócoli rabe y echárselo a cubrirlo.
7. Cocer el brócoli rabe mientras revolviendo ocasionalmente durante unos 15 minutos o hasta que esté completamente marchitas
8. Apriete el medio limón por todo el brócoli rabe y la mezcla de salchicha.

#### INFORMACIÓN NUTRICIONAL:

Porciones por Receta: 2

Calorías: 688

Cantidad por porcion

Grasa total: 54.6g

Colesterol: 72 mg

De sodio: 1,743 mg

Total de Carbohidratos: 18,7 g

Fibra dietética: 6,4 g

Proteínas: 32,4 g

## **Otras formas de tratar la resistencia a la leptina**

### **Acupuntura**

La acupuntura se ha utilizado en la medicina tradicional china (MTC) durante mucho tiempo para tratar una variedad de trastornos, pero se ha demostrado más recientemente útil en el tratamiento de la resistencia a la leptina. Para ello, ayudar en la pérdida de peso.

La acupuntura ayuda a promover la liberación de endorfinas, que son hormonas en el cuerpo que te hacen sentir más tranquilo y más positivo. También ayuda a disminuir la liberación de cortisol en el torrente sanguíneo. Esta hormona altera la digestión, contribuye a la depresión, y puede alentar a comer emocional. Cuando su concentración se reduce a su cuerpo, que son menos propensos a aumentar de peso y por lo tanto ganar más células de grasa que segregan aún más leptina en la sangre.

En un estudio realizado por investigadores turcos en cuarenta mujeres obesas, se encontró que cinco semanas de la acupuntura disminuyeron los niveles de leptina e insulina en la sangre, y esto resultó en una pérdida significativa de peso. Otros estudios realizados en otras especies producen los mismos resultados, por lo que la acupuntura puede ser una solución para muchos de los que son resistentes a la leptina y el sobrepeso.

### **Ayuno intermitente**

Ayuno intermitente es una forma de restricción dietética en que las personas alternan entre períodos de alimentación y periodos de consumir nada. Ha sido parte de algunas prácticas espirituales para



las edades, pero estudios recientes han confirmado que hay numerosos beneficios que se pueden derivar de ayuno.

El ayuno intermitente reduce los niveles de triglicéridos y, por lo tanto, ayuda a perder peso

El ayuno intermitente disminuye el daño causado por los radicales libres en tu cuerpo y también reduce la inflamación

El ayuno intermitente promueve la formación de la hormona del crecimiento humano (HGH). Hormona de crecimiento humano juega un papel importante en la aptitud, la salud y el retraso del proceso de envejecimiento.

ayuno intermitente también ayuda a normalizar los niveles de leptina en el cuerpo y, por lo tanto, ayuda a mejorar la sensibilidad a la leptina y reducir la resistencia leptina

El ayuno intermitente ayuda a protegerte de las enfermedades del corazón, diabetes, e incluso el cáncer, ya que ayuda a normalizar los niveles de insulina en la sangre y mejorar su sensibilidad a la leptina.

El ayuno intermitente también aumenta las catecolaminas, que aumentan su gasto energético en reposo, mientras que la disminución de los niveles de insulina. Esta grasa permite almacenado para ser quemado como combustible con mayor facilidad.

Antes de que usted pueda comprender como intermitente ayuno ayuda a perder peso, tengo que explicar a usted la diferencia entre el estado de alimentación y el estado de ayuno que su cuerpo pasa por.

Durante el estado alimentado, su cuerpo digiere y absorbe los alimentos. Esto por lo general comienza cuando usted comienza a comer y luego tiene una duración de tres a cinco horas

después de la comida, porque su cuerpo sigue descomponer y absorber los alimentos que usted acaba de comer. Cuando usted está en este estado, es muy difícil para que usted pierda peso por la quema de grasa, porque los niveles de insulina en la sangre son altos.

Después de que hayan transcurrido los tres a cinco horas, su cuerpo entra en estado de post-absorción. Este estado tiene una duración de ocho a doce horas después de su última comida, y es simplemente el estado en el que su cuerpo no está procesando una comida.

Después de este estado, su cuerpo entra en estado de ayuno. En este estado es muy fácil para usted para quemar grasa y perder peso debido a sus niveles de insulina en sangre serían bajos y su cuerpo sería utilizar fácilmente la grasa como fuente de energía. Esta es la razón por la cual tantas personas que empiezan a ayunar de forma intermitente a perder grasa corporal sin cambiar sus dietas o sus hábitos de ejercicio.

Dado que no entramos en el estado de ayuno hasta al menos doce horas después de una comida, es muy raro que vamos a entrar en este estado mientras estamos en nuestros planes alimenticios normales sin que se hicieron todos los esfuerzos directos. El ayuno ayuda a poner nuestros cuerpos en el estado en el que se ha optimizado para la quema de grasas como fuente de energía.

Esta reducción en la grasa, por lo tanto reducirá la cantidad de leptina que se bombea en la sangre, lo que ayuda a aumentar la sensibilidad a la leptina. Después de un tiempo, usted encontrará que el ayuno ayuda a normalizar sus niveles de leptina y sus niveles de glucosa en sangre.

Hay muchas formas diferentes de ayuno intermitente; sólo tienes que elegir el que sea adecuado para usted. Algunas de las formas más comunes incluyen Leangains, comer dejar de comer, la dieta de Guerrero, la pérdida de grasa para siempre, y el suplente Día ayuno.

Las demandas de la dieta Leangains que las mujeres rápidas durante catorce horas al día y los hombres rápidos durante dieciséis horas. El resto del tiempo se puede gastar comiendo su comida normal. Usted no debe consumir calorías durante el período de ayuno sin embargo, sino chicle sin azúcar, refresco de dieta, los edulcorantes sin calorías, y el café negro está permitido. La mayoría de la gente rápido a través de la noche y luego de seis horas después de levantarse.

Luego rompen el ayuno una vez transcurrido este período de seis horas. La mayoría de la gente

encontrar este programa en ayunas para ser muy flexible, pero a pesar de que hay flexibilidad, el programa de ayuno tiene pautas muy específicas para lo que debe comer. Este plan de nutrición estricta puede hacer este programa más difícil de cumplir.

El comer dejar de comer exigencias del plan de ayuno que ayunen durante veinticuatro horas una o dos veces semanales. Durante el período de ayuno de veinticuatro horas, no debe consumir calorías, aunque las bebidas sin calorías son permitidos. Después de haber completado sus veinticuatro horas, que muchos vuelva a su plan de alimentación normal.

Este plan de ayuno también es flexible, y no hay restricciones sobre lo que puede y no puede comer. Yendo veinticuatro horas sin comer puede ser muy difícil para algunas personas, sobre todo cuando acaba de comenzar el plan de dieta. Este plan de dieta también puede causar fatiga, dolores de cabeza y ansiedad al principio, y también puede hacer que algunas personas mal humor. El período de ayuno largo también puede hacer que más gente va de borrachera después del ayuno.

En el plan de ayuno Warrior Diet, que rápido para unas veinte horas diarias y luego comer una gran comida en la noche. Hay directrices sobre específicamente lo que debe y no debe comer durante ese gran comida para la noche, y también hay directrices específicas sobre el orden en que usted come grupos de alimentos específicos.

Usted debe comenzar con verduras y luego las proteínas y luego las grasas. Si usted todavía tiene hambre después de haber terminado los grupos de alimentos, entonces usted puede consumir algunos carbohidratos. Durante los veinte horas de ayuno, se le permite comer verduras o frutas crudas, algunas porciones de proteína, o zumo recién exprimido. Muchas personas les gusta este programa de ayuno, ya que están siendo permitidos unos aperitivos durante el ayuno, pero hay pautas específicas a seguir y horarios estrictos que pueden hacer que sea más difícil para algunos.

La pérdida de grasa para siempre en ayunas plan tiene la mejor parte de los Leangains, Guerrero dieta, y el plan de comer dejar de comer y se los combina para hacer un plan. Con este plan de ayuno, usted consigue uno semanal día de hacer trampa, y ese día tramposo es seguida por una de treinta y seis horas de ayuno. El resto del ciclo de siete días se divide entre los diferentes planes de ayuno. Este plan es ideal para algunos, porque te dan una trampa día entero, pero esto puede suponer un problema para muchos de los que pueden comer de más en el día de hacer trampa. Este plan también puede ser un poco confuso para algunos.

## **Conclusión**

Resistencia a la leptina es una complicación grave que puede escalar y dar lugar a muchos otros problemas. Es causada por un exceso de la hormona leptina en la sangre de manera que después de un tiempo los receptores para la hormona leptina se vuelven insensibles a su señal. Hay muchos factores que pueden aumentar su resistencia a la leptina, pero eso no significa que no se puede corregir. Con los cambios conductuales y dietéticos adecuados, puede revertir la resistencia a la leptina y muchas otras hormonas y recuperar su salud, su condición física y su vida.

Homemade Body Butter

*29 de bricolaje Body Butter*

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## **Introducción**

En un mundo lleno de horarios locos y menos-que-perfecta hábitos alimenticios, todos somos culpables de descuidar nuestra piel. Cada día, nos enfrentamos a un constante bombardeo de las empresas de cosméticos que nos dicen acerca de la mejor manera de obtener una piel radiante, saludable y joven: comprar sus productos. Y lo hacemos. La industria cosmética rastrillos en miles de millones de nuestro dinero duramente ganado en nuestros esfuerzos para parecer más joven. Pero es todo lo que es realmente necesario? ¿Qué es exactamente en los "sueros milagrosas" las empresas tout? ¿Funcionan?

En este libro, expongo las empresas de cosméticos y sus ingredientes de misterio: un cóctel químico auténtico garantizado para hacer que cualquier persona temblar de horror. No, no estoy tratando de ser melodramático. No es un secreto para una piel hermosa, seguro. Pero usted no tiene que ganar un Ph.D. en bioquímica para averiguarlo. Recoge tu botella favorita de crema hidratante. ¿Puede identificar todos los ingredientes? ¿Puede

incluso pronunciar la mitad de ellos? Ese es el problema. Pasamos tanto tiempo tratando de "arreglar" nuestra piel que nunca nos damos la oportunidad de fijarse. Eso es lo que este libro se trata.

Usted aprenderá cómo funciona la piel y cómo se mantiene la humedad adecuada y el equilibrio de aceite en sí ... y lo que hacemos para estropearlo. Usted aprenderá la verdad detrás de la industria cosmética. Usted será capaz de tomar una decisión más informada acerca de cómo ayudar a su cuidado de la piel por sí mismo. También podrá aprender acerca de una cosa más: lo que usted puede hacer para ayudar a que tu piel luzca su mejor momento!

Sí, bricolaje está de moda ahora, desde la remodelación de su cuarto de baño para la construcción de las características del agua y pérgolas en su patio trasero. DIY también ha hecho su camino a cuidado de la piel. Yo te daré las herramientas que necesita para crear algunos productos de belleza que dejarán tu piel hidratada, radiante, suave y resistente, y juvenil.

Su piel es un órgano maravilloso que también necesita un poco de atención. Usted encontrará recetas para crear mantecas corporales, que son tan nutritivo como lociones, pero sólo utilizar ingredientes que usted elija. Mantequillas corporales también tienen una consistencia suave y

untable que los hace fácil para que su piel absorba. Usted aprenderá acerca de los ingredientes y cómo convertir una gota de aceite blanco planta de sólidos en un producto de lujo que alimentar y transformar su piel. Y porque las recetas requieren ingredientes orgánicos, usted sabe exactamente lo que está poniendo en su piel (y en su cuerpo ... véase el capítulo 2). Este libro le mostrará cómo hacer sus propias cremas corporales DIY hechos a mano, y por qué usted debe hacerlos!

## **Capítulo 1:**

### **Tu piel - La Primera Línea de Defensa**

En nuestro mundo moderno, estamos constantemente bombardeados por anuncios que prometen

", una piel joven brillante" y un "cutis radiante." Mira a cualquier revista, comerciales de televisión, o papel de tienda de venta y usted encontrará una variedad de lociones, pociones, tónicos, cremas hidratantes, y brebajes que perturba la mente. Estamos tan obsesionados con tener nuestra piel luzca saludable que estamos completamente de ignorar en realidad lo que es saludable!

Entonces, ¿qué es una piel sana? La industria cosmética tendrá nosotros creyendo que cualquier defecto, sequedad, oleosidad, o decoloración es un problema que debe ser tratado inmediatamente con uno de sus productos. La verdad es que todas las condiciones que nos encontramos con nuestra piel son perfectamente normales. No hay tal cosa como la sequedad y t-zones. Estas son sólo señales de que algo en el sistema de su piel está fuera de balance. Pero,

¿cómo solucionarlo? Eso no es una respuesta sencilla porque la piel es un órgano muy complejo.

Para entender por qué es posible que tenga un desequilibrio (y las imperfecciones de la piel), lo que necesita saber lo que la piel es y cómo funciona.

## **Hablar de la piel**

Lo primero que debe saber es la función real de su piel. Se lleva a cabo una variedad de puestos de trabajo para nosotros: las grasas y almacena agua, ayuda a mantener una temperatura corporal constante, convierte la energía del sol en vitaminas, absorbe la radiación UV dañina, ayuda a eliminar algunos productos de desecho, y ayuda a transmitir sensaciones.

¿Cómo puede una capa de sólo unos pocos milímetros de grosor hacer todo eso? Es un órgano complejo hecho de tres capas distintas, vasos sanguíneos, terminaciones nerviosas, folículos

pilosos y glándulas sudoríparas. Todos estos elementos se combinan para crear nuestra piel.

Aunque la mayoría de la gente cree que la piel requiere una hidratación constante, que simplemente no es verdad. La piel es perfectamente capaz de renovarse y manteniéndose hidratado. Utiliza diferentes tipos de sustancias para lograr esto.

El sebo es una sustancia cerosa a partir de grasas y es uno de los principales hidratantes de cosecha propia de la piel. El sebo ayuda a mantener el cabello, la piel y las uñas impermeabilizado, prevenir sequedad y agrietamiento. También ayuda a inhibir el crecimiento de diversos microorganismos en la piel. El sebo se produce durante todo el año, aunque la cantidad puede variar de una temporada a otra y también puede ser determinada por factores genéticos.

Aquellos de nosotros que tienen perpetuamente "aceitosa" la piel en realidad tienen una buena cantidad de sebo! E incluso las personas que se sienten como su piel es sólo goteando con aceite producen solamente cerca de 2 gramos de sebo por año.

La piel se producen sebo, según sea necesario, a pesar de que por lo general tratamos de intervenir mediante la aplicación de alguna otra loción aceitosa intención de "bloquear" la humedad. Y muchas compañías de cosméticos nos dicen que tenemos que limpiar profundamente la piel para evitar que los poros obstruidos que son causadas por, como se suele decir, el sebo, células muertas de la piel, y microorganismos. Ew. Así, nos convencemos de utilizar productos químicos perjudiciales en nuestra piel. Desafortunadamente, estos productos químicos interfieren con la capacidad natural de la piel para normalizar. Limpia chillona es absolutamente fabuloso para nuestros inodoros, pero no para nuestra piel!

Mientras que el sebo ayuda a retener la humedad, otra combinación de sustancias naturales conocidas como NMF (factor natural de hidratación) mantiene la piel hidratada y flexible mediante la atracción y retención de agua. Células de la piel también tienen



grasas y ácidos grasos que ayudan a prevenir la pérdida de agua por evaporación.

A medida que envejecemos, nuestra piel pierde parte de los ácidos grasos de nuestras células, dejando a nuestra sensación de la piel seca. En lugar de slathering en las películas aceitosas mencionados, debemos utilizar sustancias que se asemejan a los aceites naturales de la piel, como los ácidos grasos esenciales. La piel normal se compone de aproximadamente 30% de agua, pero ese porcentaje puede aumentar dependiendo de otros factores. Algunas sustancias, como el ácido hialurónico (humectante, que se describirá más adelante), en realidad aumentar la cantidad de agua de la piel puede contener.

### **¿Qué son las cremas hidratantes naturales?**

En pocas palabras, las cremas hidratantes naturales se supone que deben trabajar con su propia piel cremas hidratantes, sebo, y NMF para ayudar a mantener la piel en óptimas condiciones.

Una buena crema hidratante elevará el contenido de agua de la piel, disminuir la pérdida de agua, y hacer que la piel se vea más joven y saludable. Algunos pueden incluso añadir humedad directamente sobre la piel.

Pero, ¿cuáles son las cremas hidratantes hechas de? Cualquier buena crema hidratante contiene cinco grupos de ingredientes:

Los emolientes, que lubrican y protegen el contenido de humedad de la piel  
Los humectantes, que atraen la humedad

potenciadores de la penetración, que mejoran la absorción de la piel de los ingredientes

Los emulsionantes, que mantienen los ingredientes mezclados

Los ingredientes activos, que se añaden para otros fines especiales

## **Los emolientes**

El grupo más numeroso, emolientes, realice muchos puestos de trabajo en una crema hidratante.

Ayudan a mantener el contenido de agua de la piel, se curan y hidratan, y que se ablanden. Los emolientes realmente se filtran en y llenar las grietas entre las células muertas de la piel. Las mejores fuentes emolientes naturales son lecitina (de huevos o soja no OGM), aceite de oliva, aceite de ricino, aceite de jojoba y aceite de coco.

Una de las sustancias "milagrosas" que se utiliza como emoliente es vaselina o aceite mineral. La vaselina es un producto derivado del petróleo. Esencialmente, untando vaselina en la piel crea una película de plástico a prueba de agua en la piel que mantiene todas las células muertas de la piel, el sebo, y otra porquería (incluyendo bacterias y sudor) en su piel. Mientras que muchas personas tratan de vender las maravillas de la vaselina, la amarga verdad es que no se absorbe, no se cura, suaviza, calma o hidrata tu piel: sólo cubre las imperfecciones de la piel.

## **Los humectantes**

Los humectantes atraen la humedad del aire mediante la combinación química con ella y mantener la humedad en la piel. Lentamente suelta el agua como la piel lo requiere, casi como un sistema de riego de plantas de liberación prolongada.

Los mejores humectantes naturales son la glicerina y el alcohol de azúcar (sorbitol). La glicerina es una sustancia natural derivado de los aceites vegetales. Es también una (que retire esta sustancia maravillosa) subproducto de la industria del jabón comercial, o se puede comprar en cualquier tienda de suministros de jabón elaboración o sitio web. Los humectantes funcionan de dos maneras: ayudan a la piel absorben la humedad del aire y ayudan la absorción de agua en las capas más profundas de la piel (la epidermis).

Otro producto de petróleo a menudo usado como un humectante es propilenglicol (PG). Es un irritante de la piel conocida e incluso puede causar inflamación de los ojos. El propilenglicol nunca debe ser usado en la piel, y mucho menos sobre la piel seca o dañada.

### **Potenciadores de la penetración**

Potenciadores de la penetración ayudan a los ingredientes en la penetración de la piel. El agua es uno de los mejores potenciadores de la penetración, al igual que algunos aceites esenciales como la manzanilla y la menta. Pero, algunos otros grandes potenciadores de la penetración incluyen el aceite de hígado de bacalao, escualeno (a partir de aceite de oliva), y los ácidos grasos como el linoleico, oleico, y los ácidos araquidónico.

### **Emulsionantes**

Todos sabemos que el agua y el aceite no se mezclan. Pero hidratantes están hechos de aceites y agua! Emulsionantes mantendrán el aceite y el agua se combinan en una consistencia suave, sin separar. El emulsionante más conocido es la cera de abejas. Cera de abeja climatizada se unirá el aceite y el agua. Otros emulsionantes naturales incluyen lecitina (que trabaja una doble función como un emoliente), ceras de plantas incluyendo el alcohol cetearílico, glucósido cetearílico, olivate cetearilo, caprilato de coco / caprato de coco, colesterol y extractos de algas.

### **Ingredientes activos**

Los ingredientes activos son las cosas adicionales e ingredientes especiales en las cremas hidratantes. Ellos se suman a un fin específico, como sol-bloqueo, anti-envejecimiento, antiinflamatorios, antibacterianos y funciones antioxidantes. Muchas de estas sustancias hacen múltiples puestos de trabajo y puede ayudar en otras funciones. Por ejemplo, el té verde no sólo ofrece propiedades anti-envejecimiento, sino que también ayuda a mejorar las propiedades protectoras de filtros solares minerales.

## **Capitulo 2:**

### **La verdad sobre**

### **Las cremas hidratantes comerciales, también conocido como "Petroquímica Cocktails"**

En el primer capítulo, mencionamos algunos de los productos derivados del petróleo de uso común en las cremas hidratantes. Sin embargo, hay muchos más productos químicos procedentes de diversas fuentes utilizadas en cremas hidratantes comerciales que se sabe que son irritantes (del ojo, la piel, la nariz o las vías respiratorias), carcinógenos, toxinas reproductivas, neurotoxinas, toxinas respiratorias, las toxinas del sistema inmunológico y del medio ambiente toxinas. Algunos están prohibidos en la Unión Europea. Algunos están prohibidos en Canadá y Japón. Y algunos están prohibidos en los Estados Unidos.

El problema es que la mayoría de las cremas hidratantes no contienen uno o dos ingredientes: hay muchos ingredientes que se combinan para crear un cóctel tóxico, que se completa con potenciadores de la penetración para asegurar que todos estos productos químicos se absorben fácilmente en la piel. Pero, las cremas hidratantes no son los únicos productos que aplicamos a nuestros cuerpos, ¿no? ¿Qué pasa con lociones, jabones, jabones líquidos, champús, acondicionadores, cremas de afeitar, cosméticos, desodorantes, perfumes, colonias, y así sucesivamente? Mira todos estos productos de cuidado personal: estamos multiplicando los efectos de los cócteles tóxicos! Cada uno de estos artículos de higiene personal se carga con ingredientes! ¿Ves por qué su piel está gritando para el alivio?

Sólo por diversión, me agarró una botella de crema hidratante de marca fuera del baño de mi madre. Estos son los ingredientes y sus posibles efectos. Tenga en cuenta que este es comercializado para aliviar y curar la piel seca. La botella llega a decir "Dermatólogo Probado para la piel hermosa."

Agua: potenciador de la penetración natural (un buen ingrediente)

Glicerina: humectante natural (otro buen ingrediente) Ácido esteárico: emulsionante natural a partir de la planta (preferido) o fuente animal (bien) Glicol Estearato: a partir de ácido esteárico; puede causar irritación en personas sensibles Aceite Mineral: puede causar que la sangre y el cáncer de piel en los animales; irritante de la piel

/ ojos; productos derivados del petróleo; toxina ambiental no biodegradable Trietanolamina (TEA): puede causar nódulos o riñón tumores en los animales; piel irritante / ojo incluso en pequeñas dosis; a menudo contaminada con 1,4-dioxano

Estearato de glicerina: debilita la piel; ojo y de pulmón irritante

Dimeticona: productos derivados del petróleo; toxina ambiental

Vaselina: productos derivados del petróleo; irritante pulmonar en caso de inhalación; toxina ambiental no biodegradable

Cetílico Alcohol: piel y los ojos irritante

Magnesio silicato de aluminio: sal de aluminio (véase más adelante); leve de la piel / irritante para los ojos

Fragancia: (véase a continuación)

DMDM hidantoína: contiene formaldehído; carcinogénico; la piel, los ojos y los pulmones irritante; toxina ambiental; puede estar contaminado con 1,4-dioxano; prohibido en Canadá y Japón

Carbomer: leve de la piel / irritante para los ojos

EDTA tetrasódico: contiene formaldehído; citotóxico, irritante pulmonar, genotóxico en los animales; fortalece la piel; más toxina generalizada en los cursos de agua Metilparabeno: piel y los ojos irritante; disruptor endocrino vinculado con cáncer de mama y de ovario; toxina ambiental

Yodopropinil Butilcarbamato: contiene DEA (dietanolamina, vinculado a anomalías cerebrales en animales); dermatitis alérgica; toxina gastrointestinal y el hígado; puede estar contaminado con 1,4-dioxano; uso restringido en Japón

Estearamida AMP: la toxicidad no se conoce; a partir de ácido esteárico Jugo de Aloe Barbados Leaf: natural de aloe (bien)

Cucumis sativus Fruit Extract: Pepino (bien)

Dióxido de titanio: recientemente reclasificado como potencialmente cancerígenos si se inhala

## **Breaking It Down**

La lectura de los ingredientes de la crema hidratante que, ¿ves lo que quiero decir por un "efecto combinado?" Mira todos los irritantes de la piel, los pulmones y los ojos. ¿Cuántos de los ingredientes están asociados con tumores y cánceres? ¿Cuántos son toxinas ambientales? Y esto fue sólo de un solo producto!

Una cosa a tener en cuenta aquí es que cualquier producto de cuidado personal, con independencia de que se conoce como "orgánico" "ecológico", "hipoalergénico", o "natural"

puede todavía contener estas sustancias químicas. Asegúrese de revisar los productos para bebés y productos de limpieza, también. Muchas veces, sus listas de ingredientes son como la de arriba.

## **Riesgos Multiplicar por absorción**

Mientras gurús de la industria de cosméticos aseguran a los consumidores que sus productos son seguros, la verdad es que estos productos "seguros" pueden estar bien en la superficie de la piel.

Pero, no se supone que las cremas hidratantes en remojo en la piel para que sea suave? Y lo del cóctel tóxico incluido en la crema

hidratante? ¿A dónde va?

Cuando los productos se absorben en la piel, todas las cosas dañinas va perfectamente con él.

Skin contiene vasos sanguíneos y los ganglios linfáticos. Los productos químicos son absorbidos por el sistema linfático y se transporta por todo su cuerpo. Ahora, el cóctel químico cargado con productos químicos cancerígenos y dañinos está circulando en el torrente sanguíneo y puede afectar a todas las partes de tu cuerpo! Esa loción calmante ahora usted puede envenenar desde el interior. Esta es una revelación. Mantenga en mente cuando se aprende acerca de algunos de los peores delincuentes.

### **Los peores delincuentes**

Muchos de los productos comerciales incluyen ingredientes como los mencionados anteriormente. Sin embargo, hay algunas sustancias que son frecuentes y suponen una potencialmente mayor riesgo para la salud que otros. Voy a enumerar los delincuentes más comúnmente encontrados, para que pueda familiarizarse con los nombres, sus riesgos, y donde se encuentran. Con el tiempo, usted será capaz de detectar en un santiamén!

Aunque los productos se venden a ser utilizado en seres humanos, casi la totalidad de la prueba se realiza en animales - ratas, por lo general. Y, los fabricantes de cosméticos son responsables de asegurarse de que sus productos son seguros. Pero, a diferencia de las drogas, la seguridad real de los cosméticos se descubre después de que ya están en los estantes.

Si bien ha habido sustancias retirados de cosméticos para la toxicidad, la mayoría de las veces, los fabricantes reformulará el producto "infractor". Esto demuestra que son muy conscientes de los peligros potenciales de los cócteles químicos que están fabricando. De hecho, en 67 años, los Estados Unidos sólo ha prohibido 9 ingredientes utilizados en los productos de cuidado personal.

Y debido a que los productos químicos no siempre se eliminan eficazmente por el cuerpo, los peligros tienden a acumularse. Voceros de la industria cosmética se quejan de que los medios de comunicación sensacionalismo cualquier reclamación sobre productos inseguros. Pero, la evidencia científica de lo contrario va en aumento.

Por ejemplo, la investigación médica ha demostrado que las fragancias sintéticas (generalmente de alcoholes, productos derivados del petróleo, y toda una serie de productos químicos) pueden desencadenar asma. Los productos químicos en tintes de cabello son conocidos por causar linfoma y cáncer de vejiga. Ingredientes dañinos en los tejidos oculares champú. Los ftalatos (derivados del petróleo) se encuentran en la orina humana. Tejido de cáncer de mama ha albergado químicos antibacterianos (como Triclosan) y parabenos. Una sustancia química que afecta a las hormonas utilizadas comúnmente en "fragancias", xileno, se encuentra en la leche materna humana!

### **El 1,4-dioxano**

El problema con este producto químico es que nunca se incluye en una lista de ingredientes. ¿Por qué? En realidad, es un subproducto del proceso de fabricación que óxido de etileno (un producto de petróleo) para producir la suavidad de los ingredientes ásperos. El proceso se llama etoxilación, y es básicamente un atajo barato utilizado por los fabricantes de productos para el cuidado personal.

La FDA y el Departamento de Agricultura de Estados Unidos son plenamente conscientes de la sorprendente presencia de 1,4-dioxano en productos de cuidado personal. El estado de California aparece como probablemente cancerígeno y mutagénico. Las regulaciones federales evaluar la potencia de 1,4-dioxano para ser igual o mayor que el riesgo impuesto por muchos pesticidas!

Debido a esto, la FDA ha estado monitoreando los niveles de 1,4-dioxano desde 1979.



Pero, ¿cómo nos encontramos? ¡Tienes que ser como Sherlock Holmes y leer las etiquetas. Dado que el proceso que crea el 1,4-dioxano es "etoxilación," buscar sustancias químicas que tienen el sufijo "-eth": laureth, oleth, cetareth, etc. Es muy probable que estos químicos tendrán un resultado positivo para el 1,4-dioxano.

## **Los ftalatos**

Los ftalatos son compuestos petroquímicos fabricados y vendidos en todo el mundo. Están en todos lados. Muchos de los productos que nos rodean están hechos de ftalatos incluyendo patos de goma, cortinas de baño, ropa, muebles, auriculares electrónicos, y una increíble variedad de productos de cuidado personal, como perfume, esmalte de uñas, y la laca de pelo. Ese "olor a coche nuevo?" Sí, eso es de ftalatos! Los ftalatos son conocidos por ser tóxicos para la reproducción y pueden causar disfunción sexual, defectos de nacimiento y otras enfermedades, como el síndrome de ovario poliquístico, disminución del número de espermatozoides, cáncer testicular, resistencia a la insulina masculino, la obesidad abdominal, la infertilidad y cáncer de mama.

"Ftalatos" tampoco se mencionan en las listas de ingredientes. Por lo general, se enumeran como ftalato de di-n-butilo (abreviado a DBP) y di (2-etilhexil) ftalato (DEHP acortado a). Por lo general, sin embargo, se hacen pasar por un ingrediente fantasma bajo el nombre ambigua

"fragancia".

La Unión Europea ha prohibido el uso de dos tipos de ftalatos, pero las compañías de cosméticos seguir utilizando todos los demás. Algunos fabricantes europeos como Louis Vuitton Moët-Hennessy (LVMH) están retirando voluntariamente todos los ftalatos de sus cosméticos. Las empresas de cosméticos con sede en los Estados Unidos no están tan ansiosos por eliminar los ftalatos de sus productos, diciendo que la prohibición europea es "innecesaria".

## **Aluminio**

Aunque no hay nada peor que las axilas de funky y sudorosas, nuestros antitranspirantes pueden plantear otras y más graves problemas. Casi todos los antitranspirantes comerciales contienen algo de sal de aluminio, hasta una concentración de 25%. Aluminio promueve la sequedad mediante la aplicación de iones de aluminio (la forma encontrada en sales) a la piel. Estos iones causan que las células absorban agua y se hinchen. La hinchazón cierra efectivamente los poros, impidiendo que el sudor.

Entonces, ¿qué hay de malo en eso? Nuestros axilas no huelen mal, por lo que los antitranspirantes de aluminio hacen su trabajo muy bien. Sí, pero el aluminio es un muy fuerte neurotoxina. También se absorbe por los ganglios linfáticos y viaja por todo el cuerpo. Aluminio afecta la barrera sangre-cerebro y la toxina eliminación (de los bloquea el sudor). De aluminio en los antitranspirantes, especialmente cuando se combina con antiácidos que contienen aluminio, que ahora se conoce para contribuir al desarrollo de cáncer de mama y la enfermedad de Alzheimer!

### **Propilenglicol (PG) y polietilenglicol (PEG)**

Ambas sustancias son productos petroquímicos muy a menudo utilizados en productos de cuidado personal - de toallitas para bebés a los lubricantes personales. Ellos son fácilmente biodegradables, que es probablemente el único de calidad. Aunque se consideran seguros para ser utilizados en cosmética, tanto también se utilizan como conservantes de alimentos.

Pueden causar dermatitis de contacto intenso, pero eso no es todo. Ambos pueden estar contaminados con 1,4-dioxano. Ambos también están a menudo contaminados con metales pesados como el plomo, cobalto, hierro, níquel y arsénico. El polietilenglicol a menudo contiene pequeñas cantidades de otro glicol, dietilenglicol, que es tóxico para animales y plantas.

Aunque la mayoría de la gente no tiene problemas con propilenglicol y polietilenglicol, los riesgos aumentan drásticamente cuando una persona ha dañado la piel, especialmente quemaduras. Tanto

propilenglicol y polietilenglicol pueden causar reacciones graves si se utiliza en la piel quemada. Y, polietilenglicol puede empeorar el eczema y acné, ya que en realidad se puede romper células de la piel.

## **Fragancias sintéticas**

En un mundo donde podemos comprar casi cualquier cosa perfumada, estamos constantemente en contacto con fragancias sintéticas. Hay más de 5.000 productos químicos utilizados en la industria de las fragancias, pero sólo alrededor de 1300 se han probado para la seguridad.

Elaboración de la fragancia se ha convertido en un arte, y los secretos están estrechamente vigilados. Rara vez se fabricantes divulgar sus fórmulas de fragancias, incluso a los funcionarios de salud! Después de todo, los olores desencadenan reacciones químicas en nuestro cerebro, así que ¿por qué un fabricante revelar sus recetas secretas?

El problema es que, mientras que los compuestos fragantes sintéticos pueden causar una serie de sensibilidades y alergias, muchos compuestos perfectamente naturales y orgánicos (como aceites de rosas y canela) puede causar al igual que muchos problemas.

Hay una enorme lista de productos químicos que componen "fragancia" y "parfum". La mayoría son de moderada a alérgenos graves y pueden causar todo, desde erupciones de dificultad respiratoria y disminución de la presión arterial! Ningún producto perfumado es inmune a que contiene cualquier número de estos compuestos. Y, como he mencionado antes, muchos de los productos químicos de origen natural de frutas, flores y plantas puede ser tan malo!

## **Capítulo 3:**

### **Hágase cargo y revitalizar**

## **Su piel de la manera correcta**

Después del último capítulo, probablemente te preguntes acerca de las alternativas más saludables. Si los productos que compra causan muchos más problemas de los que resuelven, hay una manera de cosechar los beneficios esperados sin toda la basura? Podemos personalizar una crema hidratante que en realidad tiene los deliciosos ingredientes necesita nuestra piel sin todas las toxinas y productos químicos incluidos?

¡Sí! Esa es la belleza de DIY! Usted puede poner lo que quieras en la formulación. Usted puede elegir la cantidad de y qué tipo de sustancias que añadir. Puede utilizar materiales estándar o puede ir todo orgánico. Se pueden ajustar los porcentajes de los ingredientes para satisfacer sus propias necesidades. Es totalmente de usted!

En el primer capítulo, describimos lo que la piel se componen de y los mejores tipos de sustancias para su uso. Usted puede adoptar la crema hidratante a su propio gusto y preferencias.

Y, usted puede cambiar la crema hidratante como los cambios de la piel.

Ahora que usted sabe que puede eliminar una gran cantidad de productos químicos desagradables de sus productos de cuidado de la piel, es probable que desee empezar. ¿Quieres saber dónde encontrar los materiales. Y usted quiere saber qué equipo tendrá que hacer su propia crema hidratante.

Esas preguntas serán contestadas en este capítulo. Dado que el libro trata de mantequillas corporales, voy a enumerar las herramientas necesarias del oficio y una descripción de los ingredientes más comunes. Estos elementos le permitirá crear su propia, de buena fe, de ablandamiento de la piel del cuerpo mantequilla.

### **Equipo**

Todas las recetas de este libro se pueden hacer con unas pocas piezas de equipo. Usted probablemente ya tiene la mayor parte de ella como ollas y sartenes, una caldera doble (o un equivalente que sea suficiente), espátulas de madera, cucharas de medir, tazas de medir, etc. Hay algunos equipos de la especialidad que puede no ser necesario, pero va a hacer su vida fácil ... ¡y hacer el trabajo más rápido.

Estas son algunas de las cosas que voy a recomendar. Voy a enumerarlos por punto y agregar el uso previsto (s). Muchas de las cosas que pueden servir para múltiples propósitos en el procedimiento. También voy a hacer una nota acerca de los materiales. Porque podrás usar los aceites esenciales y el calentamiento de los ingredientes, la prudencia dictaría prestar atención a las advertencias y la restante en el lado seguro. Por ejemplo, para cuencos y ollas, yo recomendaría usar esmalte, acero inoxidable o vidrio / pyrex. Estos materiales son muy fáciles de limpiar, no van a reaccionar con los aceites esenciales, los aromas de los aceites no quedarse (plástico es conocido por la celebración de los olores), y estos materiales pueden soportar bien el calor.

Tazones: varios tamaños de mayor a menor; para mezclar y batir.

Pequeña escala: para medir materiales en peso.

Batidores: para mezclar y batir; el acero inoxidable es mejor.

Mezclador: independiente, batidora de mano, o licuadora pegarse para mezclar y batir.

Mortero: Mármol parece resistir el aplastamiento, pulverizar, y molienda de semillas duras y azúcares mejores que los de porcelana o porcelana.

vidrio no tendrá olor y se puede tirar a la basura los desechables después de medir gotas de vitaminas y aceites esenciales.

Procesador de Alimentos: para mezclar, hacer puré y mezclar los ingredientes.

Las bolsas de pastelería: para la transferencia de mantequillas corporales batida en

contenedores sin el lío de usar una cuchara.

Los frascos con tapas: contenedores para sus mantequillas.

También es aconsejable para calentar los aceites en la estufa en lugar de utilizar un horno de microondas. Las microondas tienden a recalentarse los aceites o los calientan uniformemente.

Nunca caliente el aceite a fuego directo: utilice siempre una caldera doble para un calentamiento suave. Usted quiere calentar los aceites única para fundir y mezclar los sólidos, no hervir.

## **Ingredientes básicos**

En cualquier crema para el cuerpo (o producto de cuidado de la piel) receta, hay varios ingredientes diferentes. Por supuesto, los ingredientes más obvias son los aceites. También hay otras sustancias que se pueden añadir como ingredientes de bonificación, tales como antioxidantes (conservantes), emulsionantes, y aromas. Tal como se recoge en el capítulo anterior, evitar los aceites de fragancia sintéticos - que casi nunca son orgánicos o bueno para la piel. Los aceites esenciales puros son mejores opciones, con aceites esenciales orgánicos de ser la mejor opción.

También debo destacar la importancia de la compra de los ingredientes que son orgánicos y no-OGM (organismos genéticamente modificados). Estas reglas generales se aplican: comprar sólo de fuentes confiables que etiquetan claramente sus productos; más fresca es mejor; orgánica es mejor para reducir al mínimo posible la contaminación por productos químicos como pesticidas; prestar atención a la vida útil! Sí, los ingredientes y el cuerpo mantequillas sí todos tienen estanterías vidas.

Si utiliza agua en una receta, destilada o filtrada es mejor. El agua del grifo y agua mineral están cargados de impurezas que luego no desea en sus productos de cuidado de la piel.

En las recetas de cremas corporales, he hecho una lista de algunos de los ingredientes más comunes y los he descrito en esta sección. Explica por qué estos ingredientes son buenos para tu piel y por qué usted debería utilizarlas. Se enumeran por tipo. Esto de ninguna manera es una lista exhaustiva: sólo los ingredientes más comunes utilizados en las recetas de mantequilla cuerpo yo te ordeno. El último capítulo servirá como una guía de recursos para sitios web donde se puede comprar los ingredientes, así como algunos consejos de compra sobre cómo ahorrar dinero al comprar (por ejemplo, pequeñas cantidades en comparación con las compras a granel).

## **Aceites / mantequillas**

La manteca de karité proviene de la nuez del árbol de karité africano. Tiene una muy alta concentración de ácidos grasos inamovibles que se han utilizado durante muchos años para calmar, nutrir, sanar, rejuvenecer y humectar. La manteca de karité se presenta en dos formas: refinado y crudo (sin refinar). Manteca de karité refinada no tiene olor, mientras que la manteca de karité crudo tiene un olor a nuez. Si se almacena adecuadamente, manteca de karité tiene una vida útil de muchos años.

El aceite de coco (o mantequilla) es un sólido a temperatura ambiente que se funde fácilmente a la temperatura corporal. Tiene un olor fuerte, que es maravilloso en mantequillas corporales. El aceite de coco es un aceite más pesado que no absorbe en la piel tan fácilmente, y por lo tanto puede obstruir los poros en algunas personas. Añade sustancia a los aceites más ligeros en las recetas de mantequilla de cuerpo para equilibrar la consistencia. Hay diferentes tipos (fraccionada o no fraccionada), grados y temperaturas de fusión de aceite de coco. Cualquiera de los tipos probablemente sería conveniente en mantequillas corporales, pero

hacer un poco de lectura para determinar el tipo que mejor se adapte a sus necesidades.

Aceite de almendras dulces (o simplemente aceite de almendras) es un aceite muy ligero rico en Omega-6 y los ácidos grasos Omega-9. Se utiliza ampliamente en productos de cuidado de la piel, ya que también es una maravillosa fuente de vitamina E. Hidrata la piel, reduciendo al mínimo la pérdida de agua debido a la evaporación y es excelente para su uso en todo tipo de piel. Tenga en cuenta que se trata de un aceite de nuez y puede causar reacciones alérgicas en las personas alérgicas a las nueces!

La manteca de cacao es una grasa muy estable debido a su increíble concentración de antioxidantes. A menudo se utiliza en combinación con otros aceites en productos de cuidado de la piel para evitar que la mezcla se vuelvan rancias. Tiene maravillosas propiedades emolientes, junto con el fuerte aroma de chocolate! Sin embargo, también viene en una forma desodorizado.

Es sólido a temperatura ambiente pero se funde a la temperatura corporal.

El aceite de oliva también se utiliza ampliamente en productos de cuidado de la piel debido a su concentración (oleico) de ácidos grasos y propiedades antioxidantes. Hay diferentes formas de

aceite de oliva que se pueden utilizar en productos de cuidado de la piel. La forma más común es el aceite de oliva virgen extra. Este tipo es sin refinar y tiene un aroma fuerte característico.

También es de calidad alimentaria. Oliva de orujo de aceite es en realidad la forma refinada. Se conserva los nutrientes y sin embargo tiene un aroma muy soso. Ambos tipos son distintos tonos de color amarillo verdoso en color.

El aceite de jojoba es en realidad una cera graso muy rico en vitamina E. Tiene una vida útil casi indefinida. El aceite de jojoba se asemeja a los aceites que se encuentran normalmente en la piel



humana, por lo que se absorbe fácilmente sin dejar sensación grasosa. El aceite de jojoba no obstruye los poros y, de hecho, se utiliza para tratar el acné. El sebo se produce más ampliamente en la cara y el cuero cabelludo, que puede causar todo, desde el acné y las espinillas, a la caspa, la piel grasa y poros dilatados, ninguno de los cuales son atractivos. Los estudios han demostrado que el uso regular de aceite de jojoba puede entrenar a sus glándulas sebáceas para producir realmente menos sebo y reducir los poros! El aceite de jojoba es, naturalmente, de color dorado, pero puede ser refinado en un aceite claro.

Aceite de nuez de albaricoque es un aceite bastante ligero con un olor a nuez ligero que es extremadamente rico en vitamina A y ácidos grasos oleico / linoleico. También absorbe bien en la piel, el cabello y el cuero cabelludo sin dejar residuos grasos. Aceite de semilla de albaricoque También se suele sustituir por aceite de almendras dulces para las personas con alergias a las nueces. También es muy adecuado para su uso sobre la piel irritada o seca.

El aceite de aguacate se utiliza ampliamente en productos de cuidado de la piel, ya que tiende a penetrar profundamente la piel mientras que proporciona una dosis abundante de la Vitamina E y ácido oleico. El aceite de aguacate se utiliza a menudo para tratar la piel muy seca y la piel que ha sido dañada por el sol. No sólo contiene vitamina E y ácido oleico, también contiene ácido linoleico, potasio y minerales.

Aceite de semilla de uva es un subproducto de la producción comercial de vinos. El aceite es rico en ácido linoleico, vitamina E, y un conjunto muy interesante de compuestos llamados OPC

(complejos proanthocyanidin oligómeros). OPCs son antioxidantes que se consideran mucho más eficaz que las vitaminas C y E. En los productos de cuidado de la piel, el aceite de semilla de uva es la luz, que penetra, y nutritiva sin dejar residuos grasos. Para las personas que utilizan secadores, planchas, rizadoros, u otros dispositivos de calefacción, aceite de uva puede ayudar a

proteger tu cabello del daño por calor debido a su alta resistencia al calor.

## **Aceites Especialidad / mantequillas**

Manteca de mango es rico en antioxidantes y se utiliza para apuntar, dañado, o envejecimiento de la piel seca irritada. Es un sólido a temperatura ambiente pero se funde a la temperatura corporal.

Los aceites de nueces que no se utilizan tan a menudo todavía puede ser maravilloso para añadir a mantequillas corporales. Algunos de los aceites de frutos secos más comunes son considerados como adiciones de lujo: aceite kukui nuez, aceite de nuez de macadamia, aceite de nuez de tanamu, aceite de nuez y aceite de avellana son algunos ejemplos excelentes. Los aceites de nueces contienen ácidos vitamina E y ácidos grasos. Muchos tienen un aroma a nuez característico, y algunos pueden ser muy fuertes. Los aceites pueden ser costosos, pero sólo se utiliza en pequeñas proporciones de otros aceites y mantequillas en una receta. Añaden sedosidad a las recetas.

Hay también otros aceites de origen vegetal que pueden agregar vitaminas, minerales, ácidos grasos y nutrientes a los productos de cuidado de la piel. Debido a que hay tantos ejemplos, voy a hacer una tabla en lugar de la lista de forma individual.

El aceite de argán (aceite marroquí)

Aceite de babasú

Aceite de Camelina

aceite de castor

Aceite de onagra

El aceite de cáñamo

Aceite de semilla de hierba de la pradera

Aceite de neem

Aceite de semilla de calabaza

Aceite de cártamo

Aceite de girasol

Aceite de germen de trigo

### **Cera de abejas**

La cera de abejas es un emulsionante, tal como se describe anteriormente, pero lleva muchos sombreros. Se trabaja sin descanso en productos de cuidado de la piel en una variedad de niveles.

Se sella la humedad en la piel y ayuda a curar la piel dañada. No obstruye los poros. Debido a que contiene vitamina A, propiedades anti-inflamatorias, anti-alérgicos y antioxidantes, es ideal para personas con piel inflamada, irritada.

### **Aceites esenciales**

Los aceites esenciales se suman más que un aroma de sus productos de cuidado de la piel.

Muchos aceites esenciales ofrecen una variedad de curación, calmante, nutritiva, revitalizante y propiedades rejuvenecedoras al producto. Debido a que los aceites esenciales son muy diferentes, es imposible enumerarlos por tipo o incluso por la propiedad. Pero voy a dar algunas pautas generales sobre la elección de los aceites esenciales.

A pesar de que los aceites esenciales son naturales, aún pueden causar reacciones alérgicas u otros problemas en las personas que son sensibles a ellos. Pueden ser adulterados por algunas empresas. Algunos aceites esenciales son orgánicos. Algunos

aceites esenciales son tóxicos. La mejor regla para considerar un aceite esencial es leer sobre él primero.

Lo primero que debe determinar es si el aceite es el aceite esencial puro o si ha sido "retocada"

con otras sustancias o con esos molestos "fragancia" aceites. Muchos proveedores de confianza describirán el petróleo, lugar de origen, proceso de fabricación (prensado, destilación, etc.), la vida útil, y cualquier otra información pertinente. La mejor herramienta para la elección de los aceites esenciales es la nariz. ¿El aroma huele cierto? ¿Huele cobarde? ¿Huele fresco o añejo?

¿Realmente te gusta el olor?

Una vez que determine los aceites que desea utilizar, asegúrese de almacenarlos correctamente.

Esto asegurará la mejor calidad en todo el período de validez propuesto. Los aceites esenciales son muy fuertes y nunca deben aplicarse directamente o manejados directamente por la piel desnuda. Algunos aceites esenciales pueden manchar. Algunos aceites esenciales pueden debilitar el plástico, por lo que siempre puedo usar acero inoxidable o vidrio / pyrex. Los aceites esenciales pueden variar en fuerza, el olor y el color dependiendo de origen (lavanda francesa huele diferente a lavanda búlgara), proceso de fabricación (ylang ylang que el aceite esencial es muy diferente de ylang ylang III aceite esencial), y el tipo (subieron aceite esencial es diferente de rosa de Damasco aceite esencial). Además, algunos aceites esenciales no deben ser utilizados por mujeres embarazadas. Armarse con la información siempre es una buena idea, especialmente cuando se trata de los aceites esenciales.

## **Otros Aditivos**

Hay un número de otras sustancias que pueden añadirse para mejorar la eficacia de sus productos de cuidado de la piel. Algunos pueden añadir propiedades curativas y relajantes (como la miel), o

propiedades antioxidantes (como el té verde). Los aditivos pueden ser de flores, hierbas, frutas, frutos secos, algas, especias u otras fuentes naturales. Se agregan para aumentar las propiedades nutritivas e hidratantes de su producto terminado.

Mientras mantequillas corporales normalmente adquieren su valor a partir de los aceites y mantequillas usadas, la adición de un ingrediente especial podrán disponer que factor de personalización complementaria a sus necesidades de productos. A veces, una mantequilla cuerpo puede necesitar el poder protector solar extra, así que usted puede añadir un metal diseñado para tal fin, como el magnesio o dióxido de titanio. (Recuerde que debe evitar productos de aluminio!)

Tal vez usted desea lograr una sensación sedosa seco para su crema para el cuerpo. La adición de almidón de maíz puede proporcionar la textura que desea. El almidón de maíz es un polvo natural, de origen vegetal que se puede utilizar como un espesante también. El almidón de maíz tiene una sensación resbaladiza y puede absorber el exceso de humedad, así como polvos de talco. El gel de aloe vera es otra adición maravillosa a mantequillas corporales para su enfriamiento y propiedades curativas.

Pero, este libro también analiza otros productos de cuidado personal en el Capítulo 5. La lista de aditivos para ese capítulo, será mucho más larga que la lista de mantequillas corporales. Esto es porque usted puede requerir diferentes sustancias para la revitalización de sus pies cansados, doloridos que lo haría para sanar los codos secos! Por lo tanto, dicho capítulo tendrá sus propias listas y descripciones.

Una vez más, usted quiere mantener sus aditivos en línea con el resto de su producto. Usted no desea crear un producto totalmente orgánico y luego añadir unas gotas de colorante alimentario artificial en ella! Hay un montón de colorantes naturales disponibles a partir de plantas y fuentes naturales. Al ser Sherlock Holmes y la investigación de la mejor colorante para su producto es la mejor

manera de garantizar la máxima calidad y seguridad. Algunos pigmentos naturales pueden

ser tan tóxico, así que asegúrese de leer sobre ellos. Y muchas veces, usted tendrá que preparar el colorante mediante la adición de la sustancia al petróleo, hirviendo, o por algún otro medio. Esté al tanto de cualquier otra cosa que añadir en este punto! La aromatización y coloración son las adiciones finales a su producto, lo que no tenga prisa para añadir lo que puedes encontrar.

Permanecer diligente.

## **Capítulo 4:**

### **Dése una palmadita - Recetas para Sus**

#### **caseros Mantequillas para el Cuerpo**

Mientras que muchas recetas indican que la crema para el cuerpo es cremosa y no batida, no hay nada que decir que cualquier receta para una crema para el cuerpo no puede ser azotado. Es una cuestión de preferencia: ¿Te gusta el buen densa textura de la crema, o te gusta la luz, aireado textura de mantequilla batida? Como en todo lo demás con el bricolaje, usted decide lo que quiere y cómo lo quiere. Usted no tiene esa opción cuando se trata de pre-hechos, los productos preenvasados. Usted lo consigue de la manera que viene, nos guste o aguantarse. En este capítulo, voy a proporcionar tanto la receta y cualquier información adicional pertinente sobre la receta, como los propósitos, las propiedades de sol que bloquean la capacidad, calmante, e incluso comestibilidad!

Muchas recetas de mantequilla cuerpo no requieren el uso de agua. Esto no es un problema y elimina la necesidad de emulsionantes adicionales. Hacer crema para el cuerpo es casi como hacer el pastel de la formación de hielo: la torta de formación de hielo está hecho de grasas, azúcar y saborizantes con posibles adiciones de leche o agua para diluir a cabo. Muchos glaseados necesitan ser azotada por una textura ligera, pero que no le gusta que la gruesa,

la formación de hielo dulce de crema en un pastel de mantequilla? La textura es todo una cuestión de preferencia. Así que, hasta donde yo puedo decir, si lo prefiere la textura batida, luego azotar la receta. Del mismo modo, si usted prefiere la textura cremosa, entonces no azotar la receta, aún si no llama a los azotes.

Para azotes, puede utilizar mezcladores, licuadoras, batidoras, o lo que usted tiene disponible. Es como la formación de hielo debido a que la temperatura tiene que ser correcta o usted recibirá una textura que resulta muy diferente. Una palabra de precaución: aceites debe enfriarse antes de azotar! Aceites calientes no azotar en una textura ligera y esponjosa!

También, así como una pista procedimiento, el aceite de coco (especialmente 76 grados) se derrite muy rápido por lo que debe añadirse después de las otras mantequillas sólidos se han

derretido. La adición de aceites esenciales, vitaminas (como la vitamina E), y cualquier colorantes debe añadirse después de que los otros aceites y mantequillas de haber derretido y enfriado un poco. Algunos colorantes requieren calentamiento o ebullición antes de liberar el tinte ... asegúrese de que los contenidos se enfrían antes de añadir a la mezcla de aceite y mantequilla. Algunas de estas sustancias, especialmente los aceites esenciales, propiedades de cambio en caso de calentamiento. Algunos aceites también pueden perder nutrientes si se calienta demasiado. Como he dicho antes, desea derretir suavemente las mantequillas y aceites, no hervir!

Una forma de asegurarse de que sus mezclas establecerán y el látigo correctamente es enfriar en la nevera o el congelador durante unos minutos para un enfriamiento fuera rápido. Si utiliza el congelador, deje que la mezcla se enfríe durante unos 20 minutos. Si se olvida y se congela la mezcla, no hay problema: dejar reposar a temperatura ambiente durante un tiempo hasta que se ablande un poco de nuevo. Si desea utilizar el refrigerador, deje reposar la mezcla durante unos 45 minutos a una hora para ajustar. Asegúrese

de añadir y mezclar todos los ingredientes antes de enfriar la mezcla.

Además, permítanme decir algunas cosas sobre los aceites esenciales. Si una receta requiere de un aroma que es absolutamente desprecias, entonces no lo use! Utilice lo que te gusta! Estas recetas son 100% personalizable! Yo personalmente no me importa para pachulí, y no voy a utilizarlo en cualquier circunstancia. Si veo una receta que requiera pachulí, voy a sustituirlo con un olor diferente. Y quién puede decir que usted tiene que usar un aceite esencial en absoluto? Si te gusta el olor de la manteca de cacao en una receta y no desea añadir un aceite esencial de encubrirlo, entonces no agregarlo. A veces, se añaden aceites esenciales para las propiedades nutritivas o curativas específicas para que el petróleo. Pero, si usted no desea añadir el aceite esencial, entonces no agregarlo. Es así de simple.

Muchas de las recetas se pueden almacenar a temperatura ambiente pero mantendrá mejor en el refrigerador. Además, si la mantequilla cuerpo permanece refrigerado, conservará la consistencia batida. A temperatura ambiente, el producto será más densa y cremosa.

## **Body Butter Recetas**

### **Básica aceite de coco Whipped Body Butter**

Con sólo 3 ingredientes, esta es la receta de un verdadero principiante!

2 c. el aceite de coco 1 cucharadita de aceite esencial de elección

2 cucharaditas de aceite de vitamina E

Calentar suavemente el aceite de coco en una doble caldera acaba hasta que se derrita. Deje que se enfríe un poco antes de añadir el aceite y vitamina esencial E. Una vez que se comienza a establecer (el aceite de coco es un sólido a temperatura ambiente), venció a la



mezcla con un batidor o batidora hasta que se formen picos duros. Transferir la crema para el cuerpo en un recipiente para el almacenamiento.

### **Básico de karité batida Body Butter**

½ c. prima de karité mantequilla ¼ c. aceite de almendras dulces

¼ c. aceite de coco

Caliente la mantequilla de karité y aceite de almendras hasta que se derrita. Añadir el aceite de coco y dejar enfriar hasta que cuaje (puede utilizar el congelador o refrigerador como se describió anteriormente). Látigo hasta que se formen picos duros. Transferir a un contenedor para el almacenamiento.

### **Whipped Body Butter 1**

¼ c. shea mantequilla ¼ c. aceite de almendras dulces

¼ c. el aceite de coco 15 gotas de aceite esencial de elección

¼ c. mantequilla de cocoa

Calentar todos los ingredientes excepto el aceite esencial en un doble caldera apenas hasta mezclado y fundido. Retire del fuego y enfriar ligeramente. Añadir el aceite esencial. Después de la mezcla se ha fijado (a temperatura ambiente o en el refrigerador), látigo hasta que se formen picos suaves y rígidos. Transferir a un contenedor para el almacenamiento.

### **Whipped Body Butter 2**

¼ c. shea mantequilla ¼ c. aceite de jojoba

¼ c. el aceite de coco 15 gotas de aceite esencial

¼ c. manteca de mango

Calentar todos los ingredientes excepto el aceite esencial en un doble caldera hasta que se derrita.

Retire del fuego y enfriar ligeramente. Añadir el aceite esencial. Deje que la mezcla se asiente.

Látigo hasta que se formen picos suaves y rígidos. Transferir a un contenedor para el almacenamiento.

### **Body Butter 1**

1 c. shea mantequilla ½ c. aceite de almendras dulces

½ c. el aceite de coco 20 gotas de aceite esencial

Calentar todos los ingredientes excepto el aceite esencial en un doble caldera hasta que se derrita.

Dejar enfriar un poco antes de la adición de aceite esencial. Dejar que la mezcla se enfríe completamente. Batir la mezcla para aligerar la textura. Si desea látigo hasta que se formen picos duros, se puede. Transferir a un contenedor para el almacenamiento.

### **Lavender Body Butter**

Esta crema para el cuerpo está destinado a ser muy calmante. También sería bueno para la piel que ha sido dañada por el sol debido a la adición de gel de aloe vera.

1 c. el aceite de coco ¾ c. Gel de Aloe Vera

6 cucharadas de aceite de oliva 4 cápsulas de vitamina E

½ c. cera de abeja ½ cucharadita de aceite esencial de lavanda

4 cucharaditas de miel

Caliente el aceite de oliva y cera de abejas hasta que se fundieron en un doble caldera. Retírelo del calor. Añadir el aceite de coco y

miel. Deje que la mezcla se enfríe un poco y añadir el aloe, vitamina E y aceite esencial. Batir bien para mezclar. Enfriar la mezcla hasta que cuaje. Añadir a un recipiente para el almacenamiento.

### **Cacao Loco Whipped Body Butter**

½ c. manteca de cacao ¼ c. aceite de almendras dulces

¼ c. aceite de coco

Calentar todos los ingredientes en un doble caldera hasta que se derrita. Congelar la mezcla unos 20 minutos para configurar. Batir con la batidora o batidor hasta que se formen picos duros y suaves. Transferir a un contenedor para el almacenamiento.

### **Edificante romero y menta Body Butter**

½ c. manteca de karité 20 gotas de aceite esencial de menta verde

¼ c. manteca de cacao 10 gotas de aceite esencial de romero

¼ c. aceite de nuez de kukui

Calentar todos los ingredientes excepto los aceites esenciales en un doble caldera hasta que se derrita. Retirar del fuego y dejar enfriar un poco antes de la adición de aceites esenciales. Deje que la mezcla se enfríe hasta que cuaje. Mezcla látigo hasta que se formen picos suaves y rígidos. Transferir a un contenedor para el almacenamiento.

### **Paraíso tropical Whipped Body Butter**

1 c. shea mantequilla ¾ c. mantequilla de cocoa

1/3 c. cera de abeja ¾ c. manteca de mango

½ cucharadita de aceite de almendras dulces E cápsulas 4 vitamínicos

15 gotas de aceite esencial de mango 15 gotas de aceite esencial de lima 20 gotas de aceite esencial de naranja dulce

Calentar todos mantequillas y la cera de abejas en un baño maría hasta que se derrita. Retirar del fuego y dejar enfriar un poco antes de añadir todos los aceites esenciales. Deje que la mezcla se enfríe hasta que cuaje. Batir con una batidora o batidor hasta que se formen picos duros y suaves.

Traslado al contenedor para el almacenamiento.

### **Magnesio Protector solar Body Butter**

Esta crema para el cuerpo le ayudará a frustrar los daños causados por el sol debido a la adición de las escamas de magnesio. El magnesio es altamente reflectante y se considera que es generalmente segura cuando se utiliza como protector solar.

½ c. sin refinar aceite de coco ¼ c. manteca de karité

¼ c. pastillas cera de abejas (pellet) de formulario

1 c. copos de magnesio, además de ebullición del agua 6 cucharadas

Añadir el agua hirviendo a las escamas de magnesio y revuelva hasta disolver. Deje que se enfríe a temperatura ambiente. Mientras tanto, en un doble caldera, derretir el aceite de coco, cera de abejas y manteca de karité. Retirar del fuego y dejar enfriar a temperatura ambiente. La transferencia de los aceites en un recipiente aparte para la mezcla. Comenzar a mezclar la mezcla con un mezclador, mientras que muy lentamente añadiendo el líquido de magnesio unas gotas a la vez. Continúe mezclando hasta que se haya añadido todo el magnesio. Coloque la mezcla en el refrigerador durante 20 minutos para configurar. Mezclar de nuevo a la consistencia de una espesa crema para el cuerpo cremoso. Pasar a un recipiente y guardar en la nevera hasta 2 meses.

## **Sanación Body Butter**

La adición de aceite de árbol de té añade curación y antisépticas de esta receta crema para el cuerpo.

1 c. el aceite de coco 3 gotas de aceite de árbol de té

½ c. manteca de karité aceites esenciales como desee (opcional)

Calentar el aceite de coco y la manteca de karité en un doble caldera hasta que se derrita. Deje que la mezcla se enfríe un poco antes de añadir aceite de árbol de té y aceite esencial. Deje que la mezcla puesto delante de azotar a cualquiera de una consistencia cremosa o hasta obtener una consistencia batida. Transferir a un contenedor para el almacenamiento.

## **Sedoso suave batida Body Butter**

1 c. manteca de karité 3 cucharadas de aceite de uva

1 c. manteca de cacao 8 cápsulas de aceite de vitamina E

½ c. aceite de semilla de albaricoque 1 cucharadita de aceite esencial de elección Calentar todos los ingredientes excepto el aceite de vitamina E y aceite esencial en un doble caldera hasta que se derrita. Dejar enfriar un poco y añadir vitamina E y aceite esencial. Deje que la mezcla se enfríe hasta que cuaje. Transferir a un contenedor para el almacenamiento.

## **Aterciopelada Rose Manteca Corporal**

1 c. manteca de karité ½ cucharadita de maicena

¼ c. Aceite de Jojoba 20 gotas aceite esencial de rosa

½ cucharadita de colorante natural aceite de infusión (como alkanet raíces en el aceite de jojoba) Calentar la manteca de karité y aceite de jojoba hasta que se derrita en una doble caldera. Retire del fuego y enfriar ligeramente. Agregue los ingredientes restantes y mezclar

bien. Deje que la mezcla se asiente. Batir ligeramente con un mezclador o bata hasta que la mezcla tenga una textura suave y cremosa. Transferir a un contenedor para el almacenamiento.

### **Piernas lisas Whipped Body Butter**

Esta receta se dirige a la piel que ha sido irritada de afeitarse. Tiene propiedades calmantes y emolientes para ayudar a calmar la piel. No hay aceites esenciales que aparecen para mantener el riesgo de irritación al mínimo.

1 c. el aceite de coco  $\frac{1}{4}$  c. aceite de jojoba

$\frac{3}{4}$  c. de manteca de cacao 4 cápsulas de vitamina E

Calentar todos los aceites y mantecas, excepto la vitamina E en un baño maría hasta que se derrita. Deje que la mezcla se enfríe un poco antes de añadir también el E. Mix vitamina.

Coloque la mezcla en la nevera hasta que cuaje. Batir con una batidora hasta que esté suave y esponjoso y punto de nieve se han formado. Transferir a un contenedor para el almacenamiento.

**Sensual chocolate Leche Mantequilla corporal comestible** Sí, esta crema para el cuerpo es en realidad comestible, siempre y cuando usted utiliza ingredientes de calidad alimentaria! ¡Qué idea tan delicioso! Piense en las posibilidades!

1  $\frac{1}{2}$  c. el aceite de coco  $\frac{1}{2}$  c. polvo de cacao

$\frac{2}{3}$  c. néctar de agave 2 cucharadas de extracto de vainilla pura

Derretir el aceite de coco en una doble caldera y retirar del fuego. Dejar enfriar un poco antes de añadir el resto de los ingredientes. Mezclar bien. Coloque en el refrigerador hasta que la mezcla se ajusta. Batir la mezcla hasta que tenga una textura cremosa. Transferir a un contenedor para el almacenamiento.

### **Naranja Creamsicle Whipped Body Butter**

Para los amantes de los anticuados barras de helado de naranja creamsicle, he creado esta mantequilla delicioso cuerpo!

$\frac{3}{4}$  c. aceite de coco 2 cucharadas de vitamina E

$\frac{1}{2}$  c. manteca de cacao  $\frac{1}{2}$  cucharadita de naranja dulce aceite esencial

Fundir el aceite de coco y la manteca de cacao en una doble caldera. Dejar que la mezcla se enfríe un poco antes de añadir la vitamina E y aceite esencial. Mezclar bien y colocar en la nevera hasta que cuaje. Batir la mezcla con una batidora hasta que esté suave y esponjosa y formar picos duros. Transferir a un contenedor para el almacenamiento.

### **Vanilla Sueño Whipped Body Butter**

2 c. manteca de cacao 1 c. aceite de almendras dulces

1 c. aceite de coco 2 vainas de vainilla enteras

Moler los granos de vainilla en un procesador de alimentos o molinillo de café hasta hace muy bien. Derretir la manteca de cacao y aceite de coco en una doble caldera. Retírelo del calor. Dejar enfriar un poco antes de agregar el aceite de almendras y vainilla. Coloque en el congelador durante unos 20 minutos hasta que cuaje. Batir con una batidora hasta que se formen picos duros.

Transferir a un contenedor para el almacenamiento.

## **Capítulo 5:**

### **¿Por qué detenerse ahí? Recetas adicionales**

#### **para Rejuvenecer el resto de ustedes!**

En este capítulo se dedicará a las recetas para el cuidado de la piel de otras maneras. ¿Sus pies necesitan un pick-me-up? ¿Quieres hacer tu propio perfume? ¿Te gustaría hacer un desodorante libre

de aluminio seguro? Va a encontrar estas recetas y mucho más en este capítulo.

Pero, antes de saltar a las recetas, déjeme darle una breve palabra acerca de los ingredientes. Una vez más, queremos evitar las cosas desagradables, como se describe en el capítulo 2. También nos gustaría mantener las recetas orgánicas. Téngalo en cuenta cuando se mira a través de las recetas. Las mismas reglas se aplican aquí como lo hicieron con mantequillas corporales: estas recetas son 100% personalizable. Si no te gusta un ingrediente, sustituirlo. Si te gusta un aceite esencial diferente, utilice en su lugar. No hay reglas duras y rápidas con cuidado de la piel DIY.

Es para su piel. Te estoy dando algunas sugerencias. Llévelos, modificarlos, añadir a ellos, restar de ellos. Haz que tus recetas. Eso es lo que tiene que ver con DIY: hacer lo que funciona para usted.

## **Recetas para el resto de ustedes**

### **Avena Limpiador Facial**

1 c. avena cortada (no instantánea) 1 huevo

2 cucharadas de leche entera de azúcar morena 1 cucharada

1 cucharadita de aceite de almendras dulces

Triturar la harina de avena en un procesador de alimentos o con un mortero. Añadir el resto de ingredientes y mezclar bien. Debe ser una pasta espesa. Si es demasiado grueso, delgado hacia abajo con un poco de agua. Masajea el limpiador en la cara durante un par de minutos. Enjuague con un paño y agua tibia.

### **Té Verde Antioxidante tóner**

Incluso como adultos, a veces nos despertamos con manchas que aparecieron durante la noche.



Este tóner ofrece un poderoso impulso de antioxidantes para suavizar y calmar la piel y para ayudar a eliminar las manchas.

3 bolsas de té verde 1 mg de extracto de acai

5 gotas de aceite de árbol de té 2 gotas de aceite esencial de geranio 1 mg de extracto de té verde 1 gota de aceite esencial de eucalipto

Coloque las bolsas de té en un frasco que se pueda sellar. Verter el agua sobre las bolsas de té hirviendo y dejar reposar durante unos 10 minutos. Cubra las bolsitas de té, ya que empujadas para conservar los ingredientes volátiles en el vapor. Deje que el líquido se enfríe a temperatura tibia y luego retire con cuidado las bolsas de té. Añadir el resto de ingredientes para el líquido y mezclar bien. Tapar y guardar en el refrigerador hasta por un mes.

### **Bees Knees acné combate**

2 cucharadas de miel de 20 gotas de aceite esencial de árbol de té

2 cucharadas de jugo de aloe vera 1 g de vitamina C (conservante)

Mezclar todos los ingredientes en un tazón. Pasar a un frasco con tapa y almacenar en el refrigerador hasta por 6 meses.

### **Estimular Katmandú té Soak**

Esta es una receta sal de baño agradable para despertar sus sentidos y obtener la sangre que fluye. Asegúrese de que las sales se han disuelto antes de entrar en la bañera, a menos que no te importe exfoliar tu trasero!

1 c. sales de Epsom 2 cucharadas de bicarbonato de sodio

2 c. el té verde (elaborado cerveza fuerte) 2 gotas de aceite esencial de lavanda 2 c. aceite de uva 2 gotas de aceite esencial de incienso

Combine todos los ingredientes en un bol y mezclar bien. Coloque la mezcla en un frasco hermético hasta que se necesite. Para utilizar, agregue ½ taza de las sales a un baño caliente y permitir que las sales se disuelvan.

### **Mint Citrus Baño Bolsa**

Esta receta es para un baño de hierbas. Poner las hierbas en un baño hará un lío y obstruir el drenaje, a fin de utilizar una bolsa de muselina o cordón de algodón para mantener las hierbas (que se puede lavar y reutilizar!) Para perfumar tu baño.

2 c. seca de limón ¼ de cáscara de c. hojas secas de menta

1 c. seca hierba de limón ¼ c. hojas de laurel

½ c. hojas de té verde 1 bolsa con cordón, "x4" 3

Combine todos los ingredientes en un bol y mezclar bien. Guarde la mezcla en un frasco hermético. Para un baño, llenar la bolsa con la mezcla, cerrar la bolsa, y colocarlo bajo el agua del baño corriendo para infundir el agua con la bondad de hierbas! Permitir que el contenido de la bolsa se sequen, vacían y lavan su bolsa para otro momento.

### **Mano Revitalizante y reparación de la cutícula**

Parte 1: La reparación de la cutícula

1 c. de azúcar morena 4 gotas de aceite esencial de lavanda

1 c. aceite de semilla de uva 2 gotas de aceite esencial de sándalo

10 gotas de extracto de vainilla

Mezclar todos los ingredientes en un frasco de boca ancha. Sellar hasta que se necesite. Coloque los dedos en la mezcla y moverlo a punto de dar masajes a la mezcla en las cutículas y los nudillos.

Enjuague las manos inmediatamente para eliminar el exceso de aceite. Seco. Aplicar Mano Revitalizante crema.

## Parte 2: Mano Crema Revitalizante

1 oz de cera de abeja 2 cucharadas de aceite de almendras dulces

2 limones (necesita el jugo) 4 gotas de aceite esencial de lavanda

10 gotas de aceite esencial de limón

Calentar la cera de abejas en una sartén hasta que esté derretido. Añadir el resto de ingredientes y revuelva bien. Agregue la mezcla a un recipiente. Agitar el frasco de vez en cuando hasta que la mezcla tenga una textura suave y cremosa. Almacene hasta que se necesite.

## **Cansado y Achy Foot Soak**

Se trata de un baño efervescente receta bomba para aliviar y desodorizar costado trabajo pies. La receta básica no va a cambiar, por lo que los aceites esenciales y sales pueden alterarse para crear cualquier número de combinaciones para bombas más pequeñas (como éstos) o utilizar un molde más grande para un baño efervescente.

1 c. bicarbonato de sodio ½ c. filtrada o agua destilada

½ c. maicena 10 gotas de aceite esencial de menta

¼ c. sales de Epsom 10 gotas de aceite de árbol de té

Mezclar todos los ingredientes en un tazón grande. Squash la mezcla en una bandeja de cubos de plástico o silicona de hielo y dejar secar. Guarde los cubos en un recipiente hermético hasta que se necesite. Si quieres un pick-me-up, utilice 1 cubo en el baño de pies. Si quieres un efervescente remojo, a continuación, utilizar 3 cubos en su baño de pies.

## **Acondicionador de rescate Cabello Graso**

Esto es para la gente como yo que tienen el pelo perpetuamente aceitoso. La receta se puede alterar a su color de pelo: rubio o pelirrojo (o morenas que les gustaría que aligeró un poco) se puede usar jugo de limón; morenas o las personas de pelo más oscuros pueden utilizar vinagre de manzana como se indica.

2 c. aceite de jojoba 10 gotas de aceite esencial de romero

1 c. vinagre de manzana 10 gotas de aceite esencial de salvia

4 cucharaditas de azúcar moreno 19 gotas de aceite de árbol de té

Mezclar todos los ingredientes en un frasco de vidrio y revuelva o agite bien hasta que todos el azúcar se disuelva. Almacene hasta que se necesite.

Para utilizar, aplicar sobre el cabello seco, comenzando en el cuero cabelludo y su forma de trabajo a las puntas del cabello. Masajea la mezcla en el cuero cabelludo para ayudar a destapar los poros y se desprenden las células muertas de la piel. Peina tu cabello a fondo. No vuelva a mojar el pelo, sólo tiene que añadir un champú suave y sólo añadir agua cuando el aceite se ha disuelto en el champú. Espuma y enjuague.

## **Perfume Básica**

Esta es la receta más simple para un perfume DIY. Puede ser cualquier aroma que desea; Me voy hasta usted. Hay recetas de lujo que involucran hierbas y especias, pero esta es la receta básica.

½ oz de vodka 5 gotas de aceite esencial de elección

1 cucharada de agua destilada

Añadir el vodka y el aceite esencial para una botella de vidrio oscuro y agitar para mezclar bien.

Deje la mezcla en un lugar oscuro durante dos días para el aceite y el vodka para mezclar correctamente. Después de 2 días, añadir el agua a la mezcla y agitar bien de nuevo. Coloque de nuevo en el lugar oscuro durante 2 días más (o, si quieres un perfume más fuerte, unos días más).

Vierta el perfume en una botella de spray para el uso.

### **Desodorante Herbal**

Esta fragancia vigorizante puede ser usado por hombres o mujeres. Asegúrese de agitar el frasco antes de cada uso. También se puede utilizar como un chapoteo facial refrescante.

2 c. vodka 2 gotas de aceite esencial de enebro

4 cucharadas de hamamelis 2 gotas de aceite esencial de limón

6 gotas de aceite de árbol de té

Esterilizar una botella de la bomba. Añadir todos los ingredientes a la botella y agitar bien.

### **Herbal Repelente de Insectos**

Este spray debe mantener incluso los bichos peskiest de distancia!

2 c. vodka 10 gotas de aceite esencial de tomillo

20 gotas de aceite de citronela esenciales 10 gotas de aceite esencial de hierba gatera 20 gotas de aceite esencial de eucalipto

Mezclar todos los ingredientes en una botella de spray y agitar bien. Rocíe generosamente en la ropa y la piel, pero evite los ojos.

\* Si desea utilizar esto como un repelente de insectos en las lámparas de aceite en llamas, reemplazar el vodka con 1 onza de semilla de uva u otro aceite ligero.

## **Capítulo 6:**

### **Qué pasa si...? Y ¿Dónde puedo encontrar**

#### **los materiales?**

Si bien estas recetas se han probado y verdadero, algo puede salir mal. No se preocupe.

Mantequillas corporales son bastante indulgente. Este capítulo le dará consejos sobre cómo salvar una crema para el cuerpo que no látigo o algunos otros problemas que pueden aparecer. Y,

¿dónde encontrar los ingredientes? Hay una sección dedicada a los proveedores de las materias primas para su conveniencia.

#### **Solución de problemas**

El mayor problema que puede encontrar es que un lote de mantequilla cuerpo no va a azotar encima correctamente. La causa principal de esto es que los aceites son demasiado caliente.

Aceites calientes no azotar. Usted puede salvar el lote al poner la mezcla en el refrigerador durante una hora aproximadamente para asegurar que los aceites son fríos. Luego, trate de batir de nuevo. Si usted no recibe la agradable esponjosa crema para el cuerpo batida, es probable que terminar con una crema para el cuerpo cremoso lugar.

Otro problema es un mal olor o el crecimiento extraño en la mantequilla. Ambas cuestiones deben hacer que usted lanza el lote a la basura. Un mal olor s de que al menos uno de sus aceites se volvió rancio, tal vez de mantenerlo demasiado caliente o no añadiendo suficientes conservantes (como las vitaminas E o C). Un crecimiento es microorganismos. Una vez más, la temperatura de almacenamiento puede haber sido demasiado caliente, permitiendo que las bacterias o moho crezcan.

¿Qué pasa con las reacciones extrañas a los ingredientes? Su piel puede llegar a ser de color rojo o con picazón. No utilice la receta más! Hay un ingrediente en él que su piel no le gusta. Si usted siente que podría ser de un aceite de nuez o de un aceite esencial, cambiar la formulación para intercambiar el aceite ofender o la omisión de los aceites esenciales por completo. Su piel es el mejor juez. Escúchalo.

## **Proveedores**

Mercado de su granjero local puede ser una manera de encontrar algunos ingredientes orgánicos.

Tu tienda de alimentos del supermercado o la salud puede ser otra fuente. Pero ¿qué pasa con la compra a granel? O encontrar los aceites esenciales? O glicerina? Para muchos de los ingredientes utilizados en las recetas en este libro, algunos minoristas en línea puede ser su mejor amigo. Muchos de ellos ofrecen alternativas orgánicas y enumerará la información necesaria sobre los aceites esenciales para ayudarle a tomar decisiones.

## **Mountain Rose Hierbas**

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

Montaña Rose hierbas ofrece una amplia variedad de productos para el cuidado de la piel DIY

elaboración. La llevan aceites esenciales, aceites del portador, productos botánicos, y muchos otros productos.

## **Piel Activos Científico**

[www.skinactives.com](http://www.skinactives.com)

Activos de la piel es un proveedor de ingredientes para el cuidado de la piel de la especialidad y ofrece precios razonables y envío.

## **Orgánica Infusiones, Inc.**

[www.organicinfusionswholesale.com](http://www.organicinfusionswholesale.com)

Infusiones orgánicas ofrece una gama completa de certificado, libre de pesticidas, selección granja orgánica, salvaje hecho a mano, y aceites y hidrosoles esenciales libres de OGM. Afirman que sus fuentes de todas cumplen con un estricto código de sostenibilidad, sin trabajo infantil, sin productos de origen animal, y no hay pruebas en animales.

### **Fuente Vital**

[www.sourcevital.com](http://www.sourcevital.com)

Fuente Vital ofrece aceites esenciales, hidrosoles, y mezclas de aceites esenciales para aromaterapia y la curación holística. Son 100% integral, orgánico, natural, sin productos de origen animal.

### **Eden Botanicals**

[www.edenbotanicals.com](http://www.edenbotanicals.com)

Eden Botanicals ofrece aceites y absolutos esenciales orgánicos. Llevan aceites difíciles de hallar raros e inusuales (vi un aceite esencial de mantequilla, por ejemplo).

### **Bulk Boticario**

[www.bulkapothecary.com](http://www.bulkapothecary.com)

Bulk boticario es un proveedor de espectro completo para los artesanos de cuidado de piel de bricolaje. Ofrecen aceites orgánicos esenciales, productos botánicos, aceites del portador, frascos, etc.

### **Zarzamora**

[www.brambleberry.com](http://www.brambleberry.com)

Bramble Berry es también un proveedor de espectro completo de productos de cuidado de la piel de bricolaje incluidos los aceites



orgánicos esenciales, aceites del portador, productos botánicos, tarros, colorantes, aditivos, etc.

## **Conclusión**

Ahora que usted sabe los entresijos de mantequillas corporales bricolaje, puede comenzar la elaboración de sus propias recetas, o ramificación y la creación de otros tipos de productos. Este libro le dio los fundamentos y una fundación para construir. Una forma de reducir la cantidad de toxinas en su cuerpo es ser más diligente en lo que se pone en la piel, en forma de cremas hidratantes y productos de cuidado de la piel.

Si bien este libro dio recetas para mantequillas corporales y otros productos para la piel, no termina allí. Esto es sólo un punto de partida. Todo lo que necesita es un poco de creatividad y una voluntad de experimentar. Si crea sus propios productos de cuidado de piel DIY (crema hidratante, perfume, removedor de maquillaje, jabón, desodorante, etc.), piense en todos los productos químicos que ya no se presenta un peligro para usted. Además, usted tendrá la ventaja añadida de utilizar aromas que te gusta. Usted tiene el control total sobre lo que usa. Debido a esta flexibilidad, puede crear exactamente los productos que desea cuando la piel lo necesita.

Usted puede modificarlos en cualquier momento. La mayoría de las recetas son pequeños lotes, por lo que eliminará los residuos cuando una botella grande pierde su potencia (o descubrir que no funciona bien con su piel). Un lote más pequeño también será más propicio para la experimentación: no será perder un montón de ingredientes si un lote resulta ser un fracaso.

Una vez que comience la elaboración de sus propios productos de cuidado de la piel, su cuerpo se lo agradecerá por brillando radiante. Mi esperanza es que le impulsará a cosas más grandes y mejores: la creación de todos sus propios productos. Deje que las empresas de cosméticos mantienen sus cócteles tóxicos.

Y todo se reduce a dinero, ¿no? Con estas recetas, el costo puede parecer un poco caro al principio, pero ¿cómo muchas de las recetas llaman para una libra de manteca de karité? Cada ingrediente que compraste puede utilizarse en una gran variedad de productos. Sume los costos de todos los productos que usted puede hacer desde cualquier conjunto de materias primas que compra. A continuación, agregue el costo de la misma cantidad de productos comerciales. Su cartera se agradece porque, seamos sinceros: los productos químicos y petróleo son caros, mientras que los productos vegetales no son renovables. Entonces, el factor de la seguridad y el verdadero alimento de los productos de bricolaje en comparación con los productos comerciales.

Productos de bricolaje salen muy por delante!

En resumen, este libro es sólo para conseguir sus pies mojados y para dar a explicar por qué es mejor hacer sus propios productos de cuidado de la piel. Una vez que las uñas por lo básico, el resto vendrá con mucha facilidad. Productos para la piel de bricolaje pueden darle el, magnífico piel joven que desea. Y mantequillas corporales son un muy buen comienzo para la creación de un régimen de cuidado de la piel orgánica que va a transformar su piel. Y lo hará sin romper el banco. Prefiero utilizar el aceite de jojoba en la cara en lugar de una crema \$ 300 cargado con productos químicos cancerígenos y tóxicos. ¿Que pasa contigo?

Aceite de coco Hacks

*19 maneras Llifer Changing utilicen Ccoconut OOIL Hacks para Wweight Lloss, radiante Salud y belleza lincluding Aamazing Ccoconut OOIL*

*Rrecipes*

*para radiante de salud y belleza*

*Ella Marie*

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## **Introducción**

El aceite de coco tiene una bien merecida reputación como un súper alimento, con beneficios para la salud, tales como la pérdida de grasa, mejoras en el colesterol en la sangre y mejora la función cerebral.

Si eres curioso acerca de si es posible que todos estos reclamos para ser verdad, entonces estoy feliz de poder decir que los hechos son válidos!

A lo largo de este libro voy a explicar algunas maneras asombrosas que puede utilizar aceite de coco para bajar de peso y mejorar su salud en general. Vas a aprender a aumentar su energía de forma natural, a frenar sus antojos de comida chatarra y mejorar su piel - todo gracias a esta muy abundante aceite natural, increíble!

Yo no voy a sólo te enseñará las teorías que rodean el aceite de coco o bien; Voy a darte consejos, trucos y recetas que se pueden utilizar de inmediato para empezar a ganar todos los beneficios que ofrece el coco de aceite! Y todo va a suceder muy rápido.

Por lo tanto, si usted ha pasado años preguntando si hay una manera más fácil de perder peso y aumentar su energía ... Sí, hay! Y este libro le explicará todo.

Si usted ha pasado años preguntándose si existen maneras de cuidar de su piel sin medicamentos o productos químicos peligrosos ... Sí hay!

Si usted ha mirado en el aceite de coco y siempre se ha preguntado cómo este aceite natural puede producir muchos beneficios de salud versátiles y sorprendentes, sigue leyendo y déjame decirte

## **SomeThe Ciencia Parte**

Si eres como yo, usted ha comprado muchos libros en el pasado, que te dice, "mira este súper alimento, tiene todos estos beneficios!" Pero incluso si tratas y tratas de encontrar la prueba de estas afirmaciones, usted no puede encontrar cualquier cosa - un resultado demasiado común.

Este libro no va a ser así. Es importante para mí que se puede leer a través de esta publicación con la confianza de que lo que te estoy diciendo se basa en hechos.

## **Grasas saturadas**

Lo primero que debemos aclarar es que el aceite de coco es alta en grasas saturadas; es una de las fuentes más ricas en grasas saturadas conocidos por el hombre!

Sí, esto es cierto.

Muchas personas evitan inmediatamente alejado de las grasas saturadas debido a la investigación llevada a cabo en el 1950 por el Dr. Ancel Keys Benjamin, que unía las grasas saturadas de colesterol alto en la sangre y la enfermedad cardíaca. En ese momento, fue una prueba convincente.

Estos hallazgos se produjo en un momento en que los estadounidenses buscando respuestas como enfermedades del corazón, lo que una vez fueron muy raros, se había convertido de repente asesino número uno del país. La gente quería respuestas a este problema y, por desgracia, la grasa saturada se convirtieron en el chivo expiatorio.

Dr. Keys llevó a cabo el estudio "Siete Países" en 1958, que fue el mayor estudio de la nutrición hasta la fecha. Este estudio examinó la relación entre el estilo de vida, dieta, enfermedad coronaria y accidente cerebrovascular. Se hicieron los puntos clave, pero no todas las teorías extendió eran válidas.

Antes del estudio, se piensa a menudo que las enfermedades del corazón era sólo una parte natural del proceso de envejecimiento, pero el estudio del Dr. Keys apareció para demostrar que la nutrición también podría ser un factor contribuyente - una declaración verdadera, como la dieta está ligado directamente a la salud y la calidad de vida en general.

Los hallazgos de este estudio constituyeron la base de la dieta mediterránea, que fue difundida por el Dr. Keys en un libro en 1975.

En 1961, el Dr. Keys aterrizó una posición en el comité de nutrición de la Fundación Americana del Corazón, y en ese mismo año, la AHA emitió directrices dirigidas a las grasas saturadas.

### **Esto es cuando todo empezó ...**

El Departamento de Agricultura de Estados Unidos hizo lo mismo en 1980. La política influyó en gran medida estas acciones, un hecho que cualquier escéptico de salud debe evaluar.

Otros ensayos se llevaron a cabo en los años 70, incluyendo algunos que enfrentó a las dietas ricas en aceites vegetales contra las dietas altas en grasas saturadas. Los hallazgos parecen respaldar la hipótesis del Dr. Keys. Todo estaba sonando muy legítima.

Luego, en 1977, Mark Hegsted, profesora de nutrición en la Universidad de Harvard, convenció al Senado de Estados Unidos para recomendar la dieta mediterránea a toda la nación, diciendo que los beneficios eran claras para que todos la vean y que no había riesgos identificados.

Todo esto parece ser una buena información, ¿no?

Por desgracia, había una gran cantidad de fallas en los estudios - demasiados para enumerar.

### **Defectos con los Estudios**

Las fallas comenzaron con el estudio de los Siete Países. Los países del estudio no fueron escogidos al azar, como sería el caso, lo científico a hacer, pero ellos fueron seleccionados específicamente porque probablemente una copia de seguridad creencias Dr. Keys. Cuando los factores influyentes no son elegidos al azar, los resultados serán muy unilateral.

Países como Francia, Suiza, Suecia y Alemania Occidental, donde las personas consumen una gran cantidad de grasa, pero no sufren

de altos niveles de enfermedades del corazón, fueron excluidos del estudio. Estos son algunos de los países que deberían haberse analizado más a fondo.

Nuestra comprensión de la dieta mediterránea vino de las personas estudiadas en Creta. Estas personas parecen vivir mucho tiempo en la vejez se sigue una dieta que incluía un muy bajo consumo de grasas saturadas.

Sin embargo, estos hallazgos eran defectuosos, como el Dr. Keys visitó Creta después de la Segunda Guerra Mundial, cuando el país estaba sufriendo dificultades extremas y midió sus dietas durante la Cuaresma. En otras palabras, en un momento en una gran cantidad de personas en la isla había renunciado a la carne y el queso; esto significaba que subestimaron su consumo de grasas saturadas.

Este no era el mejor momento para llevar a cabo una evaluación justa y equilibrada para un caso contra la grasa saturada.

Lo peor de todo, sus conclusiones se basaron en datos tomados de sólo unas pocas docenas de hombres - apenas lo suficiente como para hacer tales afirmaciones fuertes. Al estudiar una población, cientos deben ser evaluados, en un mínimo.

Estos defectos sólo se dieron a conocer en 2002, en un informe elaborado por los científicos que investigan la investigación de Creta, mucho tiempo después de que la desinformación se había utilizado para recomendar la dieta que muchos de nosotros siguen hoy. Esto significa que

durante casi medio siglo, la gente ha estado siguiendo consejos defectuosos.

.

Además de eso, los estudios realizados en los años 70 eran increíblemente defectuosos; que no representan los hábitos de fumar

de la gente y había muy poca regulación de los participantes a lo largo del experimento.

Es preocupante que la gente ya había sido advertido sobre las consecuencias no deseadas que podrían ser causados por esta dieta, y estas afirmaciones parecen haber sido correcta, porque estamos frente a una gran cantidad de estos temas hoy!

La grasa saturada se ha cortado de la dieta occidental, pero nosotros, como pueblo estamos quedando enfermo - algo no cuadra aquí.

### **Consecuencias no deseadas**

Para empezar, mantener una dieta baja en grasas saturadas ha llevado a nosotros comer al menos un 25% más hidratos de carbono desde la década de 1970. Este es un factor que debe ser considerado y evaluado.

La evidencia que se remonta a la década de 1950 sugiere que una cantidad excesiva de hidratos de carbono puede conducir a la obesidad, la diabetes tipo II y enfermedades del corazón. Con el tiempo, esta teoría ha demostrado ser verdadera y correcta.

Otro aspecto que debe ser cambiado y se explica en este libro es el consumo de aceites vegetales, como la cantidad de aceites vegetales en nuestra dieta ha aumentado sustancialmente en los últimos 100 años.

Este es el único aumento mayor en el consumo de cualquier tipo de alimento durante el siglo pasado.



Los primeros ensayos clínicos encontraron que las personas que siguen dietas que implican una gran cantidad de aceites vegetales se encontró que tenían tasas más altas de cáncer y los cálculos biliares. Seguramente, nadie quiere tratar con este tipo de problemas de salud.

## **La mentira de datos Doesn't**

Si usted no está completamente convencido de todo lo explicado anteriormente, vamos a explaintalk acerca de por qué usted debe reevaluar sus puntos de vista.

Un estudio realizado por la Universidad de Cambridge que fue publicado en la revista Annals of Internal Medicine, en marzo de 2014, salió con dos hallazgos importantes :.

Para empezar, ellos dijeron: "La grasa saturada no causa enfermedades del corazón." Esta declaración parece una locura, ¿verdad?

Esta es una afirmación significativa, pero las cifras de su idea! El estudio se centró en datos de más de 600.000 participantes de setenta y dos países, y se encontró que el consumo total de los sujetos de la grasa saturada no se correlaciona con la enfermedad cardíaca.

El segundo gran hallazgo es que las grasas poliinsaturadas, que hemos asumido es importante para mantener nuestro corazón sano, tener efectos adversos.

En un estudio diferente en febrero de 2015, dirigido por la Universidad del Oeste de Escocia, investigador Zoë Harcombe descubrió que este vínculo nunca fue probada.

El profesor Iain Bloom de Douglas Gordon University siguió esto diciendo que el consejo para dejar de comer alimentos grasos limpias, nunca debería haber sido dado.

Así que, como se puede ver, las grasas saturadas no son sustancias del mal que debe ser erradicado de su dieta. De hecho, con exclusión de las grasas saturadas de su dieta podría ponerlo en riesgo de enfermedades del corazón! Una vez más, se trata de una afirmación que rompe todo lo que la sociedad le ha enseñado durante los últimos sesenta años.

Pon simple y llanamente, las grasas saturadas son una parte importante de una dieta saludable.

### **¿Por qué necesita para detener la cocción con Aceite de Oliva Hoy!**

El aceite de oliva es una grasa obtenida de la aceituna, una plantfruit se encuentra en la mayor parte de Europa y África, y itthat ofrece una amplia gama de beneficios.

Este aceite se utiliza con mayor frecuencia para cocinar, sobre todo como parte de la dieta mediterránea, pero lo está utilizando como una buena idea?

### **Realmente no...**

La razón principal para recomendar este aceite particular es porque se compone de grasas no saturadas, pero cuando se calienta, esto puede alterar la estructura del aceite.

El aceite de oliva en realidad tiene un montón de beneficios para la salud; por ejemplo, las grasas monoinsaturadas y polifenoles pueden ayudar a mejorar la resistencia a la insulina y ayuda a combatir el cáncer. Esto ha sido demostrado.

**¿Por Calefacción aceite de oliva es una mala idea** El gran problema con el aceite de oliva es que los componentes que producen los beneficios para la salud son destruidos en el proceso de cocción. Todo lo que es bueno es prácticamente perdido cuando se calienta.

Las grasas monoinsaturadas, polifenoles y ácidos grasos omega están dañados o destruidos a altas temperaturas. La razón por la que esto sucede es debido a la estructura molecular - una vez calentada, cambia.

Las grasas insaturadas contienen enlaces dobles - dobles enlaces son enlaces químicos entre dos átomos diferentes - y son inestables a altas temperaturas. El aceite de coco mantiene esta estructura a altas temperaturas.

Lo que esto significa es que si usted desea recibir los beneficios de salud prometidos por el aceite de oliva, no debe ser la cocción de alimentos con él. Usted debe consumir crudo. El aceite de oliva prensado en frío orgánica brilla en ensaladas!

### **¿Por qué cocinar con aceite de coco es mejor**

Como se dijo anteriormente, el aceite de coco se compone de grasas saturadas, que son mucho mejor para uso en la cocina debido a sus estructuras moleculares. No contienen dobles enlaces y no son sensibles al calor, lo que significa que la estructura molecular permanecerá intacto después de la cocción. Estas estructuras son mucho más fuertes!

Por lo tanto, si usted desea recibir los muchos beneficios para la salud del aceite que se utiliza para cocinar sus alimentos, utilizar aceite de coco.

### **Necesitas un impulso de energía?**

Estoy seguro de que está cansado y agotado es un aspecto de la vida que muchos de nosotros podría prescindir. Por lo tanto, si usted a menudo se siente aletargado y perezoso, estarás feliz de saber que usted puede conseguir un bonito, energía rápida con aceite de coco. Es muy simple de hacer.

### **¿Cómo Boost aceite de coco de la Energía?**

La razón se obtiene un impulso de energía a partir de aceite de coco se debe a que está compuesto por ácido láurico - un triglicérido de cadena media también conocida como MCT

actúan como energía instantánea "(MCT)".

A diferencia de triglicéridos de cadena larga, que se encuentran en otras grasas saturadas, los MCT no se almacenan como grasa. En su lugar, se envían directamente al hígado donde se convierten en energía a un ritmo muy rápido. Piense en ello como el consumo de una bebida energética, pero sin todos los conservantes y azúcares.

En los últimos años, los MCT han sido utilizados como fuente de energía alternativa por los atletas de alto valor proteico, dietas bajas en carbohidratos. Las pruebas se han llevado a cabo en ratones para ver los efectos MCT tienen sobre la energía y la resistencia, y los resultados han sido alentadores. Estas pruebas ratones en comparación alimentados con una dieta que contenía MCT, a ratones alimentados con una dieta que contiene LCT. Los investigadores encontraron que los ratones alimentados con MCT superaron los TBC ratones alimentados, y mostraron mayores niveles de productividad.

### **¿Cómo puede la energía aumentar la pérdida de peso Ayuda?**

Si usted puede obtener un impulso de energía justo antes de un entrenamiento, a continuación, se mejorará su rendimiento deportivo. Esto, a su vez, le ayudará a perder peso. Realmente puede mejorar la función metabólica.

Recuerde que los MCT no puede convertirse en grasa, por lo que si usted no participar en cualquier ejercicio después del consumo, no poner en cualquier grasa adicional. Esta es una gran alternativa para el consumo de alimentos altos en carbohidratos o bebidas ricos en azúcar. El azúcar se almacena en forma de grasa y añadirá libras a una persona, pero el consumo de grasa no lo hace.

Otra característica a destacar es que el alza de la energía obtenida de los MCT no se traduce en un accidente después. ¿Cómo es eso de un refuerzo de la productividad?

## **Conclusión**

Esta información pone de manifiesto que el aceite de coco se debe recomendar para cualquier persona que quiere aumentar su energía. Esto puede incluir a las personas que se recuperan de una cirugía mayor, las personas que quieran mejorar su rendimiento deportivo, o de las personas que sólo quieren mantener su productividad durante un largo día de trabajo.

Todo lo que necesitas hacer para beneficiarse de este impulso de energía es agregar dos cucharadas de aceite de coco para su régimen de dieta diaria. Esto aumentará sus niveles de energía en un 5% para un total de veinticuatro horas! Realmente funciona, así que Pruébalo hoy!

## **Curb Esos antojos con aceite de coco!**

Si encuentras a menudo la sensación de hambre o antojo de comida durante todo el día como la mayoría de la gente, entonces usted sabe lo difícil que puede ser para seguir una dieta estricta cuando se quiere bajar de peso.

Lo peor de estos antojos es que la mayoría de las veces, cuando se tiene una sensación urgente de alimentos, no elige el alimento más saludable disponible, pero el más conveniente. Esto sucede con demasiada frecuencia.

Así que es cierto que menos hambre le permitirá mantener su plan de alimentación saludable, nutritivo, y por lo tanto va a perder peso más rápido.

Pero, por desgracia, diciendo que quieres sentir menos hambre es mucho más fácil que en realidad sentir menos hambre. A menos, por supuesto, usted tiene el aceite de coco en la mano!

## **Así hHow funciona?**

La lucha contra los antojos de azúcar con aceite de coco

El aceite de coco es un gran complemento para ayudar a hacer que se sienta lleno más rápido, evitar comer en exceso, y reducir los antojos - especialmente los antojos de azúcar. La grasa saturada tiene ese efecto en el cuerpo humano.

La razón de que anhelamos azúcar es porque es una rica fuente de energía. De vuelta en la historia humana temprana, las calorías no eran algo que nuestros antepasados podían obtener fácilmente. Así que sus cuerpos desarrollan antojos de azúcar por lo que se verían obligados a salir a buscar alimentos más calóricos. Este es el "cazador / gather" era de nuestra historia humana.

Hoy en día, es mucho más fácil de obtener y consumir azúcar, y se estima que el consumo ha aumentado de 4 a 8 libras por año durante la época del Paleolítico, a más de 100 libras anuales de azúcar hoy. Imagínese comer 100 libras de azúcar puro por año.

Esto ha tenido obviamente un impacto en el aumento de la diabetes y el hecho de que la enfermedad cardíaca es la causa principal de muerte en los Estados Unidos. Esta es una de las grandes razones por las que muchas personas son tan poco saludable hoy.

## **¿Como funciona?**

Los MCT en el aceite de coco que hablamos acerca de la ayuda anterior a sentirse lleno y frenar sus antojos. Cuando los MCT son procesados por su cuerpo, que forman cuerpos tono de tecla que ayudan a reducir el hambre. Estas cetonas son grandes para frenar el apetito.

Así que, simplemente por la cocción de los alimentos en el aceite de coco, usted encontrará que usted se convertirá en plena mucho más rápido de lo normal. Sólo este simple intercambio puede combatir los antojos de azúcar desagradables.

Estos MCT también aumentan nuestra energía (como se ha discutido en el capítulo anterior), lo que significa que el aceite de coco se puede utilizar para sustituir el azúcar como fuente de energía. Así que los MCT no sólo hacen que se sienta lleno más rápido, sino que también ayudan a combatir los antojos de azúcar. Es una situación de ganar-ganar.

### **Como se usa**

La forma más sencilla de utilizar aceite de coco para ayudar a sentirse lleno y frenar sus antojos es simplemente añadir dos o tres porciones en su dieta todos los días. Esto simplemente podría lograrse mediante la adopción de una buena cucharada sopera de la mañana.

También hay dos maneras especiales adicionales para utilizar aceite de coco para poner freno a los antojos y que le da un impulso de energía. El primero es sólo para comer dos cucharadas (por su cuenta, directamente de la cuchara) de aceite de coco -esta será inmediatamente le dará un impulso de energía y te guardará de la sensación de hambre durante un máximo de cuatro horas!

La segunda es el uso de las recetas impresionantes en la sección de recetas al final de este libro.

No se olvide de comprobar itthem fuera!

### **Quemar calorías mientras duerme!**

En el mundo moderno, la mayoría de nosotros no viven el estilo de vida que nos ayuda a mantenerse en forma natural o dormir bien. La mayoría de nosotros se sientan en un escritorio en el trabajo todo el día y luego volver a casa a ver la televisión o mirar a un ordenador. Es una manera muy sedentario de vida.

A menos que tengamos una alimentación sana o utilizamos nuestro propio tiempo para hacer ejercicio, es probable que empezar a subir de peso. Por desgracia, esto es muy común.

Con nuestros estilos de vida actuales, tenemos que encontrar otras maneras de mantener a nosotros mismos en la forma, y qué mejor manera de mantenerse en forma de comer un alimento que se quema calorías cuando estás descansando? Imagina que - mantenerse en forma mientras duermes!

## ¿Como funciona?

El aceite de coco razón quema calorías mientras que usted está en reposo es porque provoca un aumento de su metabolismo. Función metabólica es crucial para mantener y el aceite de coco puede ayudar a mantener en eficiente.

Cuando su cuerpo está digiriendo y procesamiento de alimentos, por lo general se quema el 10%

de las calorías que consume. Así que si usted consume 250 calorías, 25 de ellos se utilizará para convertir los alimentos en energía para alimentar su cuerpo.

Sin embargo, si usted come una comida de 250 calorías y reemplazar el aceite vegetal o mantequilla con aceite de coco, su metabolismo se acelerará y quemar alrededor de 15 a 20%

(37.5-50 calorías) de lo que ha consumido. Eso es un aumento dramático!

Esto se debe a la forma en que nuestros cuerpos digerir la estructura molecular de este aceite, y todo se relaciona con los MCT que discutimos anteriormente y cómo se encaminan directamente al hígado y se quema como combustible.

En un estudio llevado a cabo usando el aceite formado por los MCT, tenían treinta y un hombres y mujeres con sobrepeso siguen una dieta que nos incluyó poco más de una cucharada de aceite para las mujeres y un poco menos de 2 cucharadas para los hombres. Algunos miembros del grupo tenían aceite de oliva, y algunos de los grupo tenía el aceite MCT.



Después de cuatro meses, el grupo de aceite de oliva perdió alrededor de tres libras, pero los usuarios de aceite MCT perdió un promedio de siete libras - que es más del doble! En vista de que el grupo con aceites MCT perdió 233% más peso que el grupo de aceite de oliva, yo diría que es bastante convincente.

Los investigadores sugirieron que el impulso al metabolismo producido por MCT jugó un papel en la pérdida de peso.

### **¿Como se usa?**

Usted puede utilizar el aceite de coco para impulsar su metabolismo simplemente cocinar con ella en en ella sus comidas diarias. Y sí, esto significa que usted puede tener que cocinar más a menudo.

Sólo tiene que sustituir el aceite vegetal que normalmente utiliza para cocinar sus alimentos con aceite de coco para un buen impulso a su metabolismo.

Otra gran manera de hacer uso de este impulso metabolismo es añadir en batidos, también. Esto no sólo dará su batido un agradable sabor de coco, pero ayudará a frenar sus antojos y aumentar su energía.

Si usted consume una gran cantidad de bebidas energéticas, entonces esto puede ser un reemplazo agradable, natural que ayudará a cortar todos esos productos químicos, azúcares y cafeína de su dieta. Esto es algo que más personas deberían hacer de todos modos.

Hay una deliciosa receta batido para que usted intente al final de este libro.

Por lo tanto, si usted va a estar sentado en torno al trabajo de todo el día - sólo tiene que añadir un poco de aceite de coco a sus comidas y usted será capaz de quemar esas calorías adicionales.

¿Por qué no darle una oportunidad?

## **Pierde Esa grasa del vientre!**

### **La grasa del vientre es una pregunta difícil.**

Uno de los mayores problemas cuando usted está tratando de bajar de peso es que la grasa nunca parece dejar en los lugares que desea que lo haga. La sección media es un área difícil del cuerpo de mantener.

Si usted está tratando de dejar caer el peso de su cintura, usted probablemente encontrará que vendrá de la cara o los brazos primero! No importa lo mucho que la dieta o el ejercicio, nunca va a desaparecer en bastante la forma en que desea.

Es vital para mirar las causas potenciales de la grasa del vientre, si usted quiere perder correctamente.

### **¿Cómo se debe a la grasa del vientre?**

Una causa de la grasa del vientre puede ser la ansiedad y el estrés; esto es porque ansiedad y el estrés causan un número de efectos secundarios, uno de los cuales es el aumento de peso.

Cuando usted sufre de ansiedad y estrés, es probable que comer más alimentos de mala calidad, que los altos en azúcar y carbohidratos refinados. También se sabe que la grasa parece construir más alrededor de la zona abdominal cuando usted está sufriendo de estrés. Esto ha sido demostrado.

Gracias a Dios, junto con el aumento de la energía, aumentar el metabolismo y la supresión del apetito, el aceite de coco tiene ánimo impulsar cualidades para!

### **¿Cómo puede el aceite de coco impulsar su estado de ánimo?**

Los MCT (ahí están otra vez!) En el interior de aceite de coco ayuda a equilibrar las hormonas que reducen el estrés y la ansiedad. Es como un ecualizador endocrina extrema!

También ayudan a impulsar la producción cerebral de la serotonina, que es un gran contribuyente a la sensación de bienestar y felicidad. Más serotonina es igual a una persona más feliz.

**Cómo Comer aceite de coco le ayudará a perder su grasa del vientre** Si la grasa estrés y la ansiedad ayuda causa vientre, entonces la mejor manera de ayudar a reducir la grasa del vientre es encontrar una manera de reducir el estrés y la ansiedad.

Si esto se convierte en parte de su rutina diaria, sino que también ayudará a reducir las posibilidades de que sufren de estrés y ansiedad en el futuro, que pueden causar que usted ponga la grasa del vientre de nuevo. Todo es cuestión de equilibrio.

Otra razón thatwhy aceite de coco ayudará a reducir la grasa del vientre es debido a sus cualidades para poner freno a los antojos de azúcar. El azúcar ayuda a construir la grasa del vientre, y cuando usted reduce su consumo de azúcar, usted encontrará que su grasa del vientre rápidamente comenzará a desaparecer.

Además, si usted está más lleno de energía va a funcionar mejor cuando se trabaja, y esto afecta directamente los resultados de sus entrenamientos.

Por lo tanto, no es sólo una característica del aceite de coco que le ayuda a perder la grasa del vientre, pero todas las cualidades combinadas que comenzarán a quemar la grasa del vientre y mantenerlo de por vida. Es como un rompecabezas gigante que hay que poner juntos.

Una gran manera de utilizar aceite de coco para la reducción del estrés es aplicar el aceite de coco en la cabeza y masajear con movimientos circulares. Usted puede utilizar el aceite de coco, al permitir que se derrita en los dedos, o puede derretirlo primero y aplicarlo a la piel mientras que es un poco de calor. En general, es muy bueno para la piel.

Mediante su uso para masajear la cabeza, será calmar y ayudar a reducir sus niveles de estrés.

Por supuesto, la forma más eficaz de utilizar el aceite de coco es consumir más de lo mismo en su dieta, así que asegúrese de que están consumiendo al menos una cucharada de aceite de coco por día.

Se puede comer bien fuera de la cuchara y se puede utilizar para cocinar sus alimentos. Ambos le dará la totalidad de los beneficios como se discutió hasta ahora en el libro, y le ayudará a deshacerse de esa grasa obstinada del vientre!

Confía en mí, esto funciona !.

Enfermedades del Corazón combate con aceite de coco

Las enfermedades del corazón sigue siendo un problema importante en los países desarrollados.

Sé que es probable que haya escuchado a la gente decir que todas las grasas saturadas son malas durante toda su vida y es difícil creer lo contrario, pero la ciencia ha refutado más o menos que la teoría por ahora. La grasa saturada no es el problema.

Las grasas saturadas en el aceite de coco son grandes en el aumento de la buena forma de colesterol y, en consecuencia, reducir el tipo malo. En otras palabras, mediante el consumo de grasas saturadas, una persona puede realmente ayudar a combatir la enfermedad cardíaca.

Suena loco, ¿no? Comer grasa para luchar contra las enfermedades del corazón?

La comprensión de los diferentes tipos de colesterol

Todo puede ser un poco confuso ... pero vamos a romper con sencillez.

Hay dos tipos diferentes de colesterol:

- Uno se llama HDL, una lipoproteína de alta densidad, y el otro se llama LDL.

, Una lipoproteína de baja densidad.

Colesterol LDL también se conoce como el colesterol "malo", y se ha considerado de esta manera porque se sabe que puede bloquear las arterias y causar enfermedades del corazón. Esto es, al

menos, lo que la medicina occidental predica.

En realidad, sólo hay un "colesterol", pero las diferentes variaciones hacen diferentes funciones.

Ahora el colesterol HDL actúa de una manera que puede reducir el riesgo de enfermedades del corazón mediante la eliminación de colesterol LDL. También convierte el colesterol en el torrente sanguíneo en una forma utilizable, que a su vez ayuda a reducir la acumulación de placa en las arterias y el sistema circulatorio. Es toda una disposición increíble.

Colesterol HDL ayuda a mantener las paredes internas de los vasos sanguíneos y el sistema circulatorio general. Lo que la gente debe entender es que los daños en las paredes internas es el primer paso en el proceso de la aterosclerosis. La aterosclerosis es en realidad lo que causa ataques cardíacos y accidentes cerebrovasculares, y sigue siendo hoy en día todo demasiado común.

HDL limpia las paredes de las arterias y ayuda a mantenerlos sanos y funcionando de manera eficiente.

**Cómo MCT pueden combatir las enfermedades cardíacas** Sí, we're'l'm hablando de los MCT de nuevo debido a que sus habilidades son bastante extensas!

We're'l'm específicamente hablando de los ácidos grasos que se encuentran en los MCT, que se llaman los ácidos grasos de cadena media (MCFAs). Lo bueno de AGCM es que son capaces de matar a decenas de organismos permitiendo la enfermedad, y esto puede ser muy útil en la lucha contra las enfermedades del corazón y mantener su sistema circulatorio saludable en general.

En la década de 1970, los científicos descubrieron que los pollos infectados con el virus del herpes begaun para desarrollar aterosclerosis - un resultado extraño.

En la década de 1980, estos mismos descubrimientos fueron encontrados en los seres humanos que fueron infectados con diferentes bacterias (por ejemplo, neumonía Chlamydia) y ciertos virus del herpes.

Un estudio llevado a cabo en el Colegio Baylor de Medicina encontró que cerca del 70% de los pacientes sometidos a cirugía de anticuerpos aterosclerosis llevado relacionadas con el citomegalovirus (CMV), una infección respiratoria. Estos fueron los resultados alarmantes, por decir lo menos.

Los estudios han seguido siendo llevado a cabo en animales, que ha proporcionado la evidencia más convincente de que las bacterias contribuyen a la inflamación crónica y la formación de placa. La inflamación es un verdadero asesino, y más gente necesita entender que, como tal, si se van a recuperar la salud.

## **¿Cómo Lucha aceite de coco enfermedad**

### **cardíaca**

Para empezar, el aceite de coco es increíblemente alto contenido de colesterol HDL, así que cuando se consumen se le ayuda a limpiar el colesterol LDL de su sistema y que va a proteger su corazón. HDL es muy bueno para la limpieza de las cosas.

Como se puede imaginar, si usted no está consumiendo mucho en la forma de grasas saturadas en este momento, es posible que se obstruya las arterias y que no tendrá nada para ayudar a romper esto. Hay un equilibrio para lograr aquí.

También tener en cuenta, el hígado es la principal responsable de controlar los niveles de colesterol, por lo que mantener un hígado sano puede mejorar drásticamente sus niveles de colesterol.

Como se dijo anteriormente, el aceite de coco contiene una gran cantidad de MCT. Esto significa que el consumo de aceite de coco puede llevar a cabo todas las propiedades de infección-que revienta contenidos en la AGCM.

Recuerde que como hemos comentado anteriormente, la forma en lugares como Sri Lanka solía comer el aceite de coco como su grasa dietética primaria y su tasa de mortalidad por enfermedades del corazón fue uno de los más bajos del mundo? Este hallazgo tiene sentido, y estudios demográficos han demostrado una y otra vez.

En los últimos años, el consumo de aceite de coco ha sumergido en Sri Lanka, siendo sustituido por aceites vegetales y la margarina como los países occidentales, y en consecuencia, las tasas de enfermedad del corazón comenzó a subir. Tendencias similares han comenzado a ocurrir en zonas de la India también. Estos números no mienten.

Así que, si quieres evitar morir de enfermedad cardíaca, la respuesta es agregar el aceite de coco a su dieta tan pronto como sea posible! ¡Empezar hoy!

Cómo utilizar aceite de coco para la Lucha contra las Enfermedades del Corazón El primer paso en el uso de aceite de coco para luchar contra las enfermedades del corazón es simplemente mediante el uso de cualquier manera posible!

Siga las recetas Wei han indicado al final de este libro y empezar a consumir el aceite de coco en la actualidad. Su cuerpo va a sentir los beneficios casi de inmediato.

No importa cómo se obtiene el aceite de coco en su dieta, ya sea; usted puede cocinar con ella o come bien de la cuchara, ambos métodos son igualmente eficaces. Además, no te olvides de revisar las recetas al final de este libro.

## **Aceite de coco Cosméticos**

También es cierto que el aceite de coco puede proporcionar grandes mejoras en la piel y el cabello.

Ciencia afirma que usted puede utilizar este súper alimento para beneficios antienvjecimiento, cuidado del cabello y para eliminar el acné. Muchos estudios han arrojado luz sobre este tema.

En este capítulo, voy a correr a través de todos los diferentes beneficios cosméticos de que el aceite de coco puede proporcionar y explicar la ciencia detrás de estas grandes ventajas de belleza.

## **Antienvjecimiento**

El primero de los beneficios cosméticos proporcionados por el aceite de coco es la forma en que se puede utilizar para curar la piel de acné y reducir las arrugas. Esto se aplica a la piel dañada por el sol también.

Las propiedades antibacterianas y antifúngicas de curación de la piel ayuda el aceite de coco y en especial puede ayudar a sanar el daño causado por la sobreexposición. El aceite de coco también es rica en antioxidantes y otras vitaminas, que si no ya saben, ayuda a la piel a curar con eficacia.

La naturaleza de la arruga de reducción de aceite de coco es el más emocionante de sus propiedades anti-envjecimiento - reduce las arrugas de las siguientes maneras: Propiedades hidratantes



naturales del aceite de coco son brillantes para prevenir la sequedad de la piel - todo lo que necesita hacer es simplemente lo frota en la piel diariamente. La frecuencia recomendada es de dos veces al día, mañana y noche.

El aceite de coco también contiene un emoliente esencial - un emoliente es un agente que ayuda a suavizar la piel - y esto puede ayudar a minimizar las arrugas y mantener su piel suave y agradable. Piel más suave es mejor piel. ¿Quién no querría una piel más suave de todos modos?

Las propiedades antioxidantes Wei habló sobre la ayuda anterior a prevenir el envejecimiento causado por los radicales libres. La evidencia muestra que envejecemos porque nuestras células acumulan daños de los radicales libres en el tiempo, y esto se demuestra que es verdad.

Los antioxidantes retrasan el proceso de envejecimiento al detener los radicales libres de oxidación y al impedir que se formen. Es por esto que se recomienda una ingesta abundante de antioxidantes para aquellos que buscan envejecer bien. Verduras orgánicas ayudan en este proceso considerablemente. En combinación con el aceite de coco, vegetales añadirán muy bien en la lucha contra los efectos del envejecimiento.

## **Acné**

Mejoras extraordinarias se han encontrado en las víctimas del acné con aceite de coco. Si usted nunca ha mirado en el acné antes, es causada por una infección en las aberturas de las glándulas sebáceas. Estas glándulas secretan aceites para mantener la piel se seque y grietas, y son necesarios para la salud de la piel por lo que su mantenimiento es muy importante.

Ellos pueden obstruirse por las bacterias, y cuando esto sucede, el área comienza a inflamarse, rojo, hinchado y doloroso. Este es el acné!

El aceite de coco puede proporcionar mejoras fantásticas para los que sufren de acné, ya sea utilizado solo o junto con otros tratamientos. Y no se preocupe - como la mayoría de las personas son - sobre el uso de algo aceitoso en la piel propensa al acné. Recuerde, este aceite es bueno para la piel.

Una de las mayores razones por las que el aceite de coco ayuda se debe a que incluye el ácido cáprico y láurico, que son dos de los más poderosos agentes antimicrobianos en el mundo.

Muchos estudios han arrojado luz sobre estos agentes antimicrobianos.

Cuando estos ácidos se aplican a la piel, los microbios en la piel convertirlo en monocaprina y monolaurina, que tienen antibacteriano, antiviral, y las propiedades anti-hongos. Es una reacción con increíbles beneficios y las víctimas del acné debe probar esto tan pronto como sea posible!

Estos compouunds matan las bacterias que causan el acné y tienen la capacidad de restaurar el equilibrio natural del pH de la piel, que a su vez, reduce las posibilidades de que las bacterias que causan el acné para survivinge en el primer lugar. Considere la posibilidad de que el último combate el acné!

El aceite de coco también puede crear mejoras con sólo añadir a su comida - pero usted obtendrá los mejores resultados al aplicarlo directamente a en su cara si usted está buscando para combatir el acné por cualquier grado.

### **Bálsamo labial**

El aceite de coco se puede utilizar como un bálsamo para los labios, y es muy eficaz en el tratamiento labios agrietados. La mejor parte es que sólo un frasco que va a durar mucho tiempo.

El aceite de coco es, de hecho, tan eficaz como los bálsamos labiales químicos que se pueden comprar en las tiendas, pero es

una opción mucho más saludable si tiene que usar algo. Es más barato también, en el largo plazo, como una jarra durará más de un año.

Usted siempre debe elegir una opción saludable para cuidado de los labios, ya que consume una buena parte de lo que usted solicita allí. El bálsamo labial que constantemente pone en sus labios no sólo permanecer en el exterior de su cuerpo, como lo hace consumir en algún grado. En consecuencia, sólo se quiere poner las cosas en tus labios que usted sería feliz comiendo como parte de una comida.

Algunos bálsamos labiales incluyen ingredientes como el petróleo (que puso esto en su coche), lo cual no es del todo seguro de consumir, o oxibenzona, que es un compuesto químico que puede llegar a ser cancerígenos en la piel. Cancerígeno significa que podría causar cáncer.

Así que, ¿preferiría tomar un cóctel químico o el aceite de coco completamente natural en los labios? La respuesta es simple.

Creo que estaría de acuerdo que el aceite de coco es una mejor opción para el tratamiento de los labios secos y agrietados. Es todo-natural, además de que mantendrá tus labios hidratados durante mucho más tiempo que el petróleo. Comience a utilizar hoy mismo!

## **Cuidado del cabello**

El aceite de coco proporciona una serie de beneficios para el cabello, y si usted está buscando una manera de mantener su pelo brillante y hermoso, entonces usted tendrá que usar el aceite de coco con bastante frecuencia. Usted puede hacerlo por la mañana o antes de acostarse.

Un beneficio increíble de utilizar el aceite de coco en el cabello es que trata la caspa mejor que cualquier champú anticaspa comercial - de hecho, la aplicación regular de aceite de coco se libraré de la caspa para siempre! He visto que esto ocurra a la gente que conozco personalmente y he trabajado. ¡Es asombroso!

La mejor manera de utilizar el aceite de coco en el cabello como acondicionador del cabello para la salud y la longevidad. Es mejor para tu cabello que cualquier acondicionador de cabello sintético en el mercado, ya que no desea que todos esos productos químicos repugnantes en su cabeza.

Usted puede hacer un gran acondicionador para el cabello casero mezclando henna con aceite de coco y leche caliente para hacer una pasta.

Aplicar la pasta a tu cabello durante 20 minutos y luego enjuague completamente. Es una buena manera de mantenerse sano y natural dentro de su régimen de cabello.

Esta receta de acondicionador para el cabello es muy eficaz, especialmente para el cabello seco, y no tiene efectos secundarios en absoluto. Si es natural, es de gran uso.

Otra forma de utilizar aceite de coco para el acondicionamiento del cabello es aplicar aceite calentado a tu cabello durante la noche y luego enjuague en la mañana. Repita esto una vez cada pocos días para el cabello sano, fuerte acondicionado. Sólo una pequeña cantidad es necesaria.

### **Aceite de coco para la salud dental?**

¿Se siente como si usted podría utilizar un poco de ayuda con sus dientes y encías?

¿Ha encontrado que los productos dentales convencionales no están ayudando a que todo lo que dicen que debería? La salud bucal es muy importante para la salud en general, y no mucha gente se da cuenta de esto.

Si este es tu caso, es posible que desee probar el antiguo método de tirar aceite. Ha sido alrededor por un tiempo muy largo.

### **Lo que está tirando de petróleo?**

Aceite de tracción es un remedio natural, que utiliza sustancias inocuas (como el aceite de coco) para limpiar y desintoxicar los dientes y las encías.

Hay pruebas que sugieren que, naturalmente, blanquear sus dientes, y también se sabe para mejorar la salud de sus encías y eliminar las bacterias dañinas. La ciencia ha arrojado luz sobre estas afirmaciones.

### **¿Qué beneficios puede Petróleo Tirando Proporcionar?**

La idea de aceite tirando es buches con el aceite en la boca durante un corto tiempo cada día.

Esto ayudará a mejorar su salud bucal utilizando el principio "semejante disuelve como." Ponlo en tu boca, y buches y gárgaras como lo haría con enjuague bucal. El aceite es capaz de cortar a través de la placa andwill eliminar las toxinas sin molestar a los dientes o las encías. Por favor, asegúrate de que Dodo no traga el aceite cuando haya terminado.

Aceite de tracción puede llevarse a cabo utilizando cualquier tipo de aceite orgánico de calidad alimentaria. La ciencia detrás tirando de aceite es muy simple: los aceites se unen a la mala placa en los dientes y reducir el número de bacterias en la boca. Neutraliza estas amenazas.

Una de estas bacterias es Streptococcus mutans, que ha sido estudiado por su papel en la caries dental y la enfermedad de las encías. Aceite tirando con aceite de coco se ha demostrado que reducir el número de Streptococcus mutans bacterias en la boca.

### **Cómo Tire Petróleo**

Para iniciar el aceite tirando de hoy, todo lo que tienes que hacer es: Ponga 1 -2 cucharas teasable de aceite de coco en la boca.

Barrido durante 10 - 20 minutos (el aceite debe ser de color blanco cremoso cuando escupió).

Escupir en el bote de basura (no trague como debe estar lleno de las bacterias).

Enjuagar con agua tibia.

Cepillo así para asegurar que todas las bacterias restantes se extirpa.

### **¿Hay algo de aceite de coco no puede hacer?**

Por ahora su mente probablemente ha soplado por todas las cosas que el aceite de coco puede hacer.

No quiero sonar como una mala infomercial ... Pero espera - hay mucho más!

El aceite de coco tiene incluso usos más increíbles que nunca habría imaginado. De hecho, puedo garantizar que usted no habría adivinado que el aceite de coco puede hacer todas estas cosas.

Así que, vamos a ver qué más se puede hacer!

### **Utilizar como protector solar**

Sí, realmente se puede utilizar el aceite de coco como un protector solar natural! De hecho, los primeros filtros solares comerciales utilizan el aceite de coco como su ingrediente principal.

Es importante asegurarse de que siempre obtenga algún tipo de protección contra el sol ya que la radiación ultravioleta es la causa número uno de cáncer de piel. Sun es ideal para la salud de uno, pero en pequeñas cantidades reguladas.

Sin embargo, yo le aconsejaría abandonando todas sus filtros solares comerciales debido a los productos químicos en ellos.

Sé que esto va en contra de los consejos que normalmente escucha, pero la investigación llevada a cabo por varias fundaciones de cáncer indica que algunos de los productos químicos en los filtros solares comerciales pueden contribuir al desarrollo de algunos tipos de cáncer y alteraciones endocrinas.

La mayoría de los filtros solares comerciales están llenos de parabenos, que son conservantes que se encuentran también en muchos otros productos cosméticos.

La investigación ha llegado a la conclusión que los parabenos pueden aumentar el riesgo de cáncer de mama y pueden interferir con el sistema reproductor masculino.

Los protectores solares incluyen también los productos químicos nocivos, como oxibenzona, que discutimos en el último capítulo, y palitata retinol. Algunas investigaciones han vinculado palitata de retinilo en combinación con rayos ultravioleta a un aumento en el riesgo de cáncer.

Este peligro es fácil de evitar si simplemente deja de usar protectores solares convencionales.

Lo que es peligroso en la mayoría de los protectores solares en el mercado hoy en día es que son parcialmente absorbidos por la piel. Piensa en ello, ¿le gustaría una sustancia química que podría aumentar el cáncer de mama o de dermatitis de contacto causa para ser absorbidos por la piel? Su piel es el órgano más grande, y cualquier cosa poner en ella finalmente entrar en el torrente sanguíneo.

El aceite de coco proporciona un SPF (Factor de Protección Solar) de aproximadamente 8, que no es muy alto, pero si se aplica con frecuencia, que se mantendrá la piel hidratada y que sea menos probable que se queme.

La mejor manera de utilizar el aceite de coco como un protector solar es combinarlo con otros protectores solares seguros que contienen óxido de zinc. Muchos de estos protectores solares seguros se puede encontrar en las tiendas legítimas de alimentos saludables.

El óxido de zinc actúa como una barrera física en la piel y ofrece la misma protección que llevaba una larga camiseta de manga (que es la mejor manera de protegerse del sol!).

El único problema con los productos tradicionales de óxido de zinc es que dejan una sustancia blanca pastosa toda la piel, un efecto secundario que no es muy atractivo.

Así que la mejor opción para usted es comprar óxido de zinc micronizado, que ofrece la misma protección pero sin los efectos secundarios no deseados.

La mejor manera de combinarlos es usar protector solar de óxido de zinc en la mañana, la primera vez que sale el sol, para darle una fuerte protección contra los rayos ultravioletas.

Después de unas pocas horas, aplicar el aceite de coco para hidratar la piel y complementar el óxido de zinc. Trabajan bien con los demás.

## **Eliminar Maquillaje para ojos**

### **Las señoras, usted debe hacer esto!**

Si usted no tiene ninguna removedor de maquillaje por toda la casa, no se preocupe! En realidad se puede utilizar el aceite de coco como un gran, natural removedor de maquillaje!

Siga estas instrucciones antes de lavarse la cara al final del día: simplemente coloque un poco de aceite de coco en el dedo y frote suavemente el dedo hacia abajo a través de sus pestañas para eliminar el maquillaje de ojos. Repita según sea necesario.



## **Cara y Cuerpo Hidratante**

Hemos hablado mucho sobre las propiedades hidratantes del aceite de coco, así que creo que difícilmente va a ser una sorpresa que me voy a recomendar su uso como una crema hidratante o loción diaria.

Sé que puede ser difícil de alejarse de las cremas hidratantes regulares que se utilizan actualmente, pero te preguntas, ¿le comer?

Si no ... ¿por qué se los puso en su cuerpo? Si está en su cuerpo, que va a terminar en el interior también.

La mayor parte de las cosas que usted pone en su piel se absorben a través de sus membranas y entrar en el torrente sanguíneo. ¿De verdad quiere que los productos químicos de esas cremas hidratantes en la sangre? Es el mismo concepto que los protectores solares. Todos los cosméticos deben ser evaluados para determinar si son seguros para su cuerpo. Natural es siempre lo mejor.

Así que, ya que sabemos que lo que no se debe utilizar, ¿por qué debería estar utilizando el aceite de coco?

Bueno, ya hemos visto todos los grandes beneficios que el aceite de coco puede proporcionar para su piel. Pero la mejor razón para usar el aceite de coco como una crema hidratante es que los MCT en el aceite de coco penetrará profundamente la piel, hidratándola sin dejar una sensación grasosa.

Además, el aceite de coco contiene una gran cantidad de vitamina E, que si no ya saben, ayudan a la piel a recuperarse dañado.

El aceite de coco también es completamente seguro de usar en bebés y niños, y usted no tiene que preocuparse si se pone en la boca de su hijo. Recuerde, es la comida.

O, si usted no tiene hijos, pero está embarazada, entonces el aceite de coco es ideal para prevenir

las estrías!

Por lo tanto, si usted desea utilizar el aceite de coco como una crema hidratante, puedes fundirlo y ponerlo directamente sobre la piel o puede seguir una de las grandes recetas al final de este libro, tanto para el aceite de coco manteca corporal o una loción eficaz .

### **Como un desodorante**

¡Si, en verdad! El aceite de coco es perfecto para hacer su propio, natural, desodorante casero.

Estoy seguro de que puede que se pregunte qué es exactamente mal con su desodorante normal.

Se hace el trabajo, así que estoy seguro que usted se está preguntando si realmente desea cambiar a un desodorante casero y arriesgarse a la vergüenza de no trabajar.

Muy pocos realmente funcionan bien, y la mayoría son peligrosos.

Bueno, si alguna vez has mirado algunos de los ingredientes en una lata de desodorante, que podría haber visto la lista de sustancias químicas que contiene, y es posible que se haya preguntado qué tipo de problemas que estos productos químicos pueden causar. El aluminio es uno de tales preocupación.

Durante empezar, hay parabenos en desodorantes, y sabemos qué tipo de problemas pueden causar como se dijo anteriormente. Luego están los ftalatos, que pueden causar cáncer, defectos de nacimiento y la infertilidad. De hecho, los problemas que pueden ser causados por estos productos químicos son demasiado largo enumerar!

Algo que en ocasiones se incluye se llama triclosan. Este producto químico no sólo causa efectos secundarios terribles, pero se ha sabido de influir en el desarrollo de bacterias resistentes a los antibióticos! ¡No está bien!

Si aún no lo ha decidido que hacer el cambio a los desodorantes naturales puede ser un sabio, entonces es posible que desee considerar si realmente quieres ser la aplicación de compuestos de aluminio sobre la piel a diario. Los metales pesados no son buenas para el cuerpo.

El aluminio es un ingrediente vital en los antitranspirantes, ya que se une a los electrolitos en el sudor para formar un tapón de gel en el conducto de la glándula de sudor. Básicamente tapona los poros y evita que el cuerpo hace lo que tiene que hacer.

Por desgracia, el aluminio tiene algunos efectos secundarios muy asustadizos, incluyendo el cáncer y la enfermedad de Alzheimer! Estas afirmaciones han sido probados por el tiempo de la ciencia y otra vez.

Si usted es como yo, podrás pensar que si hay una, desodorante eficaz naturales por ahí, usted querrá cambiar a ella pronto!

El aceite de coco es capaz de trabajar como un desodorante natural con sólo aplicarlo a los dedos y dejar que se derrita antes de aplicarlo a las axilas. Mezclándola con bicarbonato de sodio hará que sea aún más fuerte. Hay numerosos ejemplos de personas que utilizan el aceite de coco por sí misma como un desodorante y obtener resultados fantásticos.

## **Bebé Hidratante**

Como se explicó anteriormente, el aceite de coco es muy seguro de usar con los niños. Se puede utilizar como una loción para su bebé, y no importa si se pone en la boca de su bebé, ya que es completamente seguro para comer.

## **Hecho en casa bebé Wash**

También se puede utilizar como un lavado de bebé hecha en casa. Piense en todos los productos químicos que se encuentran en su lavado de bebé en la tienda traído y pregúntese si usted piensa que

son el tipo de cosas que usted desea que se pone en la piel de su bebé.

Recuerde que la mayoría de las cosas que usted pone en su cuerpo entran en el torrente sanguíneo, por lo que lo que realmente quieres estas sustancias químicas entrar en el cuerpo de su hijo?

### **Cuna Tratamiento Cap**

El aceite de coco se puede utilizar como un tratamiento de la costra láctea, también! La costra láctea es una infección por hongos, pero las propiedades antifúngicas de aceite de coco se dirigirá a la causa raíz de este problema con facilidad.

Para completar este proceso, masajear el aceite en la cabeza del bebé y dejar actuar durante 20

minutos - el aceite aflojar las escamas y nutrir el cuero cabelludo del bebé. Si se calienta el aceite antes de aplicar, en lugar de dejar que se ablande en los dedos, por favor asegúrese de comprobar que no es demasiado caliente antes de aplicarlo a la cabeza del bebé. Afterthen, enjuague el aceite apagado y utilice un cepillo para peinar el cabello del bebé y de quitar cualquier escamas sueltas.

### **Cream Nappy Rash**

El aceite de coco hace para una gran crema de la dermatitis del pañal, gracias a las propiedades de la reparación de la piel de la vitamina E - todo lo que necesita hacer es aplicar aceite de coco para la zona. El aceite actúa como una barrera para detener cualquier infección más allá y se va a tratar la piel que ya ha sido infectado.

Si está utilizando un aplicador de tela, que puede haber dado cuenta de que algunos tratamientos serán la ruina; por suerte el aceite de coco no hará esto.

### **RECETAS:**

## Coco asado patatas dulces

### Ingredientes:

- 3 cucharadas de aceite crudo de coco prensado en frío con certificación orgánica
- 2 1/2 libras de batatas orgánicos
- 1/4 cucharaditas de sal del Himalaya fina
- Pimienta negro
- - Rallado ralladura de limón

### Instrucciones:

- Cortar las patatas dulces en pequeños trozos
- Precalentar el horno a 400 grados F
- Fundir el aceite de coco en una cacerola a fuego medio
- En un tazón grande mezcle las papas con aceite, sal y pimienta
- Patatas Spread en una sola capa sobre una bandeja para hornear con aceite
- Hornear durante unos 45 minutos, revolviendo de vez en cuando
- Pasar a un tazón y mezcle con la ralladura de limón de nuevo
- ¡Servir! :)

## El aceite de coco barras de chocolate Energía

### Ingredientes:

- 1/4 taza de manteca de cacao

- 1/3 taza de aceite crudo de coco prensado en frío con certificación orgánica
- 1/3 taza de miel cruda
- 1/3 taza de cacao en polvo
- 2 tazas de coco rallado
- Stevia al gusto (no poner demasiado ...)

#### Instrucciones:

- Derretir la manteca de cacao en una cacerola a fuego lento
- Añadir el aceite de coco en la sartén derretir
- Agregar la miel cruda en la sartén y revuelva bien
- Añadir el cacao en polvo en la sartén y mezclar
- Añadir el coco rallado en la sartén y mezclar
- Añadir la stevia en la sartén y mezclar
- Vierta la mezcla en un plato para hornear forrada con papel de horno y colocar en un refrigerador hasta endurecido.
- ¡Disfrutar! :)

#### El azúcar Buster

#### Ingredientes:

- El aceite crudo de coco prensado en frío con certificación orgánica
- - Mantequilla de nueces
-

- - Miel cruda

Instrucciones:

- Fundir el aceite de coco
- Mezcle partes iguales mantequilla de nuez y aceite de coco
- Mezcla de miel cruda
- Traslado a un frasco que se puede llevar con usted
- Coma cuando sienta ansias de azúcar!
- ¡Esto funciona!

Plátano Coco Colada Smoothie

Ingredientes:

- 1 taza de leche de coco orgánico
- 1/3 taza de jugo de piña orgánica
- 2 plátanos orgánicos congelados
- 1/2 taza de trozos de piña
- 1/2 taza de yogur griego orgánica
- 1 1/2 de cucharadita de extracto de vainilla
- Una pizca de sal del Himalaya
- Copos de coco secas

Instrucciones:

- Combinar todo excepto el coco seco en una licuadora

- Puré hasta que quede suave
- Decorar con copos de coco como se desee

## Coco Pollo asado

### Ingredientes:

- 1 pollo entero orgánico de corral
- Sal del Himalaya y pimienta negro
- 1 cebolla amarilla orgánica
- 1 tallo de apio orgánico
- 3 dientes de ajo - cortados por la mitad
- 1/4 taza de hierba alimentado mantequilla derretida
- 1/4 taza de aceite de coco derretida
- 1/2 taza de caldo de pollo
- 1 1/2 cucharadas de almidón de maíz
- 2 cucharadas de agua

### Instrucciones:

- Precalentar el horno a 425 grados F
- Retire las menudencias
- Temporada de la cavidad con sal y pimienta
- Rellene el pollo con la cebolla, el apio y el ajo
- El aceite de coco cepillo y la mantequilla derretida en el pollo



- Sazonar con sal, pimienta y ajo en polvo
- Colocar en una asadera
- Hornear durante unos 12 minutos
- Reduzca el calor a 350 grados y rociar el pollo
- Hornear durante 1 hora
- Pollo Baste con jugos de la sartén cada 10 minutos, además de los últimos 15 minutos
- Pour jugos de la sartén en una cacerola pequeña añadir el caldo de pollo
- Añadir más o menos comùn / agua para ajustar la riqueza
- Añadir el almidón de maíz al agua para hacer una pasta y batir en la salsa para alcanzar la consistencia deseada
- Bata y hervir hasta que la salsa haya espesado
- Servir con el pollo asado! :)

### Saludables coco Galletas!

#### Ingredientes:

- 4 plátanos grandes, asegúrese de que estén bien puré (1 1/2 tazas)
- - 1/4 taza de aceite de coco derretida
- derretido
- 1 taza 1/2 cucharadita de extracto de vainilla
- 2/3 taza de harina de almendra

- 2 1/2 tazas de copos de avena
- 1/3 taza de coco rallado y / sin azúcar
- 1/2 cucharadita de canela
- 1/2 cucharadita de sal del Himalaya
- 6 - 8 onzas de chispas de chocolate
- 1 cucharadita de polvo para hornear

#### Instrucciones:

- Precalentar el horno a 35060 grados F
- Combinar los plátanos, el extracto de vainilla y el aceite de coco, así como el extracto de vainilla en un tazón grande
- Dejar de lado
- Utilice otro recipiente para mezcle la avena, la harina de almendra, avena, canela, coco rallado, canela, sal y polvo de hornear
- Añadir todos los ingredientes secos restantes y revuelva hasta combinar totalmente them.d
- Incorporar el chocolate
- Lugar cucharadita sizedsmall "cucharadas" de masa, una pulgada de distancia, sobre una bandeja para hornear forrada pergamino
- Hornear durante 123 - 15 minutos
- Disfrutar :)

Soja y Miel de pollo con coco Arroz

## Ingredientes:

- 5 cucharadas de miel cruda
- 5 cucharadas de salsa de soja
- £ 1 sin hueso, los muslos de pollo sin piel
- 5 oz de arroz integral orgánico
- Una pizca de sal del Himalaya
- 1 cucharadita de aceite de coco
- 1 cucharadita de semillas de sésamo negro
- Un puñado de hojas de cilantro fresco
- 1 cucharadita de semillas de calabaza picada

## Servir

- 1 cucharada de aceite de sésamo
- 2 cabezas de bok choy, reducido a la mitad

## Instrucciones:

- Mezclar la miel y salsa de soja en un tazón
- Añadir los muslos de pollo y mezclar en el adobo hasta que esté completamente recubierto
- Coloque el pollo muslos en una cacerola profunda
- Coloque la cacerola a fuego medio y cocine hasta que la capa de miel y soja ha espesado y el pollo esté cocido.

- Mientras que el pollo se cocina añadir el arroz, 10 ½ oz de agua y sal a una sartén y llevar a ebullición
- Reduzca el fuego y cocine a fuego lento el arroz, cubierto durante unos 30 minutos
- Sésamo Caliente el aceite en una sartén grande a fuego medio por separado
- Añadir el bok choi y cocine por 5 minutos
- Cuando el arroz esté cocido, fluff para arriba con un tenedor y remover a través del aceite de coco, semillas de sésamo y cilantro
- Espolvorear sobre las semillas de calabaza picadas
- Vierta el arroz en los platos de servir y la parte superior con soja y miel pollo
- Coloque el bok choi junto
- ¡Servir!

Aceite de coco Lip Balm

Ingredientes:

- Caldera Doble
- Utensilio de agitación
- 1 cucharada de aceite de coco
- 1 cucharada de cera de abeja
- 1 cucharadita de aceite de palma roja

Instrucciones:

- Coloque todos los ingredientes en la olla doble
- Calentar a fuego lento
- Derretir los aceites y cera junto
- Mezclar bien la mezcla y se vierte en un pequeño recipiente de almacenamiento
- Deje que se enfríe antes de usar

### Aceite de Coco Body Butter Receta

#### Ingredientes:

- 1 taza de aceite de coco
- Unas gotas de sus aceites esenciales favoritos para la fragancia
- 1 cucharadita de aceite de vitamina E (opcional)

#### Instrucciones:

NOTA: No derretir el aceite de coco, sólo avivar si es sólida

- Coloque todos los ingredientes en un tazón
- Mezclar a velocidad alta hasta batida en una luz, consistencia aireado (alrededor de 8 minutos)
- Use una cuchara para retirar el cuerpo de aceite de mantequilla de coco, guárdelo en un frasco de vidrio y tape bien. Tarros de masón funcionan mejor.
- Conservar a temperatura ambiente o en un refrigerador

### Lujoso Loción hidratante

#### Ingredientes:

- 1/2 taza de aceite de almendras
- 1/4 taza de aceite de coco
- 1/4 taza de cera de abeja
- Pinta frasco de vidrio de tamaño (Puede comprar uno específicamente para esto o usted puede volver a usar un tarro de cristal de pepinillos, aceitunas u otros alimentos.) Cualquiera debería funcionar bien.

#### Instrucciones:

- Combinar los ingredientes en la jarra de vidrio
- Llene una olla mediana con unas pulgadas couplefew de agua
- Colocar a fuego medio
- Ponga una tapa en el frasco ligeramente y colocar en la sartén
- Los ingredientes en la jarra comenzará a fundir
- Agitar o stirStir ocasionalmente cuando sea necesario
- Verter en cualquier frasco o lata que va a utilizar para el almacenamiento Desodorante Natural Casera

#### Ingredientes:

- - 1/4 taza de aceite de coco derretido sin refinar virgen extra ecológico
- (4 cucharadas de aceite de coco sólida)
- 1/2 taza de bicarbonato de sodio
- 10 a 12 de gotas de aceites esenciales

- Frasco de vidrio con tapa o viejo contenedor de barra desodorante

Instrucciones:

- Coloque todos los ingredientes secos en un tazón
- Añadir el aceite de coco derretido y aceites esenciales
- Revuelva muy bien
- Verter la pasta en un frasco antes de que se solidifica
- Dejar enfriar naturalmente, a continuación, colocar en la nevera para que se solidifique completamente

## **Conclusión**

A estas alturas ya debe estar muy emocionado por comenzar su viaje a los beneficios para la salud y la extensa mundial de aceite de coco.

Espero que o bien tienen una tina de prima el aceite de coco orgánico certificado listo para comenzar a utilizar de inmediato, o que has pedido un solo y que está a la espera de la entrega prensado en frío! Ahora se puede comprar en cualquier tienda de comestibles, ya que se ha convertido en ampliamente disponible.

Si desea utilizar el aceite para cocinar o si desea utilizarlo para sus fines cosméticos, debe querer empezar a utilizarlo de inmediato!

La razón por la que estoy diciendo que usted comience a usarlo ahora es que es que en el momento de empezar a utilizarlo dentro de su régimen diario, usted comenzará beneficiarse de todas sus propiedades para la salud-que alza.

Pero cuanto más tiempo espere, más daño que podría estar haciendo a ti mismo!

Por lo tanto, romper el ciclo y empieza a disfrutar de un estilo de vida más saludable con aceite de coco!

ACEITES ESCENCIALES PARA

PRINCIPIANTES

*El poco conocido SECRETOS PARA ACEITES ESENCIALES Y*

*AROMATERAPIA PARA LA PÉRDIDA DE PESO, LA BELLEZA Y LA*

*SANIDAD*

*Ella Marie*

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## **INTRODUCCIÓN**

Es posible que haya oído otra celebridad entusiasmado sobre su nuevo producto de belleza, un aceite raro de Marruecos, o tal vez usted ha sido testigo de la transformación de la piel de un amigo de la seca y sin brillo que increíblemente suave y radiante. Cuando usted pregunta a su amigo sobre el elixir mágico que provocó este rápido cambio en la calidad de su piel, ella pronuncia "aceites esenciales". Su interés se despertó ahora; usted está acelerado y listo para descubrir el mundo de los aceites esenciales, y tiene previsto utilizar a diario para afectar cambios positivos a lo largo de su vida. Sin embargo, un par de pulsaciones de teclado más adelante, usted encontrará que descubrir el reino de los aceites esenciales no será una tarea tan fácil después de todo. "Aceite esencial" El término de búsqueda produce 47,300,000 resultados en Google y cada página tiene su propio pedacito de la información con su propia realidad y la ficción. Si tan sólo pudiera encontrar un libro que presenta información sobre los aceites esenciales con los hechos que lo respalden - un libro que da los usos prácticos de los aceites esenciales y las recetas que puede utilizar para crear aceites más potentes mezclando dos o más aceites existentes .

Este es su momento eureka, porque has encontrado el libro que va a hacer todo eso y más. En este libro, voy a presentarte al tema de los aceites esenciales y aromaterapia. Voy a dar una información completa sobre los aceites esenciales y sus orígenes, propiedades, usos, almacenamiento y uso seguro. En el momento de terminar este libro, usted estará bien equipado con el conocimiento de la forma de determinar la calidad de los aceites esenciales en términos de su pureza, grado y la integridad.

Entonces, sigue leyendo si usted está listo para dar ese paso para convertirse en un conocedor de aceite esencial; Te lo prometo, que es una decisión que no se arrepentirá.

## ¿CUÁLES SON LOS ACEITES

### ESENCIALES?

Los aceites esenciales no son una nueva moda que ha surgido en el último par de semanas; que han existido durante siglos y han sido utilizados por personas en todo el mundo para fines cosméticos, espirituales, medicinales, y emocionalmente edificante. Los aceites esenciales son los compuestos aromáticos naturales extraídos de las cortezas, semillas, raíces, tallos, flores y demás partes de plantas. El término "aceite esencial" se deriva de "aceite de excelencia" el plazo original de las antiguas ideas de Aristóteles. Aristóteles creía que la materia estaba formada por cinco elementos: aire, fuego, agua, tierra, y el quinto elemento, o la "quintaesencia", cree que es el espíritu o fuerza vital de la cuestión. Por lo tanto, se cree que los aceites esenciales que contienen la fragancia característica de la planta junto con todas sus propiedades beneficiosas.

Hoy en día, sabemos que no hay tal elemento conocido como el "quintaesencia", pero eso no significa que no existan los aceites esenciales. Ellos existen, y desempeñan importantes funciones biológicas de las plantas que los fabrican. La mayoría de los aceites esenciales atraen a los polinizadores a sus plantas por los aromas seductores que emiten. Esto es biológicamente importante para las plantas, ya que necesitan ser polinizadas por insectos y pequeños animales para sobrevivir, pero nosotros, los humanos han descubierto estos olores para ser relajante y tonificante a veces también. Los aceites esenciales también juegan el papel de defensa en las plantas debido a su propiedades antibacterianas y antifúngicas; que desempeñan los mismos papeles antibacterianos y antifúngicos cuando se aplica a la piel e incluso se han demostrado para estimular el rebrote de piel más sana y más fuerte. Así que, como ves, aceites esenciales tienen importantes propiedades atractivas, protectoras y regeneradoras que podemos hacer uso de si sabemos cómo utilizarlos correctamente.

De hecho, los aceites esenciales han sido utilizados por las diferentes civilizaciones y culturas diferentes durante miles de años. Sigue leyendo y descubre cómo las antiguas civilizaciones extraídos y utilizados diferentes aceites esenciales de diferentes plantas y cómo se pueden utilizar en la actualidad.

## **HISTORIA DE ACEITES ESENCIALES**

### **EGIPTO**

La evidencia indica que los antiguos egipcios usaban aceites aromáticos ya en 4500 antes de Cristo. Ellos eran una parte importante de la cultura egipcia, ya que se utilizaron para la religión, la cosmética, la meditación, la curación, y otros aspectos de la vida.

Los antiguos egipcios inventado una famosa mezcla de hierbas hecho de dieciséis ingredientes diferentes y especialmente mezclados-para crear una sustancia conocida como "Kyphi." Kyphi fue utilizado como un perfume, como medicina, y también como incienso.

Aceites esenciales especiales fueron asignados a cada dios egipcio e incluso faraones se les dio sus propias mezclas únicas. En un momento en la historia del Antiguo Egipto, sólo los sacerdotes se les permite tener ciertos aceites esenciales, porque los aceites esenciales se consideren necesarias para intercesiones con sus dioses.

### **CHINA**

Los chinos primero comenzaron a usar los aceites esenciales entre 2.697 y 2.597 antes de nuestra era; esto fue durante el reinado del legendario Emperador Amarillo, Huang Ti. Se cree que el autor de la llamada reservado "libro de Medicina Interna del Emperador Amarillo." Este libro contiene una gran cantidad de información acerca de varios aceites esenciales y aromáticos, y todavía es utilizado por muchos Oriental Medicinal practicantes hoy.

## **INDIA**

La medicina tradicional de la India conocida como "Ayurveda" ha estado utilizando aceites esenciales en pociones de curación de más de tres mil años. Su lista de guiones medicinal más de setecientos sustancias (como el jengibre, canela, sándalo y mirra) y sus aceites esenciales como curanderos potentes. Es interesante notar que la medicina ayurvédica se utilizó con éxito para reemplazar a los antibióticos ineficaces que estuvieron presentes durante el brote de la peste bubónica. Además de sus efectos medicinales, aceites esenciales también se utilizaron filosóficamente y espiritualmente por los médicos ayurvédicos, ya que se creía que eran una parte de la naturaleza divina.

## **GRECIA**

Los griegos adoptaron el conocimiento de los aceites esenciales de los egipcios y les registraron entre 400 y 500 antes de Cristo. También adoptaron el conocimiento de la medicina ayurvédica de los indios y la incorporó a su cuerpo de conocimiento existente.

Fue esta mezcla de conocimientos desde el Antiguo Egipto y la India antigua que el médico griego Hipócrates, también conocido como El Padre de la Medicina, que se utiliza para documentar los efectos de algunos trescientas plantas diferentes, incluyendo el azafrán, tomillo, comino, orégano y menta. Hipócrates ha hecho una importante contribución a la medicina moderna como la conocemos hoy, y todos los médicos tienen que tomar un compromiso, conocido como el "juramento hipocrático", en honor del fallecido Hipócrates.

Otro griego notable, que puso las plantas y los aceites esenciales que contienen un buen uso medicinal, fue Galeno. Él era un cirujano en una escuela de gladiadores, y se dice que ningún gladiador que fue colocado bajo su cuidado sucumbió a sus heridas y murió. Galen hizo buen uso de los aceites esenciales, y pronto fue promovido a ser el médico personal del gran emperador romano Marco Aurelio. Galen hizo una amplia investigación sobre las plantas y sus

propiedades y plantas divididas en diversas categorías medicinales. Algunas de estas categorías se utilizan incluso para el día de hoy.

Soldados griegos también hicieron uso de aceites esenciales. Llevaban ungüentos de Mirra con ellos para tratar infecciones cuando iban a la batalla.

## **ROMA**

Los romanos hicieron uso de aceites esenciales de diferentes maneras. En lugar de utilizarlos con fines medicinales, que los usaron con fines estéticos y terapéuticos, y fueron conocidos por las enormes cantidades de aceites perfumados que aplican a sus prendas de vestir, ropa de cama y cuerpos. También era habitual que los romanos de usar los aceites esenciales en sus baños y masajes.

Los médicos romanos eran ávidos lectores de la literatura producida por hipócratas y Galeno, y durante la caída del Imperio Romano, los médicos romanos huyeron a otras tierras con las copias de estos textos antiguos. Estos textos fueron luego traducidas a diferentes idiomas, como el árabe y el persa.

## **PERSIA**

Un niño prodigio conocido como Ali Ibn-Sana (también conocido como Avicena árabe) se convirtió en un médico popular y erudito por la tierna edad de 12. Él escribió varios libros sobre ochocientos plantas y sus diferentes efectos sobre el cuerpo humano. También fue la primera persona en descubrir y registrar el método de destilación de aceites esenciales a partir de materiales vegetales. Sus métodos de destilación se siguen utilizando hoy en día.

## **EUROPA**

Los caballeros y sus ejércitos pasaron un amplio conocimiento de las hierbas medicinales que han aprendido a lo largo de Europa Occidental y el Oriente Medio durante la época de las Cruzadas. Los

caballeros adquirió el conocimiento de cómo extraer los aceites esenciales de otras civilizaciones, y ellos los utilizan para hacer perfumes.

En el siglo 14, durante la época de la peste bubónica, los europeos quemaron incienso de pino y en las calles para evitar "malos espíritus". Menos personas en realidad murieron a causa de la plaga en las áreas donde esto se hizo.

Muchos europeos se acercó con la literatura valiosa que todavía se utiliza en algunas áreas en la actualidad. El principal de ellos fue el químico francés René-Maurice Gattefossé y Nicholas Culpeper.

Fue René-Maurice Gattefossé que acuñó el término "Aromatherapie" mientras él estaba investigando las propiedades antisépticas de aceites esenciales, y más tarde pasó a publicar un libro en 1928, que describe vívidamente los aceites esenciales y sus propiedades curativas. Este libro tuvo una profunda influencia en las prácticas medicinales en Francia en el momento. René-

Maurice Gattefossé descubrió las propiedades curativas de la lavanda por un accidente que había ocurrido en su laboratorio en el que estaba muy quemado. Para disminuir el dolor de la quemadura, que rápidamente sumergió la mano afectada en el líquido que estaba más cerca de él.

Este líquido es el aceite esencial de lavanda, y para su sorpresa, la herida sanó sin cicatrices o infección. Después de este descubrimiento, él, junto con otros colegas, llevó a cabo una amplia investigación sobre las propiedades curativas de la lavanda, y pronto la lavanda se utiliza en todos los hospitales de Francia. Cuando la gripe española, finalmente hizo su camino hacia el país de Francia, no hay personal del hospital murieron como consecuencia de la enfermedad, y esto se acreditan a su extenso uso de lavanda y otros aceites esenciales antisépticos.

"The Complete Herbal" es un libro que contiene material de referencia valiosa sobre muchas condiciones médicas diferentes y

sus remedios utilizando los aceites esenciales de las plantas.

Fue escrito por Nicholas Culpeper en 1653, y todavía se utiliza hoy en día.

Así que, como ves, los aceites esenciales se han utilizado para varios propósitos diferentes desde los albores del tiempo. "Pero ¿cómo quitar la esencia de las plantas?" Usted puede pedir. Bueno, esto se hizo en varias maneras diferentes.

## **CÓMO SE HACEN LOS ACEITES**

### **ESENCIALES?**

Es posible que se sorprenda al saber que el método principal utilizado para hacer aceites esenciales ha sido de alrededor de más de cinco mil años. Este método es la destilación, y funciona forzando lentamente agua o vapor a través de los materiales vegetales para eliminar los componentes volátiles. Estos componentes volátiles (que consisten principalmente en agua y el aceite esencial) se enfrían, y luego el aceite esencial se separan del agua.

Otro método que se usa que es similar a la destilación es la percolación o hidro-difusión. La diferencia con este método es que el vapor es forzado a través de los materiales de la planta de la parte superior en lugar de la parte inferior.

Hay otro método utilizado en la extracción de aceite esencial que es digno de discusión. Este método se utiliza para extraer los aceites esenciales de cítricos principalmente, y se denomina expresión. En este método, sin calor está involucrado, pero en lugar del aceite es forzado desde el material vegetal a través de presión mecánica.

Usted puede preguntarse cuál sería la diferencia entre un aceite esencial expresado y su contraparte destilada. Bueno, aceites expresadas son considerados a ser más estables que sus contrapartes destiladas, y usualmente tienen un mejor aroma. No

obstante, puede utilizar cualquiera de los aceites esenciales y cosechar los beneficios de ellos, siempre y cuando sean adecuados para su uso. Pero ¿cómo saber un aceite esencial adecuado a partir de una falsificación de un - ¿cómo puedes decir la calidad de un aceite esencial? Siga leyendo en el apartado siguiente; sus respuestas te esperan.

## **DETERMINACIÓN DE LA CALIDAD DE**

### **LOS ACEITES ESENCIALES**

Así que muchos factores pueden entrar en juego y afectar la calidad de un aceite esencial.

Cualquier cosa que afecta a las plantas de las que extraer el aceite esencial afectará a la calidad final del aceite. Por lo tanto, la temperatura ambiental, la calidad del suelo, y las condiciones de crecimiento desempeñan un papel importante en la calidad general del producto final. Las técnicas que se utilizan para extraer el aceite también pueden afectar a la calidad del aceite esencial. Si usted puede recordar desde arriba, se observó que los aceites expresadas tenían una mejor calidad que sus homólogos de destilados, y esto se debió sólo al método utilizado para extraer el aceite. A pesar de todos los diferentes factores que pueden entrar en juego y afectar a la calidad del aceite esencial, hay tres cosas principales que el comprador debe buscar: grado, integridad y pureza.

### **GRADO**

Usted no debe usar el grado que el único método para determinar la calidad de un aceite esencial, ya que, como todo lo demás, la clasificación es subjetiva, y una persona puede considerar una muestra particular de ser de una calidad mediocre, mientras que otra persona considera que es normal . La clasificación se hace a menudo sólo para determinar qué aceite esencial es mejor para un uso particular. Sin embargo, el grado de un aceite esencial particular, dará una indicación en cuanto a su calidad, por lo que no debe ser ignorado por completo cuando usted está comprando su



aceite esencial. Asegúrese siempre de que usted compra un aceite esencial que se extrae para uso terapéutico y es de alto grado.

## **INTEGRIDAD**

Integridad aquí simplemente se refiere a si o no un aceite esencial es de una fuente natural de la planta, en lugar de ser fabricado en un laboratorio o alterado químicamente. Los aceites esenciales con integridad no separar (lo que indicaría que se han diluido con algún tipo de aceite vegetal), cuando se congelan y no tienen un olor alcohólico (lo que indicaría que un poco de alcohol se colocó en ella).

## **PUREZA**

Un aceite puro es uno que no ha sido diluida de alguna manera. Algunos fabricantes como para diluir los aceites esenciales que se venden con alcoholes, aceites vegetales, aceites esenciales con olor similares, y otros disolventes para que puedan utilizar menos del aceite esencial real y obtener un beneficio al mismo tiempo. Siempre pruebe la integridad del aceite esencial antes de comprarlo.

## **ACEITES ESENCIALES: SEGURIDAD Y**

### **ALMACENAMIENTO**

Si sólo te has comprado una botella de un aceite esencial codiciado, usted puede estar pensando en maneras que usted puede almacenar y mantener su seguridad para que pueda durar por mucho tiempo. Siga estos consejos y trucos y sus aceites esenciales estarán con usted en los próximos años.

Siempre guarde sus aceites esenciales en botellas de color oscuro a la luz solar directa. Las botellas de color oscuro se filtrar la luz ultravioleta que de otro modo hacer que los aceites esenciales se descompongan. En el pasado, siempre se almacenaron en botellas de color ámbar, pero incluso las botellas de color azul oscuro están bien.

La botella debe mantenerse bien cerrado en un lugar fresco. Es importante que la temperatura del aceite esencial no varía mucho a lo largo del día, porque esto también puede provocar que se rompa hacia abajo. Usted puede refrigerar, pero no es necesario.

Usted también debe mantener los aceites esenciales fuera del alcance de animales y niños. Los animales y los niños son muy curiosos y pueden abrir o romper las botellas, ingerir el contenido, o cortar ellos mismos. Como tal, debe asegurarse de que usted mantenga sus aceites esenciales fuera de su alcance.

También es importante que no almacena sus aceites esenciales en las zonas donde hay chispas o llamas. Muchos aceites esenciales como la menta, pino, naranja, y el abeto son altamente inflamables, por lo que errar en el lado de la precaución y mantener los aceites esenciales lejos de llamas y chispas.

## **ACEITES ESENCIALES POPULARES**

### **ACEITE DE LAVANDA**

La lavanda es uno de los aceites esenciales más populares se encuentra en el mercado, y esto es debido a sus diferentes beneficios para la salud. Es conocido para aliviar el dolor, eliminar la tensión nerviosa, mejorar la circulación sanguínea, el tratamiento de problemas respiratorios, desinfectar la piel y el cuero cabelludo, entre otras cosas.

El aceite de lavanda se hace de las flores de la planta de lavanda, *Lavandula angustifolia*, que crecieron principalmente en las costas del Mediterráneo. A continuación, se extendió lentamente hacia el resto del mundo a medida que más gente se dio cuenta de su utilidad y versatilidad. El aceite de lavanda se extrae principalmente a través de la destilación al vapor. Estas flores son fragantes por la naturaleza y se han utilizado tradicionalmente para la fabricación de popurrí.

Curiosamente, se tarda alrededor de ciento cincuenta libras de hojas de lavanda para producir una sola libra de aceite de lavanda, y, en promedio, un acre de tierra sólo se producirá alrededor de doce libras de aceite de lavanda.

Probablemente estés acostumbrado a ver la lavanda como ingrediente en diferentes perfumes, lociones, geles, infusiones, jabones, aceites de aromaterapia, y ungüentos, y estoy seguro de que se sorprenderá cuando descubra que hay un mundo de otros beneficios que la lavanda confiere a los que lo utilizan. También combina bien con muchos otros aceites esenciales, incluyendo pino, madera de cedro, geranio, nuez moscada y salvia.

## **USOS COMUNES DE LAVANDA ACEITE DE HOY**

**Repelente Bug:** La mayoría de los insectos, como los mosquitos, polillas y mosquitos, no pueden tolerar el olor potente de aceite esencial de lavanda, por lo que puede usarlo cuando salga al aire libre para una, repelente olor dulce eficaz. Basta con aplicar unas gotas del aceite de lavanda para las partes de la piel que se expondrán cuando se encuentre fuera y esos bichos molestos evitará usted.

El aceite de lavanda también es anti-inflamatorio, por lo que si uno de esos bichos molestos pone a morder, basta con aplicar unas gotas de aceite de lavanda para la zona afectada y decir adiós a la hinchazón y el dolor.

**Sueño:** Si tienes problemas para dormir por la noche, la lavanda puede intervenir y ayudar.

¿Sabías que se ha utilizado para inducir el sueño en los insomnes para las edades? ¡Sí lo tiene! El aceite de lavanda tiene un efecto calmante sobre el sistema nervioso, y se ha demostrado que aumentan la regularidad del sueño en las personas que aplican unas gotas de la misma a su almohada antes de retirarse para la noche. De hecho, ha tenido un efecto tan calmante y somnífero en algunas personas que esas personas han sido capaces de utilizarlo

para reemplazar por completo los sedantes que sus médicos prescriben para ellos para dormir mejor por la noche.

Sistema nervioso: efecto calmante de aceite de lavanda en el sistema nervioso hace que sea un excelente tónico para la ansiedad y los nervios. El aroma refrescante aumenta la actividad mental y, al mismo tiempo elimina el agotamiento nervioso. Se puede utilizar para combatir los dolores de cabeza y migrañas, y también se puede utilizar para aliviar el estrés emocional, la tensión nerviosa y la depresión. Se realizó un estudio en el que algunos estudiantes, que estaban a punto de tomar una prueba, se les pidió a inhalar un poco de romero y lavanda aceite. Usted será feliz de saber que los examinados que inhalaron el romero y aceite de lavanda mostraron disminuciones significativas en la ansiedad y otras formas de estrés mental. También hubo un aumento en su función cognitiva, a fin de utilizar el aceite de lavanda con regularidad y con confianza, sabiendo que es bueno para tu mente.

Acné: Si usted escucha el consejo de aromaterapeutas notables y dermatólogos, aceite esencial de lavanda será una de las principales sustancias que usted utiliza en su lucha contra el acné.

Dicen que es una de las sustancias más potentes que se pueden usar para tratar el acné en los adolescentes y adultos por igual.

El acné es una condición que se produce cuando hay una acumulación de sebo cerca de las glándulas sebáceas a causa de una infección bacteriana. Las bacterias se alimentan de este sebo y proliferan más tarde. Como resultado, el área se infecta, entonces se irrita y luego úlceras visibles se pueden ver, a veces con una cierta cantidad de cicatrices.

Sin embargo, el aceite de lavanda se ha demostrado que funciona maravillas en la piel del acné-

afligido porque no sólo inhibe el crecimiento bacteriano, sino que también promueve el flujo sanguíneo a la zona afectada y por lo tanto estimula la formación de células de la piel sana.

También reduce el exceso de producción de sebo, y esto ayuda a reducir y prevenir la formación de acné.

Para hacer uso de esta potente aceite esencial anti-acné, simplemente poner unas gotas de la misma en un hisopo de algodón y luego aplicarlo a la zona afectada. Puede que tenga que modificar este procedimiento para satisfacer sus necesidades individuales, porque si su piel es sensible, sería más aconsejable diluir el aceite de lavanda antes de aplicarlo a la piel. Todavía tendrá las mismas propiedades, justo a una forma más leve.

Lavender también se ha utilizado para tratar muchos otros trastornos de la piel tales como psoriasis, arrugas, otras condiciones inflamatorias, e incluso tejido de la cicatriz. El aceite de lavanda se acelera el proceso de curación de cortes, heridas, quemaduras y quemaduras de sol.

Así que no dude en utilizar el aceite de lavanda para mejorar la calidad general de su piel.

Alivio del dolor: El aceite de lavanda es excelente para aliviar diferentes tipos de dolor, incluso los causados por el reumatismo, dolores musculares y tensión, esguinces, dolores musculares, lumbago y dolor de espalda. El dolor articular también puede aliviarse mediante el uso de aceite de lavanda para masajear el área afectada. Diga adiós a sus dolores y molestias para siempre cuando usted elige utilizar este potente analgésico.

Trastornos respiratorios: El aceite de lavanda es también ampliamente utilizado en el tratamiento de diversos problemas respiratorios, incluyendo resfriados, la tos, la gripe, la bronquitis, la tos ferina, la congestión nasal, la amigdalitis, y hasta la laringitis. Su naturaleza estimulante ayuda a

aflojar y eliminar la flema que bloquea las superficies respiratorias y causa congestión. Las propiedades antibacterianas de aceite esencial de lavanda y su vapor también ayudan a combatir las infecciones de las vías respiratorias. Para aliviar los trastornos

respiratorios, aplique la lavanda para la piel de la espalda, el pecho y el cuello, o lo puedes añadir a tu inhalador o vaporizador e inhalar el vapor.

**Cuidado del cabello:** El aceite de lavanda se ha demostrado ser muy eficaz contra huevos de los piojos, los piojos y liendres. Estos insectos no querrán ser vecinos con el aceite de lavanda y evacuarán rápidamente su casa (el cuero cabelludo) cuando se frota diariamente con unas gotas de aceite de lavanda. El aceite de lavanda también se ha demostrado ser muy útil en el tratamiento de pérdida de cabello, especialmente en personas que sufren de alopecia, una condición en la que el cuerpo rechaza sus propios folículos pilosos, y también es eficaz en la lucha contra la calvicie de patrón masculino. Simplemente frotar el aceite de lavanda en el cuero cabelludo y ver la diferencia.

**La circulación sanguínea:** Tener mala circulación? El aceite de lavanda es el camino a seguir! Se mejora la circulación de sangre a los órganos del cuerpo y por lo tanto aumenta sus niveles de oxigenación. Promueve la fuerza muscular e incluso aumenta la actividad cerebral. Cuando se utiliza el aceite de lavanda con regularidad, su piel se ve más brillante y más sano, ya que está siendo constantemente lava con sangre. También reduce la presión arterial y lo protege de la arteriosclerosis y ataques cardíacos, que son enfermedades a menudo asociados con la mala circulación. Incluso los diabéticos que a menudo sufren de baja circulación pueden hacer uso de este producto, aplicándolo a las zonas afectadas o inhalar el vapor de un inhalador o vaporizador.

Es importante tener en cuenta que usted no debe combinar la lavanda con medicamentos sedantes. Se puede utilizar para reemplazar las drogas, pero no combinarlos ya que al hacerlo induce demasiada somnolencia.

## **CLARY SAGE ACEITE**

Usted probablemente ha oído hablar de aceite de salvia, pero más que probable que esta es la primera vez que estés nada de aceite

de salvia audición. Bueno, se puede considerar que este es el primo del aceite de salvia regular. Aunque el aceite de salvia regular tiene beneficios similares a aceite de salvia, se ha demostrado que tienen más reacciones adversas, y aceite de salvia es el que se prefiere debido a que es mucho más suave y más seguro.

La salvia es una hierba perenne que solía ser que sólo se encuentra en Siria, Italia y el sur de Francia. Hoy en día, se cultiva en todo el mundo de las regiones europeas a Rusia, desde Marruecos a los Estados Unidos de América. Esta hierba, llamada Salvia sclarea, crece a partir de mayo a septiembre. El aceite de salvia se extrae de las hojas y brotes de la hierba salvia por destilación al vapor.

Salvia se utiliza para tratar los problemas relacionados con la salud de los ojos, es un antidepresivo, eufórico, anticonvulsivo, antiespasmódico, emenagogo, y afrodisíaco, y tiene otros beneficios para la salud también.

## **USOS COMUNES DE CLARY SAGE ACEITE DE HOY**

Alivia los ojos: aceite de salvia Clary se ha utilizado durante siglos para tratar problemas de la visión, como ojos tensos o cansados. De hecho, la palabra "amaro" viene de la palabra latina

"Clarus", que significa claro, y con frecuencia se le llama "ojos claros" en el pasado. Si usted está teniendo problemas de visión y quiere un producto natural para mejorar su vista, a continuación, obtener un poco de aceite de salvia. Obtener un poco de agua y poner unas gotas de aceite de salvia en ella. Luego empapar un paño limpio en la mezcla y presionar sobre los ojos o el ojo afectado por lo menos durante diez minutos. Haga esto cada día hasta que su visión mejora.

Antidepresivos y eufórico: aceite de salvia Clary es el aceite a utilizar en los días cuando nos sentimos deprimidos. Se ha demostrado para aumentar la confianza, la autoestima, la fuerza mental, y la esperanza, y por lo tanto es muy bueno en el tratamiento de las diferentes formas de depresión. Induce

sentimientos de placer y alegría inmensa, y que le llene con el deseo de vivir su vida al máximo. Ya sea que usted está deprimido a causa de la soledad, los fracasos en su carrera o vida personal, la inseguridad, la muerte de un ser querido, o cualquier otra razón, inhalando el vapor diluido de un poco de aceite de salvia pueden ir un largo camino para ayudar a sentirse mejor.

Anticonvulsiva y antiespasmódico: ¿Sabías que el aceite de salvia se puede utilizar, además de los medicamentos existentes como un tratamiento para las convulsiones? Sí, definitivamente se puede! Esto se debe a que el aceite de salvia reduce o se calme convulsiones, si son causados por la epilepsia o algún otro trastorno mental o nervioso. Relaja los nervios y por lo tanto evita que estas convulsiones se produzcan. También es bueno para el tratamiento de los espasmos, cólera espasmódica, tos espasmódica, calambres del sistema respiratorio, calambres musculares, dolor de estómago, e incluso dolores de cabeza.

Emenagogo: Uno de los usos más amplia conocidos del aceite de salvia es para regular la menstruación. Sí, eso es señoras adecuadas - este producto totalmente natural regularizará sus períodos, aliviar el malestar menstrual, y reducir el dolor, sin efectos secundarios adversos. No hay necesidad de ir al ginecólogo y gastar una pequeña fortuna para él que le recete un medicamento que contiene el aceite de salvia de todos modos; basta con utilizar el petróleo como un aceite de masaje y lo frota en la parte inferior del abdomen y en la parte baja de la espalda si

le duele demasiado.

Afrodisiaco: Los hombres se sonríen cuando leen este otro uso de aceite de salvia, y es, de hecho, es cierto - aceite de salvia es un potente afrodisiaco y se ha utilizado durante siglos para aumentar la libido. Aumenta los niveles de testosterona en los hombres y las mujeres, y esto conduce a un aumento en la participación y el rendimiento sexual. Así que si usted piensa que ha caído del caballo en esa zona y desea obtener una copia de seguridad, utilice tres gotas de aceite de salvia y masaje en las manos y la cara.



Aceite de salvia Clary es seguro para la ingestión y se ha utilizado en el pasado para combatir las bacterias que viven en el sistema digestivo. Se exhibe actividad antibacteriana moderada contra varias cepas bacterianas, tales como Klebsiella, Staphylococcus aureus, Proteus mirabilisspecies, y Listeria monocytogenes. También es muy bueno para matar cepas de hongos peligrosos, tales como el Penicillium, Aspergillus, Fusarium, y las especies de Candida.

Las mujeres deben evitar el aceite de salvia durante el embarazo, ya que estimula el flujo menstrual. También debe mantenerse alejado de las mujeres que necesitan para regular sus niveles de estrógeno.

### **Aceite de geranio**

La planta del geranio es un arbusto perenne con hojas puntiagudas y pequeñas flores de color rosa que es autóctona de Sudáfrica. Hay muchas variedades de este arbusto, pero el Pelargonium graveolens es la variedad utilizada para hacer el aceite esencial de geranio renombre. Al igual que los aceites de lavanda y salvia, el aceite esencial de geranio se extrae de las hojas y tallos de la planta a través de la destilación al vapor.

El aceite de geranio se utiliza sobre todo hoy para detener una hemorragia, promover la salud celular y aumentar la micción, entre otras cosas.

### **USOS COMUNES DE GERANIO ACEITE DE HOY**

Hemostático: Apuesto a que no me creerías si te dijera que el geranio se puede utilizar para detener una hemorragia o sangrado como el laico lo llamaría. Geranium deja de hemorragia en dos maneras diferentes. En primer lugar, hace que los vasos sanguíneos se contraigan, lo que restringe y, finalmente, se detiene el flujo de sangre de las arterias dañadas, venas, y capilares.

En segundo lugar, se acelera la coagulación de la sangre y con ello ayuda en la cicatrización de las heridas. Al detener la hemorragia excesiva, geranio ayuda a prevenir las toxinas de la introducción de

sus heridas y lo que provoca una infección. Diluir el geranio y colóquelo sobre los cortes y moretones para detener el sangrado excesivo.

**Cytophylactic:** Además de ser un hemostático, geranio también ayuda al cuerpo a través de la promoción de la salud celular, estimulando la regeneración de nuevas células y el reciclaje de las células muertas. Esto ayuda a todas las células del cuerpo, incluyendo los gametos, y mejora el metabolismo del cuerpo.

**Diurético:** geranio aumenta la micción. Después de leer esto, estoy seguro de que muchos de ustedes está sonriendo; "¿Por qué iba yo a querer aumentar mi orinar?" Usted puede pedir.

Bueno, la micción es uno de los tres métodos que el cuerpo utiliza para librarse de toxinas. Los otros métodos son la transpiración y la excreción, pero la micción es sin duda el más importante de todos ellos. Cuando usted orina, están eliminando toxinas como el ácido úrico, urea, sales biliares, agentes patógenos, metales pesados, algunos contaminantes sintéticos dañinos y sustancias químicas, e incluso a veces el exceso de azúcar. Cuanto más que usted orina, el más bajo su presión arterial será porque cada vez que orine, que elimina de sodio, y esto ayuda a reducir la presión arterial. Así que, como ves, mediante el aumento de la frecuencia de la micción, geranio ayuda a hacer más saludable y libre de toxinas.

**Desodorante:** El aroma estimulante y agradable de aceite de geranio es todo lo que necesita para mantener esas áreas que huele de maravilla. Es suave en la piel, tiene un olor duradero, y sus propiedades antibacterianas te mantendrá con olor fresco durante mucho tiempo. Así que poner un poco de geranio en un paño limpio y lo frota en aquellas áreas que usted necesita para mantener fresco durante todo el día.

**Vermífugo:** Para aquellos de ustedes que leen que sufren de parásitos intestinales, aceite esencial de geranio es el aceite para usted! Geranio matará a todos sus gusanos parásitos internos molestos, e incluso puede ser utilizado en los niños también. Beber

tres a cinco gotas de geranio por día y esos parásitos molestos serán no más.

Neural Degeneración: Una de las partes más tristes de envejecimiento es la generación neuronal que a veces lleva a cabo y la dependencia que viene con él. ¿No te gustaría para protegerse y proteger a sus seres queridos a causa de enfermedades neurodegenerativas como la demencia y el Alzheimer? Si su respuesta es sí, entonces usted necesita estar usando aceite esencial de geranio.

Se ha demostrado para activar las células microgliales, células que son componentes integrales en la lucha contra la degeneración neuronal. Cuando se activan las células microgliales, que reducen las sustancias pro-inflamatorias como el óxido nítrico, que combate la inflamación que causan la degeneración neuronal en los caminos de los nervios. Aceite de geranio tiene una relación sinérgica con el cerebro, y si lo usa de forma regular, puede prevenir las enfermedades degenerativas neuronales peligrosas y potencialmente mortales. Coloque unas gotas de geranio en su comida todos los días y usted estará bien en su manera de combatir la degeneración neuronal.

Astringente: un astringente es una sustancia utilizada para reducir o constreñir los tejidos del cuerpo. Aceite de geranio tiende a funcionar como un astringente en que hace los músculos se contraen, las encías, la piel, los intestinos, la sangre y los tejidos. Esto incluye los músculos del abdomen, que le da aspecto tonificado. También evita que la piel flácida y ayuda a prevenir la pérdida de dientes por el endurecimiento de las encías, y es muy bueno en la reducción de las arrugas, ya que tensa la piel facial. Así que si quieres lucir más joven, más fresca y más tonificada, añadir tres o cuatro gotas de aceite de geranio en su loción para el cuerpo y aplicarlo a la piel todos los días.

Geranium también se puede utilizar en el tratamiento de dermatitis, acné, eczema, y otras enfermedades de la piel así como las infecciones de la garganta, la nariz y otros órganos respiratorios.

Geranio es bueno para las úlceras, quemaduras, tratamiento de la neuralgia, la amigdalitis, y el síndrome de la menopausia también Post (PMS). Es ideal para mejorar tanto el funcionamiento mental y los estados de ánimo y por lo tanto es ampliamente utilizado en el tratamiento de la ansiedad crónica y la depresión, y se utiliza a veces en manejo de la ira.

Geranio se mezcla comúnmente con la bergamota, la angélica, lavandín, lavanda, albahaca, semillas de zanahoria, madera de cedro, citronela, jazmín, limón, naranja, lima, pomelo y aceite de romero.

Geranio, no se recomienda para su uso en mujeres embarazadas o en mujeres que están en periodo de lactancia. Tampoco debe usarse en bebés o niños pequeños.

### **El aceite de sándalo**

El aceite de sándalo se ha utilizado en las fiestas religiosas y los santuarios de la India desde tiempos prehistóricos. Es un aceite caro, y la demanda de la misma es muy alto, pero el número de árboles disponibles para hacerlo están disminuyendo por el segundo. El árbol de sándalo, *Santalum album*, es parasitaria y muy difíciles de propagar; de hecho, el árbol debe crecer durante al menos treinta años antes de que sea adecuado para la cosecha. Cuando el árbol se cosecha en este momento, que contiene una cantidad significativa de duramen, la parte más preciosa del árbol sándalo. Hoy en día, el aceite de sándalo se extrae principalmente por destilación al vapor, pero en su día, hidro-destilación fue el principal método utilizado para extraerlo. Se dice que el método de hidro-destilación se obtiene un aceite que tiene un muy buen aroma.

Es el más conocido en el mundo occidental como un aceite esencial rico, cálido, dulce y amaderado utilizado como ingrediente en productos de tocador, tales como perfumes, cosméticos, y para después de afeitarse. Tiene muchas ventajas; es un antiséptico, un antiinflamatorio, y un "cicatrisante" entre otras cosas.

**Antiséptico:** El aceite de sándalo actúa como un muy buen agente antiséptico. Lo que es interesante notar acerca de este antiséptico es que es seguro tanto para uso interno y externo y puede ayudar a proteger a las úlceras y heridas internas de la infección. Se realiza el mismo trabajo cuando se aplica tópicamente - protege llagas, heridas, granos y forúnculos se convierta séptico. Así que la próxima vez que te encuentras con un dolor, no tengas miedo de usar unas gotas de aceite de madera de sándalo en la llaga para protegerlo de los microbios.

**Antiinflamatorio:** El aceite esencial de sándalo y también su pasta son muy buenos en el alivio de muchos tipos diferentes de inflamación, incluyendo inflamaciones del aparato digestivo, excretor, circulatorio y nervioso. Es especialmente útil en casos de inflamaciones circulatorios y nerviosos y se puede utilizar para obtener el sistema de órgano afectado vuelva a funcionar en poco tiempo. Simplemente coloque tres o cuatro gotas de aceite de sándalo en un vaso de agua, para empezar y aumentar la concentración si la mezcla no es lo suficientemente potente. Beba esto todos los días hasta que su condición aminora.

**Cicatrisant:** El aceite de sándalo es ideal para calmar las pieles de los dos niños pequeños y adultos. De hecho, no sólo calma la piel, sino que también ayuda cicatrices y abrasiones curan mucho más rápido. Se puede colocar en lociones, aceites, etc., y hidratada en la piel para obtener resultados positivos. Los efectos curativos potentes de aceite de sándalo han provocado muchos productores de cremas para la piel, lociones y jabones para incluir el aceite como parte de sus ingredientes principales. Así que la próxima vez que tome su loción de belleza, echa un vistazo a la etiqueta y ver si ya ha estado cosechando algunos beneficios del aceite de sándalo.

**Carminativo:** El aceite de sándalo induce a la relajación donde se aplica, incluso en los intestinos.

Como tal, cuando se ingiere, relaja los músculos abdominales y intestinales y hace que sea mucho más fácil para los gases en exceso allí para escapar. También ayuda a prevenir la formación de

gases en exceso en el primer lugar, y esto es muy bueno porque todos sabemos lo embarazoso que puede ser cuando esos gases de escape en el lugar y momento equivocado. Unas pocas gotas de sándalo en su agua es toda la carminativo que usted necesitará siempre.

Expectorante: expectorante es una sustancia que se afloja la congestión en el pecho, lo que hace que sea más fácil para que usted pueda toser. El aceite de sándalo hace milagros en esta área y se ha utilizado durante mucho tiempo como un expectorante para tratar los bronquiolos y los pulmones bloqueados en marcha. Simplemente masajear unas gotas de aceite en el pecho y la garganta y toda la flema que se ha impiden respirar correctamente verá la luz en un abrir y cerrar de ojos.

Hipotensor: Justo cuando se pensaba que el aceite esencial de sándalo no podía ser mejor, que acaba de hacer! Otra gran calidad del aceite de sándalo es que puede ser utilizado para reducir la presión arterial. Esto significa que debe estar en la casa de cada persona que sufre de hipertensión. Puede ser ingerido para este fin o también se puede aplicar tópicamente - todavía tendría el mismo efecto de disminuir la presión sanguínea en esa zona localizada.

Memory Booster: Sándalo estimula su mente, mejora la memoria y aumenta su poder de concentración. Es especialmente bueno para los estudiantes, ya que hace todo esto y también alivia el estrés y la ansiedad. Los estudiantes son especialmente propensos al estrés y la tensión, y el aceite de sándalo hará maravillas en su vida y ayudarles a llevar a cabo en su mejor momento.

Tonic: El aceite de sándalo es calmante en el estómago y en los sistemas nervioso, circulatorio y digestivo. Por lo tanto, puede ser utilizado por niños de todas las edades, y es un muy buen tónico para la salud para todos.

## **Aceite de bergamota**

La fruta casi madura del árbol de naranja bergamota, cítricos bergamia, es prensado en frío o para obtener el aceite esencial de bergamota presionado a mano. Este árbol fue hecha por cruzamiento un naranjo y un limonero, y el fruto es de color amarillo con forma de pera. Unos cien naranjas bergamota producirán sólo ochenta y cinco gramos, o tres onzas, de la esencia de bergamota. A pesar de que tuvo su origen en el sudeste de Asia, fue más ampliamente producido en el tramo costero, el sur de Italia, como en Sicilia y Reggio di Calabria. De hecho, la fruta fue nombrado después de la ciudad de Bérgamo se encuentra en Lombardía, Italia, donde fue comúnmente vendido. El naranjo bergamota también se cultiva en Brasil, Turquía, Marruecos, Argentina y Costa de Marfil.

Bergamota se ha utilizado durante siglos para una variedad de propósitos; algunos de los usos más importantes se discuten a continuación.

## **USOS COMUNES DE ACEITE BERGAMOTA HOY**

Se utiliza en cosméticos, desodorantes, ambientadores: aceite de bergamota tiene un aroma único que es sutilmente picante pero únicamente con sabor a fruta. Como tal, el aceite se añade con frecuencia a los productos cosméticos, perfumes, sprays, y muchos ambientadores. De hecho, el aceite de bergamota es un componente importante de la original de 4711 Agua de Colonia hecha por Juan María Farina en Alemania a principios del siglo XVIII. Aceite de bergamota también se utiliza como desodorante, debido a su aroma fresco y sus propiedades desinfectantes. Inhibe el crecimiento de los gérmenes que causan el olor, y su fuerte olor a cítricos es muy agradable a la nariz. Para utilizar el aceite de bergamota como desodorante, simplemente humedezca un paño limpio con ella y aplicarla a sus axilas.

Con sabor a fruta de sabor: Bergamota se utiliza por su sabor distinto en té populares como Lady Grey y Earl Grey. También se usa en Noruega en el snus bergamota con sabor, un sin azúcar,

tabaco sin humo a partir del siglo XVIII. En Turquía, muchas confiterías son con sabor a bergamota.

Estimulante, antidepresivo y relajante: bergamota aceite tiene ciertas sustancias, como el limoneno y pineno alfa, que son estimulats naturales y antidepresivos. Crean una sensación de alegría, frescura y energía en casos de depresión y tristeza por la mejora de la circulación de la sangre. También ayudan a mantener las tasas metabólicas apropiadas mediante la estimulación de las secreciones hormonales. Este efecto estimulante aumenta la secreción de insulina, la bilis, y los jugos digestivos, ayudando así a los procesos digestivos y de asimilación en el cuerpo. Esto ayuda en la descomposición de los azúcares y por lo tanto reduce los azúcares debido a esta propiedad de sangre. Añadir unas gotas de aceite de bergamota a su vaporizador y inhalar el aroma dulce; usted se sentirá más feliz y más fuerte también.

Aceite de bergamota también contiene muchos flavonoides diferentes que actúan como relajantes también. Ellos calmar sus nervios y reducir el estrés, la ansiedad y la tensión. Esto puede ayudar a curar o tratar enfermedades como la depresión, el insomnio, presión arterial alta, y el insomnio.

Además, el aceite de bergamota estimula la actividad de ciertas hormonas como la serotonina y la dopamina que inducen sentimientos de sedación y relajación.

Analgésico: Si usted está cansado de tomar las dosis pesadas de las píldoras de analgésicos para dolores musculares, esguinces, dolores de cabeza terribles, y otras dolencias, a continuación, se puede sustituir el aceite de bergamota en el lugar de ellos. Al hacer esto, también evitar los peligrosos efectos secundarios de esos over-the-counter medicamentos también. Aceite esencial de bergamota reduce la sensación de dolor en su cuerpo mediante la estimulación de la secreción de hormonas que disminuyen la sensibilidad de los nervios al dolor. Frote una cantidad amplia de la esencia de bergamota en la zona afectada y el dolor que se siente no va a disminuir rápidamente.



**Digestivo:** ¿Quieres mejorar su sistema digestivo y prevenir las complicaciones gastrointestinales también? Si su respuesta es sí, entonces la esencia de bergamota puede venir a su rescate.

Aumenta las secreciones de ácidos digestivos y enzimas y los activa también. Aumenta la secreción de bilis, facilita la digestión más fácil mediante el control de movimiento peristáltico de los intestinos, y reduce las cepas en el tracto intestinal. Por lo tanto, regulariza los movimientos intestinales, reduce el estreñimiento, y evita eficazmente complicaciones gastrointestinales tales como cáncer colorrectal y otras condiciones peligrosas. Dale a su sistema digestivo un impulso por beber tres o cuatro gotas de bergamota en un poco de leche o miel todos los días.

**Febrífugo:** febrífugo es una sustancia que reduce la temperatura corporal y por lo tanto reduce la fiebre. Bergamota actúa como un excelente febrífugo por numerosas razones. En primer lugar, tiene propiedades antibióticas y otros anti-microbiana que ayudan a combatir las infecciones de los protozoos, virus y bacterias que causan fiebres usualmente. Eso incluye a los protozoos de la malaria, el virus de la influenza, y las bacterias tifoideas. En segundo lugar, el aceite de bergamota estimula las secreciones glandulares y también estimula el sistema metabólico. Tanto estas acciones ayudarán a reducir la toxicidad en el cuerpo, limpiar las glándulas, y ayudar a combatir la fiebre. Para utilizar el aceite de bergamota como febrífugo, simplemente lo utilizan para masajear todo el cuerpo, especialmente la cabeza y el cuello. También debería alentar a la persona con la fiebre de respirar el aroma relajante.

**Cicatrisant:** Ser un cicatrisant, aceite de bergamota ayudará a sus cicatrices y otras marcas desaparecen distribuyendo uniformemente los pigmentos en la piel a la que se aplica. Esto dará lugar a marcas de decoloración con el tiempo y que revelan atractiva piel, tono uniforme. Este aceite puede ser especialmente útil para aquellos que sufren de acné terrible que puede dejar marcas notables y

cicatrices en la piel durante años. La capacidad de aceite de bergamota para

actuar como un cicatrisant ha hecho que muchos fabricantes de productos de cuidado de la piel y los fabricantes de cosméticos para usarlo en sus cremas, jabones de belleza, y lociones. Usted puede colocar unas gotas de la bergamota en su loción y crema de belleza, o lo puedes añadir a un paño limpio y aplicarlo a las zonas afectadas directamente.

Es importante tener en cuenta que uno de los principales componentes del aceite esencial de bergamota es bergaptene, una sustancia que se convierte en tóxico cuando se expone a la luz solar. Como tal, bergamota aceite esencial siempre debe protegerse de la luz del sol, y siempre debe almacenarse en áreas oscuras y en botellas oscuras. Usted debe tratar de evitar la exposición directa al sol durante al menos cuarenta y ocho horas después de aplicar el aceite esencial de bergamota a la piel.

Bergamota aceite esencial se mezcla bien con madera de cedro, salvia, hoja ho, geranio, neroli, citronela, lavanda, incienso, jazmín, mandarina, palmarosa, limón, mandarina, palo de rosa, ciprés, pimienta negro, geranio, romero, naranja, sándalo, nuez moscada , betiver, y el aceite de Ylang-ylang.

## **ACEITE ylang-ylang**

La dulce fragancia floral suave, del aceite de ylang-ylang ha convertido en un favorito romántica en todo el mundo. Es vapor destilado de las flores del árbol ylang-ylang, la Cananga odorata, y el nombre de ylang-ylang literalmente significa flor de la flor. En Indonesia, las flores del árbol ylang-ylang están esparcidos a través de las camas de las parejas recién casadas.

La calidad de ylang-ylang aceite esencial que se obtiene de la planta ylang-ylang depende mucho de la hora del día que las flores son recogidos. Temprano en la mañana es el mejor momento para

recoger las flores, porque en este momento la mayor cantidad y la mejor calidad del aceite está disponible.

**Antidepresivos:** Si usted se siente abajo y usted no desea probar cualquiera de los otros aceites esenciales por encima de su mal humor, por qué no probar ylang-ylang? ylang-ylang se ha utilizado como un potente antidepresivo durante años, y que combate la depresión mediante la relajación de la mente y el cuerpo. Induce sentimientos de esperanza y alegría y, por tanto combate los esos sentimientos negativos de tristeza, ansiedad o estrés crónico que puede estar recibiendo abajo. Incluso aquellos que están pasando por una crisis nerviosa o algún choque aguda pueden beneficiarse del aceite esencial de Ylang-Ylang.

**Antiseborreicos:** eczema seborreica, o seborrea, para abreviar, es una enfermedad angustiante que se produce cuando nuestro glándulas sebáceas mal funcionamiento. Esto causa la producción irregular de sebo y la consiguiente infección de las células de la epidermis. Es muy doloroso y poco atractivo y se traduce en la piel de color amarillo o blanco pálido que fácilmente se despega. Este peeling lo general se lleva a cabo en las cejas, las mejillas, el cuero cabelludo, y donde se encuentran los folículos pilosos persona. Ylang-ylang aceite esencial ha sido el líder en la curación de la situación inflamatoria que el eczema seborreica trae; que reduce la irritación de la piel y enrojecimiento por el tratamiento de la infección, mientras que la regularización de la producción de sebo. Comience por la aplicación de seis gotas de aceite de ylang-ylang a un paño limpio y aplicarlo a la piel dos veces al día; usted puede aumentar la concentración, si es necesario.

**Antiséptico:** Con cada herida que usted o su familia recibe, llega con ella la posibilidad de una

infección grave de las bacterias y otros microorganismos. El riesgo de complicaciones es aún mayor cuando la herida fue hecha por un objeto de hierro, ya que sigue habiendo una posibilidad de que se infecte por gérmenes causantes de tétanos. Protéjase y proteja a su familia por el tratamiento de sus heridas con aceite de ylang-ylang,

que protege las heridas de los virus, bacterias y hongos y, por tanto, el tétanos o la sepsis. También ayuda a acelerar el proceso de curación de la herida.

**Afrodisíaco:** Si desea volver a activar o mejorar el romance entre usted y su cariño, ylang-ylang realmente puede ayudar a darle ese impulso. Es muy beneficioso para aquellos que han perdido interés en el sexo debido a la depresión, el estrés, o gran carga de trabajo. A veces, debido al estrés de la vida moderna, podemos perder nuestra libido, pero eso no debe considerarse una situación permanente. Frote ylang-ylang aceite esencial de todo el cuerpo cuando se necesita esa unidad adicional.

**Hipotensor:** La presión arterial alta ha sido un problema creciente tanto para los jóvenes y viejos en los últimos años. Además, los fármacos hipotensores siendo utilizados para disminuir la presión arterial han sido tener efectos adversos en la salud de quienes los utilizan. Aceite de Ylang-ylang es una alternativa natural y eficaz que puede ser utilizado para reducir la presión arterial en los hipertensos.

**Nervine:** Ylang-ylang aceite esencial es muy eficaz en la estimulación del sistema nervioso.

Repara cualquier daño al sistema nervioso y fortalece. Protege los nervios de numerosos trastornos diferentes y reduce el estrés en los nervios también. Coloque unas gotas de aceite esencial de ylang-ylang en sus bebidas al día y darle a su sistema nervioso un impulso saludable.

Ylang-ylang aceite esencial también se ha utilizado para curar las infecciones de algunos órganos internos, incluyendo los intestinos, estómago, vías urinarias y de colon. Ayuda a aquellos que sufren de fatiga, el insomnio, la frigidez, y otras condiciones relacionadas con el estrés. Es muy eficaz para mantener la piel joven y tersa, y ayuda a mantenerla hidratada, manteniendo el equilibrio de aceite y la humedad en la piel.

Algunos casos de dolor de cabeza, náuseas y sensibilidad se han observado cuando la gente toma el aceite esencial de ylang-ylang en cantidades excesivas. Cuando se toma en las dosis recomendadas, es no tóxico y no causa ninguna irritación.

Aceite de Ylang-ylang combina bien con otros aceites esenciales como el sándalo, lavanda, pomelo, y bergamota.

## **ACEITES ESENCIALES DE BELLEZA**

Como se puede ver, los aceites esenciales son múltiples talentos y pueden ayudar a mejorar una serie de diferentes aspectos de su vida. Sin embargo, hay algunos aceites esenciales que se adaptan específicamente para mejorar la belleza. Tanto si se está mejorando la calidad del cabello, las uñas o la piel, estos aceites esenciales tendrán que buscar radiante y en su mejor momento cuando los utiliza como se recomienda.

## **ROSA Y SUS muchos derivados**

La mayoría de la gente rosas asociados con el romance y sus dulces olores, pero ¿sabía usted que se elevaban aceites puede hacer maravillas en tu piel? Los extractos de la flor color de rosa delicado se pueden utilizar en todo tipo de piel, y se incluyen comúnmente en los productos de cuidado de la piel para la piel madura, sensible o seca.

Los dos se levantaron las especies que se utilizan generalmente en cuidado de la piel son los centifolia Rosa y el Rosa damascena. La Rosa damascena oriundo de Bulgaria y tiene un olor profundo y potente; el centifolia Rosa, conocida por algunos como el de Marruecos aumentó o la col subió, tiene un limpio, la luz, y el olor dulce. Ambos son valorados por los aceites esenciales que provienen de sus flores, y se tarda decenas de miles de flores color de rosa para hacer 1 onza de aceite esencial de rosa. Esto hace que el aceite de rosa uno de los aceites esenciales más caros de todo, pero lo bueno es que el aceite adulterado es muy concentrada, y así

unas gotas puede recorrer un largo camino. Las flores se recogen a medida que se desarrollan en las primeras horas de la madrugada.

Aceite de Rose contiene una matriz compleja de antioxidantes, minerales y vitaminas que la convierten en un excelente emoliente para la hidratación de la piel opaca y seca. También tiene propiedades astringentes, antisépticas y antiinflamatorias para endurecer la piel, tratar el acné y reducir la inflamación y el enrojecimiento. Aceite de rosa se utiliza a menudo en el control de enfermedades de la piel como la dermatitis atópica y la psoriasis, y es genial en textura de la piel de refinación. Un estudio llevado a cabo recientemente en el aceite de rosa incluso ha demostrado que ayuda en la cicatrización de heridas de la piel, y cuando se inhala, se reduce la concentración de la hormona del estrés cortisol en su cuerpo y disminuye la cantidad de agua que se pierde de tu piel. Frote unas cuantas gotas de aceite de rosa en la piel de la zona afectada y relajarse mientras sana desde adentro hacia afuera.

Además de todas las propiedades descritas anteriormente, aceite esencial de rosa también le ayuda a lucir más bella calmando y calmando usted. El más feliz, más hermosa que se verá, y el aceite de rosa puede recorrer un largo camino para hacer que se sienta más feliz y con más energía. Añadir unas gotas de aceite esencial de rosas a su diario de agua de baño y verá la diferencia en la calidad y la textura de su piel.

Otro derivado de la planta de rosa es el aceite de semillas de rosa mosqueta. Esta vez, se toma de los pequeños frutos que se sientan detrás de las flores de la Rosa moschata o Rosa rubiginosa.

Aceite de semilla de Rosa Mosqueta es rico en proteínas y aceites, y contiene altos niveles de vitamina C. Todas estas propiedades ayudan a mantener la piel suave e hidratada. También es el único aceite vegetal que contiene de forma natural alrededor de vitamina A / retinol. El retinol es extremadamente útil en el tratamiento de las arrugas, líneas y otros signos de envejecimiento en la piel. Aceite de Rosa Mosqueta también ralentiza la formación de pigmentos, como las manchas solares o manchas de la edad, por lo que es un

ingrediente común en las marcas populares de cremas anti-edad, para aclarar la piel, y protectores solares. Usted puede agregar con seguridad el aceite de rosa mosqueta a sus lociones y cremas favoritas; sólo le ayudará a aumentar su hidratación y efectos protectores.

El aceite esencial final que se deriva de las rosas que vamos a hablar en este libro es agua de rosas o hidrosol se levantó; algunas personas pueden saber como se levantó destilado o agua de rosas floral. Para obtener el hidrosol rosa, las pequeñas manchas de capullos de rosa se cuecen al vapor en destilerías de cobre para liberar el compuesto terapéutico volátiles en el agua. Es un proceso complejo, y el aceite esencial se extrae y el hidrosol rosa, que contiene constituyentes de la flor y las micro-moléculas del aceite esencial, es capturado gota a gota. A menudo se utiliza en tónicos para el cabello, tónicos, y nieblas faciales debido a sus propiedades antibacterianas ayudan a proteger y también el equilibrio de la piel. Ponga un poco de agua de rosas en su champú cuando te lavas el pelo o lo utiliza como su aceite en el cabello personal. Tu cabello y el cuero cabelludo se lo agradecerán.

## **JAZMÍN**

Jasmine es una de las flores más famosos que jamás encontrado. No importa a donde vaya en el mundo, siempre hay alguien que va a estar familiarizado con su agradable fragancia pero dulce y romántico. Las flores son hermosas y que sólo florecen en la noche, llenando el aire con su fragancia seductora. La palabra Jasmine es persa en origen y se deriva de la palabra que significa

"un regalo de Dios". El nombre Jasmine es un nombre común para las niñas en el subcontinente indio y también en la región de Oriente Medio. La flor se asocia con el amor y el romance, y ha sido la inspiración para muchos poetas desde los albores del tiempo.

El aceite esencial de jazmín se extrae de las flores de la planta de jazmín por destilación al vapor.

La variedad de jazmín que se utiliza principalmente es el officinale jasminum. El grandiflora jasminum también de uso general.

Jasmine ha sido utilizado para el cuidado de la piel y para tratar la piel deshidratada, quebradizo y seco. Puede causar una reacción alérgica si se usa en heridas abiertas o piel agrietada, por lo que se debe tener cuidado. No obstante, todavía se utiliza en el tratamiento de la dermatitis y el eczema y es muy eficaz en la curación de estas dolencias. Basta con frotar unas gotas de aceite en las zonas afectadas a diario antes de ir a la cama.

Jasmine también ayuda a restaurar la elasticidad de la piel. Es bueno para la decoloración cicatrices y estrías, y ayuda a tonificar uniformemente todos los diferentes tipos de piel, desde sensibles a irritarse secar a grasosa.

## **El aceite de argán**

Sus alias solo le permite saber lo que es un tesoro este aceite esencial es: el aceite de argán, también conocido como oro líquido. Se deriva del árbol de argán gigantesca, Argania spinosa, que puede llegar a ser de varios metros de altura y es nativo de Marruecos. El propio aceite de argán se deriva de los granos del árbol de argán, y es extremadamente rica en nutrientes como la vitamina E y ácidos grasos. Es esta abundancia de nutrientes beneficiosos, que hacen que sea ideal para la piel y el cabello, y es un aceite popular de la opción para muchas celebridades que pueden permitirse comprar en abundancia. Este aceite no es sólo para los ricos y famosos; cualquier persona puede utilizar el aceite de argán para afectar cambios positivos en su cuerpo.

El aceite de argán es muy hidratante, y como tal, se utiliza comúnmente como una crema hidratante de la piel para suavizar la piel. Se absorbe en la piel fácilmente, y es no irritante, así como no graso. Se puede utilizar en todo el cuerpo, incluyendo el cuello y la cara. Simplemente suavizar unas gotas de aceite en la piel después de la limpieza y frote suavemente en como lo haría con cualquier cuerpo o la cara otra loción. Usted puede usarlo como un suero



mediante la aplicación de la crema de noche después de que el petróleo ha sido absorbido por la piel.

También puede colocar unas gotas de aceite de argán en su agua o baño cuerpo loción y usted todavía obtener los mismos resultados positivos. Es seguro para su uso incluso en la delicada piel del bebé.

Usted puede usar el azúcar morena, el extracto de vainilla, y el aceite de argán para crear un exfoliante de labios exfoliante exquisito y crema hidratante. Sólo tiene que añadir unas gotas de aceite de argán con un poco de azúcar y la vainilla extracto marrón fina (suficiente para cubrir tus labios). Masajear suavemente en sus labios utilizando un movimiento circular y luego enjuague para los labios más sexy.

Si estás cansado de tu viejo mascarilla o si quieres darle un ascensor orgánica, sólo tiene que añadir un poco de aceite de argán a la mezcla. Tres gotas de aceite de argán, una cucharada de miel, tres cucharaditas de yogur de estilo griego, y una cucharada de jugo de limón será la mejor rejuvenecedora casera y brillo mascarilla que usted necesitará siempre. Aplíquelo en la cara limpia, seca y dejar actuar durante al menos diez minutos. Luego lave con un poco de agua tibia.

Si usted no puede tomar la molestia de hacer su propia máscara, sólo tiene que mezclar unas

gotas de aceite de argán en su tienda de compra-máscara para el rejuvenecimiento de la piel adicional.

Las personas que sufren de eccema a menudo tienen la piel con picazón, escamas, y en carne viva e incluso pueden beneficiarse enormemente de la fuente de la reparación del aceite de argán.

El ácido graso y el contenido de vitamina E proporcionan a la piel los nutrientes que necesita para repararse a sí mismo, y también evitar daños mayores e irritación. Para reducir el eccema, aplique una pequeña cantidad de aceite de argán directamente sobre la piel

afectada y masajear con suavidad sobre la piel hasta que todo esto se haya absorbido. Otros tipos de piel que son dolor, agrietada, irritada o dañados también pueden beneficiarse de una dosis diaria de aceite de argán. Se calmar el dolor y reducir la inflamación, y, como se dijo antes, además de aumentar la tasa de curación. Incluso las estrías pueden minimizarse mediante la aplicación diaria de aceite de argán a la zona.

El acné es otra condición de la piel que agoniza muchos en todo el mundo. ¿Está cansado y harto de la utilización de esos comprados en la tienda hidratantes y aceites que sólo agravan su condición acnéica? Si su respuesta es sí, entonces elegir el aceite de argán todo el camino! Es no grasa y ayudará a equilibrar la piel, proporcionando humedad natural. También está lleno de antioxidantes naturales que ayudan a reducir la inflamación y sanar células de la piel dañadas.

Aplique unas gotas de su aceite de argán para la piel acné-afectado después de limpiarlo y seque.

Frote suavemente en la piel dos veces al día para el acné leve, o puede incluso hacer más aplicaciones para el acné crónico. Después, simplemente relajarse y besar a sus problemas de acné adiós para siempre.

Si usted se encuentra con los talones duros y cutículas, es el momento de recoger una botella de aceite de argán. Masajea unas gotas de aceite en las cutículas diaria para ablandarlas y fomentar el crecimiento de las uñas. Usted puede utilizar el aceite de argán como tratamiento de noche para los talones agrietados o dañados. Simplemente masaje una cantidad suficiente en los pies y dedos de los pies antes de ir a la cama. Cubra con un calcetín y se despertará a los pies sanos y suaves.

Si pensabas que el aceite de argán era sólo es bueno para la piel y las uñas, entonces usted pensó mal. También puede hacer milagros para el cabello y el cuero cabelludo también! El aceite de

argán también se ha demostrado para hacer el pelo más brillante, sedoso y suave; es el acondicionador perfecta, ya que hidrata y protege el cabello, las condiciones del cabello, y hace que sea suave y sedosa. Ayuda a tratar las puntas abiertas y amansa el pelo muy rizado también.

¿Qué más se puede pedir en un acondicionador? Sustituye en el lugar de tu tienda de compra-acondicionador inútil la próxima vez que lave su cabello y se le gratamente sorprendido por los resultados.

## **AROMATERAPIA**

La aromaterapia es la ciencia y el arte de usar los aceites esenciales extraídos de forma natural a partir de plantas de armonizar, equilibrar y promover la salud de espíritu, la mente y el cuerpo.

Su objetivo es unificar los procesos espirituales, psicológicos y fisiológicos para mejorar proceso de curación innata de un individuo. En pocas palabras, la aromaterapia utiliza el aroma de aceites esenciales para curar la mente, cuerpo y alma.

Usted puede frotar los aceites diluidos en la piel y respirar el aroma agradable. Usted puede agregar unas gotas de los aceites esenciales al agua en una botella de spray y lo utilizan como un ambientador, o usted puede hacer una vela perfumada mediante la colocación de una o dos gotas de aceite en la cera derretida de la vela encendida. ¿Puedes pensar en otras formas en las que se puede disfrutar del agradable aroma de los aceites esenciales? Mientras haces eso, permítanme presentarles a algunos otros aceites esenciales que son grandes para la aromaterapia.

### **Aceite esencial de limón**

El aceite de limón es un favorito debido a sus cualidades terapéuticas y aroma limpio. Alivia los síntomas de la artritis y el acné, y ayuda en la digestión y la concentración. Proviene de la planta limonum cítricos y el aceite se extrae de la cáscara a través

de la expresión fría. Añadir unas gotas de aceite de limón para su difusor o vaporizador para mejorar su energía. O añadirlo a su loción, masajes en la piel, e inhalar el aroma agradable. Para un impulso del sistema inmunológico, añadir unas gotas al agua de baño y dejar que penetre en la piel mientras se inhala el aroma.

No utilice aceite de limón si va a salir al sol porque ciertos compuestos dentro de ella pueden reaccionar con los rayos UV del sol para crear sustancias nocivas.

## **Tea Tree Oil ESENCIAL**

El aceite esencial de árbol de té se extrae de los tallos y hojas de la planta *Melaleuca alternifolia* a través de destilación de vapor. Puede añadirlo a su difusor o vaporizador y inhalarlo y ser revitalizado, o puede aplicar a la piel de muchas maneras diferentes. Mezclar el aceite esencial de árbol de té con su favorito de crema, aceite o loción y masajes en su piel o añadirlo al agua de baño. También puede masajear unas gotas de aceite esencial de árbol de té directamente en su piel para una elevación instantánea. Árbol de té de aceite esencial es un estimulante del sistema inmunológico conocido y ayuda a combatir las infecciones.

## **Aceite esencial de menta**

Ponga el ánimo de nuevo en su paso a whiffing algún aceite esencial de menta en la actualidad.

Es una hierba perenne que se conoce para aumentar la energía, mejorar la agilidad mental, y tienen un efecto refrescante, fresco. Aceite esencial de menta se extrae a través de la destilación de vapor de la *mentha piperita*, y se encuentra comúnmente en enjuague bucal, baños, lociones, aceites de masaje, y vaporizadores. También mejora los estados de ánimo, combate la irritación y el enrojecimiento, la digestión, y alivia los síntomas de la congestión.

Se debe tener cuidado al usar menta, sin embargo, debido a que el mentol que contiene puede ser una molestia para algunas personas. Mantener alejado de los niños pequeños y no lo use durante el embarazo.

### **Aceite esencial de romero**

Para un ascensor o en la memoria impulso natural, añadir unas gotas de aceite de romero al agua de baño o un humidificador. El romero es un estimulante mental maravilloso. Se incorpora una tecnología poderosa cuando se trata de la aromaterapia y ha sido considerada sagrada por siglos.

La planta, *Rosmarinus officinalis*, es una leñosa, hierba perenne, y el aceite se extrae por destilación al vapor de la parte de floración de la planta. Es conocido para aliviar los problemas de la sinusitis y congestión y también mejorar la memoria. Puede mezclarlo con sus aceites de masaje y lociones para ayudar a la artritis, dolor, rigidez muscular, la vesícula biliar y la congestión del hígado y otros problemas digestivos. También puede ponerlo en su champú para hacer que tu cabello crezca y curar el cuero cabelludo.

Romero no debe ser utilizado por mujeres embarazadas, las personas con presión arterial alta, o personas con epilepsia.

### **Aceite esencial de eucalipto**

El aceite de eucalipto tiene un potente olor que es fácilmente reconocible. Viene del árbol de eucalipto que es nativa de Australia. Hay más de quinientas variedades de árboles de eucalipto, y el aceite es vapor de agua destilada de las ramas y hojas de algunos. Tiene la capacidad para mejorar la concentración, y es un agente muy eficaz contra las enfermedades respiratorias. El aceite de eucalipto es también bueno para combatir las migrañas y que también se puede colocar en un humidificador e inhaló.

Epilépticos deben evitar el uso de aceite de eucalipto. Las mujeres que están en periodo de lactancia o embarazadas también deben

evitar el uso del petróleo. Si se ingiere en grandes dosis, puede ser fatal.

## **DOLENCIAS comunes y las mezclas de aceites esenciales que se pueden utilizar para curarlos**

Tal vez usted no desea hacer uso de uno solo aceite, pero usted quiere mezclar a preparar algo que está especialmente formulado para un problema específico. No hay que temer; aceites esenciales todavía vendrán al rescate.

### **GARGANTA O AMIGDALITIS SORE**

Ingredientes:

2 gotas de aceite esencial de clavo de olor

3 gotas de geranio

Direcciones:

Mezclar en un difusor y inhalar profundamente para aliviar el dolor de garganta.

Alternativamente, se puede frotar una gota de cada uno de los ingredientes mencionados anteriormente en su garganta durante el mismo alivio dolor de garganta.

### **CELULITIS**

Ingredientes:

20 gotas de aceite de toronja

20 gotas de aceite de geranio

Direcciones:

Mezclar los ingredientes enumerados anteriormente en una onza de aceite de almendras dulces o aceite de coco fraccionado y aplicarlo a la zona afectada a diario

## REPELENTE CONTRA MOSQUITOS

Ingredientes:

1-2 gotas de lavanda, romero, o aceite de árbol de té

3-5 gotas de geranio

Direcciones:

Mezcle todos los ingredientes bien y aplicarlo a la parte de la piel que quedará expuesta a los elementos.

## ACNÉ

Ingredientes:

5 gotas de Manuka o Nueva Zelanda árbol de té o de árbol de té regular de aceite esencial 6 gotas de aceite esencial de lavanda

1 gota de aceite esencial de geranio

1 oz de líquido aceite de coco fraccionado o de jojoba

Direcciones:

Vierta el aceite de coco fraccionado o de jojoba en una botella muy limpio y luego añadir los aceites esenciales de manuka, lavanda y geranio. Cierre bien la botella y rodar por un minuto o dos para mezclar los ingredientes. Aplique una pequeña cantidad a su espalda, el cuello o la cara, pero asegúrese de evitar las ventanas de la nariz, los labios, los ojos, y en el interior de las orejas.

Gire suavemente la botella cada vez que lo utilice para asegurar que los aceites esenciales se mezclan adecuadamente

## CÓLICOS MENSTRUALES

Ingredientes:

3 gotas de aceite esencial de lavanda

4 gotas de aceite esencial de ciprés

5 gotas de aceite esencial de menta

1 fl oz jojoba

Direcciones:

Mezclar los aceites de lavanda, ciprés, y menta bien con la jojoba. Mezclar en un frasco de vidrio de color oscuro, limpio y masajear suavemente una pequeña cantidad en el área abdominal cada vez que se siente calambres.

## CONGESTIÓN

Ingredientes:

4 gotas de aceite esencial de menta

25 gotas de aceite esencial Ravensara

30 gotas de aceite esencial de eucalipto

Inhalador de aromaterapia o bola de algodón

Direcciones:

Mezclar los hierbabuena, ravensara, y aceites de eucalipto en una botella de vidrio de color oscuro, limpio, preferiblemente uno con un inserto gotero incorporado o reductor de orificio.



Si usted tiene el inhalador aromaterapia, remoje el inserto en la mezcla de aceites esenciales que creó y la inserta en el tubo y asegure la tapa. Levante el inhalador para la nariz y respire profundamente tanto como sea necesario. También se puede aplicar de dos a tres gotas en una bola de algodón e inhalar la mezcla de aceite esencial de la bola de algodón.

## INSOMNIO

Ingredientes:

5 gotas de aceite esencial de bergamota

5 gotas de aceite esencial de salvia

10 gotas de aceite esencial de manzanilla romana

Direcciones:

Mezclar la bergamota, salvia y aceites de manzanilla romana bien en una botella de vidrio de color oscuro, limpio. Añadir una o dos gotas de la mezcla que ha creado en el paso anterior a un tejido y colocar el tejido dentro de la almohada para ayudar a conciliar el sueño por la noche.

## CONCLUSIÓN

Los aceites esenciales son regalos versátiles de la naturaleza que se pueden utilizar para mejorar su vida de muchas maneras diferentes. Son sustancias poderosas que pueden ayudar a curar su cuerpo, mente y alma. Hay diferentes tipos de aceites esenciales con cada aceite esencial tiene su propio conjunto único de beneficios. Se trata de uno de los más potentes curanderos todo horizonte que la naturaleza nos ha bendecido, y, cuando se combinan, pueden dar una defensa más fuerte contra las enfermedades comunes y los más raros ocasionales también. Algunos de ellos son bastante volátiles, pero siempre y cuando usted sabe cómo usar y almacenar de forma segura, ellos estarán

con usted durante mucho tiempo, y te va a sanar desde adentro hacia afuera.

Cómo secar hierbas

*La guía definitiva fácilmente*

*Secado Hierbas At Home*

*Ella Marie*

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**Introducción**

No es ningún secreto que las hierbas se han utilizado para el valor nutricional y con fines medicinales desde hace milenios. El hecho de que todavía se utilizan en innumerables civilizaciones de todo el mundo da fe de sus beneficios para la salud. En el supermercado, sin embargo, puede terminar pagando altos costos para las hierbas frescas de calidad cuestionable.

Nunca se puede saber realmente lo que está recibiendo. Algunos sitios web en línea afirman que tienen la mejor calidad. Pero de acuerdo a quién? ¿Cómo saber la verdad, cuando algunos negocios en línea son honestos, mientras que otros están tratando de convertir una alta rentabilidad de su ignorancia. Encontrar el mejor trato y la mejor calidad es difícil, si no imposible.

Una alternativa a la compra de hierbas, sin embargo, es el crecimiento de su propia y luego cosecharlas. Son divertidos para crecer y no cuestan mucho. Ellos ni siquiera requieren de mucho cuidado, y entonces están disponibles para su uso cuando esté listo. En este libro usted aprenderá acerca de la cosecha, secado y almacenamiento de sus hierbas para que más adelante se pueden cocinar con y sirvieron.

Para crecer las hierbas, que no necesita mucho espacio, ya que no hace falta ser un jardín a gran escala. Usted puede decidir a crecer las hierbas al aire libre, pero sería aún caben en el alféizar de la ventana en su cocina. Usted no tendrá que dedicar un montón de tiempo para cuidar de ellos tampoco.

Usted, sin embargo, la necesidad de invertir tiempo y energía en las plantas a partir de la derecha. Ellos necesitan la cantidad adecuada de agua y la luz solar. Usted también necesitará de vez en cuando para podar ellos, por lo que el follaje muerto no roba los nutrientes vitales de la planta sana.

El proceso de secado en sí también es muy importante para entender. Si las hierbas no se secan adecuadamente, pueden crecer moho y convertido en ruinas. Incorrectamente hierbas secas también no ofrecen el mismo valor que desea o espera.

Ahora, se le puede reconocer el valor de las hierbas, pero insistiendo en que no se les podría crecer a ti mismo. Con demasiada frecuencia, las personas evitan algo nuevo. En su lugar, debe ser audaz y abrazar esta oportunidad. Partiendo es el primer paso hacia el logro de todos los beneficios. La decisión es tuya.

Por otra parte, no es difícil de secar las hierbas, y este libro le ayudará a explorar un montón de opciones. El método que usted elige utilizar a menudo se reduce a la preferencia personal. O

bien, es posible que desee probar algunas opciones y ver lo que mejor se adapte a sus necesidades.

No es necesario ser un experto para crecer y secar sus propias hierbas. Sin embargo, usted necesita tener un conocimiento básico de los pasos a seguir. El almacenamiento adecuado es tan importante como el secado de las hierbas. La clave es tener las hierbas listas para su uso siempre que lo desee.

Va a ser muy feliz con los resultados del cultivo y secado de sus propias hierbas. Usted sabrá los ingredientes exactos, los valores nutricionales y medicinales. Cuando tantos artículos comprados en la tienda son tratados con productos químicos y pesticidas, los alimentos cultivados en casa también pueden proporcionar un poco de paz de la mente.

## **Capítulo 1**

### **¿Por qué es Importante Secado Hierbas**

Secado de hierbas adecuadamente es importante para que no se pierdan sus valores nutricionales o medicinales. No tiene ningún sentido para tomar el tiempo para crecer y cosechar, pero luego dejar caer la bola cuando se trata de secado y almacenamiento.

### **Prevención**

La prevención de moho, levaduras y bacterias crezcan en sus hierbas es esencial. Esto sólo se puede lograr mediante la eliminación de toda la humedad de ellos. Por desgracia, la humedad no puede ser visto, pero su presencia pronto será conocido: al abrir un frasco o una bolsa de hierbas secas, serán arruinados. El color y el olor se indican de inmediato si algo no está bien. Cuando se les seque por completo, sin embargo, usted no tiene ese problema.

## **Accesibilidad**

Puede ser prácticamente imposible tener siempre hierbas frescas alrededor. No duran por mucho tiempo. Sin embargo, cuando se les seca, van a estar listo para su uso en cualquier momento.

Puede acceder rápidamente desde su casa en lugar de salir corriendo a la tienda en busca de hierbas frescas.

Usted también se sentirá bien al saber que estaban cultivados sin productos químicos. No se puede saber a ciencia cierta cuando compra hierbas secas de una compañía. Si quieres algo que es todo natural, lo mejor es tener la seguridad de sus orígenes.

Idealmente, usted debe crecer hierbas suficientes para conseguir que a través de los meses de otoño e invierno. Al hacer esto, usted puede tener suficiente hasta la primavera, cuando usted comenzará sobre el cultivo y la cosecha de los nuevos. No almacene hierbas secas durante más de un año, ya van a empezar a perder su valor total. Puede ser difícil al principio para estimar cuánto va a utilizar más de un año, pero lo mejor de ti para juzgar.

Preste atención a la cantidad y la frecuencia con la que utiliza hierbas ahora, y durante su primer año, por lo que se puede ajustar para el futuro. Si usted necesita más, lo mejor es mantener varias plantas en diferentes etapas de crecimiento. Entonces usted no tiene que empezar de nuevo y esperar antes de tener más de la hierba disponible.

## **Costo**

Va a pasar mucho menos secado sus hierbas de lo que va a comprarlos. De hecho, va a gastar menos en todo el proceso de su cultivo, la cosecha de ellos, secarlos y guardarlos, de lo que va a comprarlos.

Si utiliza hierbas a menudo, esto le ahorrará dinero y hace un montón de sentido. A medida que aprenda más acerca de los beneficios de salud diferentes hierbas ofrecen, estará inclinado a usar ellos incluso más que tú en este momento. Ahorrar dinero es una ventaja que no quiere dejar pasar.

Además, ¿qué pasa si usted desarrolla un problema crónico de salud debido a la mala nutrición?

Usted va a terminar gastando aún más en las visitas al médico, copagos, deducibles y medicamentos. Muchas hierbas en realidad ayudan a prevenir enfermedades, y que pueden sumar a más dinero quedarse en el bolsillo.

## **Beneficios de la salud**

Los diferentes tipos de hierbas ofrecen ya sea el valor nutricional o medicinal. Algunos de ellos ofrecen tanto! Es importante entender estos atributos cuando se considera el cultivo, cosecha, secado y almacenamiento de ellos.

Dedique algún tiempo a la lectura de información y estudios de caso de los libros o sitios web de confianza. Usted aprenderá que, una y otra vez, los resultados indican que el consumo de varias hierbas hace que las personas se sientan mejor y reduce los síntomas de cualquier problema de salud.

El mundo de la medicina moderna no puede entender completamente el uso de hierbas - todavía -

pero no pueden ignorar el valor que ofrecen. Es también un hecho que durante siglos, nuestros antepasados dependían de hierbas y remedios naturales para la supervivencia.

Cuando usa hierbas según las instrucciones, no hay ningún riesgo de salud para usted. Cuando se trata de la extracción de aceites de hierbas, recuerde que son bastante potente. Sólo unas pocas gotas que recorrer un largo camino! Con todo esto en mente, no tienes nada que perder al dar hierbas intentarlo.

## **Valor nutricional**

Muchas personas cocinan con hierbas porque les gusta su sabor. Sin embargo, estos gustos desarrollaron porque los ingredientes ofrecen valor nutricional.

Nuestros antepasados no comen alimentos procesados o grandes cantidades de azúcar, y se dedican a día el trabajo físico tras día para sobrevivir. Los alimentos que comían fueron escogidos para ofrecerles el mejor valor nutricional. Esto no sólo para adaptarse a las necesidades de sus cuerpos, sino para reducir el riesgo de problemas de salud también.

Canela, por ejemplo, puede ayudar a aumentar el metabolismo. En consecuencia, regula los niveles de azúcar en la sangre. Esto es especialmente cierto para las personas que experimentan un aumento significativo en el nivel de azúcar en la sangre después de las comidas.

Clavos secados, por otro lado, ofrecen poderosos antioxidantes. Ayudan a reducir el riesgo de varios problemas de salud, y pueden provocar que su cuerpo funcione en su mejor momento.

Estos son sólo algunos de los ejemplos de cómo las hierbas pueden ayudarle a sentirse mucho mejor, además de mejorar el sabor de sus comidas. Todos tenemos que comer, así que ¿por qué no comer algo que es saludable y sabrosa?

## **Valor Medicinal**

Polvo de jengibre seco es naturalmente anti-inflamatorio y es un excelente ejemplo de una hierba con gran valor medicinal. Puede

ayudar a reducir el dolor y el malestar que a menudo se asocia con diversas formas de artritis.

Con toda la gran información que hay, más personas se inclinan a usar hierbas secas de valor medicinal. Esto puede ayudar a evitar el costo de los medicamentos caros. También puede ayudar a evitar los efectos secundarios severos de tales medicamentos.

Sin embargo, esto no quiere decir que el uso de hierbas secas es un sustituto de la atención médica. Usted debe tener cuidado de no diagnosticar y tratar a sí mismo o a los demás. Siempre se debe trabajar con los profesionales médicos para evaluar y tratar los problemas de salud.

No sea tímido sobre decir que su médico que utilice hierbas con fines medicinales tampoco. A pesar de que no se suelen recetar hierbas específicamente, también deben no se lo digas a utilizarlos. Es importante ser siempre honesto con su médico para que sepan lo que están consumiendo y con qué frecuencia.

Tenga en cuenta que muchas culturas sobrevivieron durante cientos de años, apoyándose en las hierbas. Ellos no tienen hospitales y otros centros donde podían acudir para recibir atención como lo hacemos hoy. Muchos consumidores les gusta la idea de "volver a lo básico" y evitar las drogas farmacéuticas.

Hay algunas reglas generales que debe seguir si va a crecer y hierbas de cosecha con fines medicinales. Ellos son:

Crecimiento de las hierbas adecuadas para sus necesidades de salud.

Asegurarse de que el suelo en el que se los planta no está lleno de productos químicos nocivos.

Recogiendo su media mañana hierbas o la tarde por lo que el rocío se haya



evaporado. (Rocío aumentará el riesgo de molde.)

## **Capítulo 2**

### **Recogiendo hierbas y Seca**

Una vez que usted haya decidido que las hierbas crezcan, es necesario seguir las instrucciones de cuidado. Algunos requieren más agua o la luz del sol que otras. Preste atención a la forma de mirar y cambiar su rutina de cuidado de si las cosas no van bien.

Etiqueta tus hierbas, también, cuando se planta ellos, porque muchos se parecen una vez que empiezan a crecer. Usted necesita estar seguro acerca de lo que es una hierba determinado antes de usarla por su valor nutricional o con fines medicinales.

También es importante mantener un buen ojo en el follaje de las plantas a medida que crecen.

Tómese el tiempo para eliminar de ellos y eliminarlos a partes de las plantas que se ven dañadas o enfermas. Si usted ve que el tallo está descolorida, el follaje está caída, o la planta tiene manchas negras, usted sabe que tiene un problema que no puede ser ignorada.

Algunas hierbas tienen que ser tirado mientras que otros necesitan ser cortados. También están aquellos que necesitan ser arrancado. Utilizando el método adecuado es importante para no dañar o arruinar lo que se cosecha. Usted necesitará afilados cuchillos y tijeras afiladas para hacer el trabajo correctamente.

### **Utilice la Planta completa**

No tire automáticamente la planta y utilizar sólo sus raíces. Sólo ciertos tipos de hierbas funcionan de esa manera. Asegúrese de tener la información correcta de las hierbas que se está trabajando. La manera de cosechar una hierba puede no ser el mejor para el siguiente.

Seleccione las hojas que parecen los más sanos de la cosecha. Las hojas más viejas no van a ofrecer el mayor valor. Puedes recogerlos y utilizarlos como abono para su jardín para que no se van a perder. Dependiendo de las hierbas que está en crecimiento, es posible que el uso de: Hojas

Tallos

Semillas

Cabezuelas

Corteza

Raíces

### **Cuándo cosechar**

Saber cuándo cortar y cosechar las hierbas puede ser intimidante al principio. Si usted es demasiado pronto, su rendimiento puede ser demasiado pequeña; si usted es demasiado tarde, las plantas pueden sufrir daños. Creciendo en interiores en macetas pequeñas es la forma más fácil de mantener un buen ojo sobre ellos.

Cada hierba varía en cuando esté listo para ser cosechado. Esto significa que usted necesita para familiarizarse con los detalles de las hierbas particulares que están creciendo. Al empezar a cabo, se adhieren a no más de tres hierbas. Esto le permitirá centrarse en ellos sin sentirse abrumado.

A medida que su nivel de comodidad y experiencia crece, usted puede comenzar a plantar más hierbas. Usted querrá obtener los conocimientos básicos y administrar su tiempo, sin embargo.

De lo contrario, todo el trabajo que usted pone en su cultivo será un desperdicio.

Un buen número de hierbas que crecen las personas son plantas de hoja que producirán semillas.

Una vez que las semillas han desarrollado, las plantas no seguirán creciendo. Han servido su propósito. Recoger las hojas a menudo para animar a más follaje para crecer antes de que aparezcan esas semillas. Estas hierbas incluyen albahaca, cebollino y perejil.

Albahaca necesita ser cortado con frecuencia durante el proceso de crecimiento. Si usted permite que crezca salvaje, que se extendió. Cuando se recorta, te darás cuenta de que la planta crece hacia el exterior, así como hacia arriba. También se convierte en un color verde muy intenso. Es listo para la cosecha cuando se trata de 12" de altura y tiene varias hojas verdes.

Cebollino tienden a crecer muy rápidamente. Crecen principalmente en la primavera y el verano.

Si los usa a menudo, los plantaré en varias macetas en diferentes momentos. Esto le permite cosechar y secar algunos, mientras que otros todavía están creciendo y estarán listos para la cosecha en unas pocas semanas.

El perejil puede ser muy difícil de cortar cuando está listo para cosechar. Coge la hoja entera y mantenerla alrededor del tallo. Cortar de la zona en donde comienza a formar grumos. Las hojas más viejas son difíciles, por lo que evitar cortarlos.

Usted tendrá que cosechar el romero antes de que sea leñosa. Recortar los brotes, pero no corte las ramas que son hojas leñosas y que carecen. Usted puede secar romero en racimos, así que no se preocupe si se cosecha un poco de ella a la vez.

La mejor manera de cosechar albahaca es con unas tijeras que se mantienen firmemente entre el pulgar y el dedo. Recorte justo encima de un par de hojas donde se puede ver un nuevo crecimiento. Si se corta por debajo de una hoja, el tallo será demasiado corto para que siga creciendo. En su lugar, se marchitará y usted tendrá que reemplazarlo.

Capsicum se debe cortar cuando está girando cambios de colores. Muchas personas cortan cuando aún está verde. Sin embargo, si usted es paciente, empezará a ponerse amarillo, rojo y naranja. Eso es cuando usted debe cosechar. Usted debe tener mucho cuidado con los tallos ya que son bastante frágiles.

La menta es una de las hierbas más fáciles de cultivar y cosechar. Recorte de las hojas maduras, sanas. Esto le permitirá seguir creciendo y para que usted pueda cosechar más cuando lo necesite.

El orégano tiene raíces muy superficiales por lo que hay que tener cuidado con ellos. Esta es una de las pocas hierbas donde se le anima a cortar las hojas más viejas y utilizarlas. Permita que las hojas más jóvenes se mantengan en su lugar para que puedan seguir creciendo y floreciendo.

Con salvia, cortar las hojas más jóvenes que aún están tiernas. Sin embargo, usted no desea cortar más de la mitad de la planta. Si lo hace, no va a producir nuevas hojas para usted más.

Trate de cosechar temprano en el día, cuando las hojas están secas del rocío. Sin embargo, no espere hasta que se pone demasiado caliente o los aceites esenciales se secan por el calor del sol.

El tomillo es otra hierba con raíces muy superficiales, por lo que necesita para cosechar con cuidado. Use un par de tijeras para eliminar suavemente lo que necesita. Tenga cuidado de no usar demasiada fuerza o te vas a arrancar la planta entera.

Cuando se cosecha chiles, cortados desde el exterior y su forma de trabajo. Usted verá que el centro de la planta tiene nuevos brotes emergentes. Ellos reemplazarán aquellas hojas exteriores que usted corta.

Esto no es una lista exhaustiva, por lo que no se preocupe si usted no ve instrucciones para las hierbas que usted está interesado en el crecimiento. Un poco de investigación en línea le dirá los mejores métodos para el cultivo y la cosecha de otras hierbas. También

puede ver paso a paso videos en línea, que puede ser muy útil cuando empiece a crecer sus propias hierbas.

## **Capítulo 3**

### **Preparación para el**

#### **Proceso de secado**

Los artículos que usted necesita para prepararse para el proceso de secado realmente dependen del método que utilice. No te preocupes, ninguno de ellos requiere la compra de equipo o algo caro así. La mayoría de la gente tiene casi todo lo que ya tienen en su casa.

#### **Hora**

El tiempo es esencial para el secado de hierbas, porque no se puede acelerar el proceso. Es necesario secar con éxito las hierbas de la manera correcta. Es que no están dispuestos a permitir que este momento, no hay ningún punto en incluso de comenzar. Tenga en cuenta que el proceso puede tardar más de las primeras veces que la cosecha. Después de eso, usted será capaz de hacerlo más rápido y más eficientemente.

#### **Suministros**

Los suministros que necesitará depende del método que se va a utilizar para el secado. Usted va a leer acerca de estas opciones en un capítulo futuro y puede decidir entonces.

Si usted va a colgar las hierbas que se seque, usted necesitará un cordel.

Usted también necesitará sacos de arpillera o tela de queso. Estos artículos son para cubrir las hierbas por lo que la luz solar no robarles su valor. Los rayos UV ayuda a seco, pero demasiada exposición reduce la potencia global de las hierbas.

Si usted va a utilizar el horno, necesitará varias bandejas para hornear. Esto le permite poner las hierbas en una sola capa. Puede utilizar un deshidratador con bandejas o el microondas.

Algunas personas les gusta usar los guantes para que no se toquen directamente las hierbas.

Obtener guantes desechables para que puedas llevarlos dentro y fuera de todo el proceso como sea necesario. Usted puede obtener un paquete de guantes desechables para sólo unos pocos dólares.

### **Envasado y etiquetado**

Usted también necesitará bolsas o frascos para almacenar hierbas secas con éxito. También deben estar etiquetados. Esto se explica con más detalle en un capítulo futuro.

Usted no necesita grandes jarras menos que usted planea utilizar las hierbas en grandes cantidades. Usted puede obtener pequeños frascos de vidrio que tienen tapas de corcho. Estos parecen grandes y no ocupan mucho espacio. Puede etiquetar fácilmente y mantenerlos accesibles.

### **Área de trabajo**

Usted tendrá un montón de espacio de trabajo con el fin de cosechar éxito sus hierbas. Un mostrador de la cocina o la mesa de la cocina es una gran opción. Asegúrese de que todo se limpió y se seca antes de empezar a trabajar con las hierbas.

Si está utilizando un método de secado que se llevará varias semanas, usted necesita para mantener ese espacio sin ser molestados por la cantidad de tiempo requerido. Este es el problema con el espacio que a menudo anima a la gente a utilizar métodos de secado más rápido de hierbas, como el horno o deshidratador.

Sin embargo, al colgar a secar, no van a tener mucho espacio en absoluto. Usted necesitará su área de trabajo de nuevo, sin embargo, cuando están completamente secos. Esto es cuando usted va a desmoronarse ellos y empaquetarlos.

## **Lavado y Limpieza**

Es necesario lavarse las hierbas que ha cosechado antes de que se sequen. Use un cepillo de cerdas duras para eliminar suavemente cualquier residuo o tierra. Un cepillo de uñas es ideal, ya que es pequeño y se ajusta cómodamente alrededor de los dedos para un buen agarre.

Enjuagar el residuo y la suciedad con agua tibia. Acariciar cuidadosamente seque con toallas de papel para eliminar el exceso de agua. También puede permitir que las hierbas para secar sobre una toalla en el mostrador mientras está trabajando con otros.

Algunos consumidores omitir esta parte de lavado del proceso. Calculan que hará que las hierbas tardan más tiempo en secarse. Sin embargo, si no se lava ellos, corre el riesgo de suciedad y los residuos entren en su comida cuando se cocina con ellos.

El lavado no toma más de unos pocos minutos, y se puede acariciar suavemente las hierbas secas con toallas de papel. No se salte este paso en un esfuerzo para reducir la cantidad de tiempo que toma para que usted pueda secar sus hierbas. Usted querrá más tarde que había tomado el tiempo para hacerlo!

## **Extracciones**

Cuando se trata de uso de hierbas para medicamentos, puede que tenga que extraer los líquidos de la planta. De esta manera, usted en realidad no utilizará los materiales vegetales, como hojas o tallos. Hay tres métodos principales de extracción que puede utilizar. El que usted elija puede ser una preferencia personal basado en la necesidad, conveniencia y / o el tipo de hierba que está extrayendo

de. Es una buena idea considerar las tres opciones antes de tomar una decisión final.

Estas opciones son:

Infusión

Decocción

Tintura

### **Infusión**

Usted puede escuchar la tisana término usado indistintamente con la infusión. Es uno de los métodos más comunes y más rápidas de extracción. Necesitará:

Una pequeña sartén de hierro

Una jarra de cristal

Un colador de té

Una escala del hogar

No utilice recipientes que están hechos de aluminio o cobre. Pueden liberar partículas que entran en su sistema digestivo. También pueden causar las hierbas a tener un sabor amargo.

Añadir alrededor de medio litro de agua fría a la sartén. Calentar hasta que hierva el agua y luego se apaga el fuego. Añadir la hierba para el agua cuando todavía está caliente pero no hirviendo.

Revuelva suavemente por lo que las hierbas están totalmente sumergidos, pero tenga cuidado de no dañarlos.

Permitir que las plantas permanecen en el agua durante 10 minutos. Vierta el líquido a través del filtro en la jarra de vidrio. Con algunas hierbas, es posible que tenga que forzar a dos o tres veces debido a



su potencia. Asegúrese de que usted mira en esta información para cualquier hierba que está trabajando.

## **Decocción**

Otro método común de preparar hierbas para la medicina es la decocción. Esto no es difícil de aprender, pero muchas personas encuentran que con el fin de dominar totalmente, que, tienen que practicar a menudo. Este es un buen método a utilizar si usted quiere hacer muy pequeñas cantidades de la medicina.

Ponga una onza de hierba seca en una sartén con medio litro de agua y llevar a ebullición. Baje el fuego y deje que el líquido para continuar la cocción. Mantenga un ojo en él y retirar del fuego cuando el volumen en la sartén se ha reducido a aproximadamente  $\frac{1}{4}$  del líquido original.

Colar bien. Por lo general, este método se utiliza cuando se está extrayendo de la corteza o las raíces de las hierbas. Si usted necesita una gran cantidad del elemento extraído, este no es el mejor método para elegir.

## **Tintura**

Con este método de extracción de las hierbas, se consume alcohol en lugar de agua, ya que es más eficaz. Se extrae más de las propiedades medicinales valiosas que la de agua. Por eso, algunos herbolarios absorberán las plantas en alcohol antes de que los utilizan.

No utilice metanol o alcohol de madera para este método de extracción. Si lo hace, puede hacer que una persona se vuelva muy enfermo o incluso morir. Remoje aproximadamente una onza de hierba en medio litro de alcohol durante 8 semanas. Agite el recipiente cada día durante las primeras 4 semanas. A continuación, sólo deje que repose durante las próximas 4 semanas. Colar bien al final de la trama de tiempo de 8 semanas.

## **Capítulo 4**

### **Métodos de secado**

Usted tiene varias opciones a la hora de secar sus hierbas. Algunas personas tienen un método que utilizan todo el tiempo. Para otros, depende de los tipos de hierbas que utilizan. Una vez más, usted debe explorar algunas opciones para decidir lo que funciona mejor para usted.

No importa el método o métodos que se va a utilizar, no se deje intimidar! Secado de hierbas es mucho más fácil de lo que podría haber imaginado. Tómese su tiempo para aprender algunos conceptos básicos y se le multa.

### **Están cuando se secan?**

Usted debe dar las hierbas tiempo suficiente para completamente seco. Las plantas están completamente secas cuando son frágiles y se desmoronan en la mano con facilidad. No triture las hojas hasta que esté listo para usarlos.

Tenga en cuenta que si las hierbas no están completamente secos, que será susceptible al moho y otros problemas. Entonces usted tendrá que tirar las hierbas en lugar de beneficiarse de sus esfuerzos. Darles el tiempo que necesitan para secar por completo y usted estará satisfecho con los resultados.

### **Consejos básicos**

Antes de profundizar en los métodos de secado reales, hay algunos consejos básicos que me gustaría compartir con ustedes. Ellos pueden ayudarle a obtener una sólida comprensión de por qué seco en ciertas maneras.

El secado es el método tradicional que fue utilizado por las primeras civilizaciones para la conservación de hierbas. A pesar de que el método es viejo, eso no quiere decir que no es eficiente. Como dice

el refrán, usted no tiene que volver a inventar la rueda para obtener resultados que el trabajo!

Como se mencionó en el capítulo anterior, siempre se toman el tiempo para limpiar sus hierbas antes de empezar a secarlas. Usted no quiere permitir que la suciedad y los residuos a la relajación.

Nunca use pesticidas para crecer sus hierbas tampoco. Si lo hace, se traduce en la presencia de toxinas, incluso después de que usted los haya lavado. Utilice métodos totalmente naturales de crecimiento de sus hierbas para los mejores beneficios generales. Asegúrese de secar bien después de enjuagar. Usted necesita toda la humedad de la superficie a ser removido.

Inspeccione las hierbas que tiene listo para secar. Si hay signos de follaje dañado o muerto, este es el momento para quitarla. Si persiste dañará sus plantas.

### **Colgando en la luz del sol**

Usted puede organizar sus hierbas en pequeños paquetes y atarlos con una cuerda. Colgarlas boca abajo en el porche en una zona donde van a obtener un montón de luz del sol. No haga tus paquetes demasiado apretado o el aire no podrá circular por ellos.

Desde los rayos UV pueden decolorar las hierbas ya menudo reducir su potencia, considere que forman parte. Usted puede hacer esto con una bolsa de arpillera que se ha cortado en pedazos.

Atarla alrededor de las hierbas mientras se secan y permitirá la luz del sol y el aire entren en contacto, pero no dañan las hierbas.

Usted puede colgar como alternativa a secar en su casa en una habitación que esté bien ventilado.

La habitación también tiene que conseguir un montón de luz del sol. El ático es una buena idea, ya que está más cerca del sol. El sótano, por otro lado, no funcionará debido a la limitada luz del sol.

Además, los sótanos son a menudo la humedad, y la presencia de humedad no permitirán que sus hierbas se secan correctamente.

Se puede tomar un par de semanas para secar satisfactoriamente las hierbas de esta manera.

Después de una semana, comprobar a cada día. Si no se desmoronan cuando se pellizca, le dan otro día y puedes volver a intentarlo.

### **Aire de secado de pantallas**

Si usted no tiene un porche que se puede propagar las hierbas en las pantallas que se colocan en las ventanas. Usted puede incluso colgarlas del techo para que puedan obtener la luz del sol sin estar en el camino. El secado al aire funciona mejor para las hierbas que suelen ser de baja humedad. Esto incluye el eneldo, orégano y romero.

### **Secado Marco**

Mientras marco secando sus hierbas es mucho tiempo, muchas personas sienten que les da los mejores resultados globales. Vale la pena el tiempo y esfuerzo que invierten en ella. Muchos herbolarios usan este método, también, ya que se sienten las hierbas mantienen los más potencia a través del proceso de secado.

Por este método se necesita una caja de madera que se encuentra a unos 3 pies en todos los lados.

La tapa debe estar hecho de vidrio. Cubra el fondo con papel aluminio y asegúrese de que haya suficiente ventilación. Colocar las hierbas en el papel de aluminio en una sola capa. Asegure la tapa y asegúrese de que encienda las hierbas cada día hasta que se sequen.

Coloque el marco en una zona donde las hierbas pueden conseguir un montón de luz del sol cada día. Asegúrese de que la caja es

resistente al agua en caso de cualquier lluvia en la noche. La lluvia puede hacer que las hierbas al moho. Puede tomar hasta 6 semanas para que este tipo de secado de hierbas para ser completa.

## **Microonda**

Uno de los aparatos más convenientes en la cocina es el horno de microondas. Sin duda, es una manera rápida y fácil para calentar alimentos y descongelar artículos que desea cocinar. ¿Por qué no utilizarlo para ayudar a acelerar el proceso de secado de hierbas?

La forma correcta de hacerlo es colocar una sola capa de hojas secas entre un par de toallas de papel. Use toallas de papel para trabajo pesado para que no se deshagan. Coloque las toallas de papel y las hierbas en el microondas durante 2 minutos en alto. Deje que se enfríe completamente.

Compruebe las hierbas, y si no son totalmente frágil, les dan más calor. Se recomiendan incrementos de 30 segundos para reducir el riesgo de que se queme. El tiempo total, sin embargo, dependerá de la potencia de su horno de microondas y el tipo de hierba que está secando.

## **Horno de secado**

Si usted tiene una gran cantidad de hierbas que se seque, el método de microondas puede ser demasiado lento. Usted puede acelerar las cosas y obtener grandes resultados con el uso de su horno. Coloque las hierbas en una sola capa sobre una bandeja de horno. Pre-calentar el horno a no más de 200 ° F. Permita que las hierbas que se sientan en el horno durante 5 minutos.

Cuando están completamente frío, deben ser frágil. Si no es así, se puede calentar en el horno de nuevo, a pocos minutos a la vez. Una vez más, el tipo de hierba influirá en la cantidad de tiempo que toma para que puedan ser secados con éxito.

Muchas personas les gusta usar el horno o el método de microondas para el secado debido a la conveniencia. Es cierto que puede secar hierbas con estos métodos en cuestión de horas frente a una cuestión de semanas. Esto es especialmente cierto para las hierbas de alta humedad, como el cebollino, menta y albahaca.

Sin embargo, debe tener mucho cuidado de no quemar a las hierbas. Si grabarlos o sobre-seca, ellos no van a tener buen sabor u ofrecer mucho valor nutricional. Recuerde, usted no quiere cocinar las hierbas, simplemente eliminar la humedad. El secado al horno también puede disminuir la potencia de las hierbas en un tercio.

## **Deshidratador**

Puede utilizar una máquina llamada un deshidratador para eliminar la humedad de sus hierbas.

Pueden costar desde \$ 100 a \$ 400 dependiendo del tamaño, marca y calidad. Esta es una gran herramienta para utilizar si usted puede presupuesto para uno.

Con un deshidratador, se puede ajustar la temperatura y se puede utilizar convenientemente el temporizador para que no se olvide de comprobar ellos. También circulan el aire que es importante para el secado de las hierbas de manera uniforme.

Para obtener los mejores resultados, comprar un deshidratador que es redonda. Vienen con apilar bandejas, lo que puede poner una capa de hierbas en cada una de las bandejas y deshidratar ellos al mismo tiempo. Esto le ahorra energía y reduce el tiempo total de secado para todas sus hierbas.

## **Secado de Salt**

Mientras secado sal no es tan popular como otros métodos, es todavía vale la pena mencionar aquí. Puede usar la sal de mesa no yodada para secar las hojas. Colóquelos en una bandeja y luego

espolvorear la sal en la parte superior de ellos. Puede tomar hasta 4 semanas para que se sequen de esta manera.

Asegúrese de sacudir el exceso de sal antes de empaquetar ellos. Lo mejor es empaquetarlos en frascos de vidrio, en lugar de bolsas de plástico, si ha utilizado este método.

## **Congelación**

También es posible congelar hierbas. Muchas personas que viven en zonas de alta humedad utilizan esta opción. La humedad en el aire hace que sea prácticamente imposible para ellos para conseguir sus hierbas se secan lo suficiente sin el uso de amplias opciones de calor.

Una vez que las hierbas han sido lavados, ellos escaldar en agua que está hirviendo. Permita que las hierbas para permanecer en el agua durante 1 minuto. Tener un recipiente de agua con hielo listo. Mueva inmediatamente del agua hirviendo para el baño de hielo.

Secar ligeramente, empaquetarlos en bolsas de congelación, y poner a la basura. Asegúrese de retirar el aire y sellar herméticamente. También debe etiquetar correctamente cada bolsa. Vamos a discutir más a fondo el etiquetado en el próximo capítulo.

## **Capítulo 5**

### **Forma de guardar Hierbas secas**

Una vez que sus hierbas estén secas, tiene un paso más para ir - envases para el almacenamiento adecuado. Es importante no dejar caer la pelota, aquí tampoco, o todo su tiempo y esfuerzo habrá sido en vano.

Es una buena idea pensar en donde almacenará las hierbas secas, incluso antes de empezar.

Usted no necesita mucho espacio, pero sí es necesario un lugar que esté seco y oscuro. Usted también no desea almacenar en la cocina, ya que pueden absorber el aceite de cocina u otros olores fuertes.

Evite almacenar alrededor de la sala de lavandería, también, ya que pueden recoger el olor y el sabor de hojas para la secadora. El sótano, por supuesto, es una opción pobre debido a su humedad. Si usted vive en un área con alta humedad, puede que incluso tenga que ejecutar un deshumidificador en el área alrededor de las hierbas como medida de precaución.

### **Frascos o bolsas**

Hay algunos que argumentan sobre el uso de frascos de vidrio o bolsas de plástico para almacenar sus hierbas secas. Se utilizan dos métodos, y con la verdad, no parece ser una ventaja de uno sobre el otro.

Muchos consumidores como los frascos de vidrio, ya que pueden reciclarlos. Ellos saben que el vidrio no va a dañar el medio ambiente. Trate de usar vidrio de color oscuro cuando sea posible.

Otros, como la conveniencia de las bolsas y que ocupan menos espacio para almacenar. Las bolsas pueden apilarse fácilmente.

Todo se reduce a una elección personal. Evite el uso de envases de metal, ya que pueden dar a sus hierbas un sabor metálico. Evite los envases de madera, ya que absorben la humedad.

Independientemente de la forma que elija, asegúrese de que los recipientes están sellados herméticamente. Para frascos de vidrio, esto significa tapas bien ajustadas. Asegure ellos tan fuerte como pueda. Con las bolsas, quitar todo el aire y asegúrese de que el cierre está completamente asegurada.

### **Etiquetado**



Siempre etiquetar sus frascos o bolsas de hierbas. Esto es muy importante debido a que muchos de ellos pueden tener el mismo aspecto. Su etiqueta debe incluir:

Tipo de hierba

Parte de la planta

Fecha de empaquetado

Método de secado

Nunca agregue más hierba seca en un frasco hasta que ha desaparecido por completo. De lo contrario, las hierbas de más edad pueden no ser tan potente como el que quiere o pensabas que eran. Después de un año, comienzan a perder potencia.

Si necesita almacenar más de una hierba, creó un segundo frasco para ello. Poner este segundo frasco detrás de la primera de ellas por lo que no utiliza accidentalmente primero. Una vez que el primer frasco es utilizado por completo, a continuación, mover y utilizar el segundo frasco.

Este es el mismo tipo de rotatorio concepto de que las tiendas de comestibles utilizan para sus productos. Se mueven el elemento más antiguo al frente y poner el más nuevo a la parte posterior. Este tipo de rotación asegura algunos artículos no se detienen en el estante más tiempo que otros.

### **Dónde almacenar**

Usted desea almacenar sus hierbas secas de la luz solar y la humedad. Asegúrese de que usted no los coloca en el sótano o en otro lugar donde no puede haber humedad o borradores. Evite almacenar alrededor de la cocina mientras los olores de otros alimentos puede arruinar ellos!

Nunca almacene sus hierbas en cualquier lugar que permite a un niño o una mascota para llegar a ellos. Mientras que las hierbas son seguras, pueden ser peligrosas en las manos equivocadas.

Algunos de ellos son muy potentes y podría hacer que un niño o una mascota enferma si se consumen directamente. Los niños y las mascotas son tanto curioso, y algunas hierbas huelen muy bueno!

Si desea mostrar sus hierbas, todavía no se necesita demasiado espacio. Si su área es limitada, considere un estante sobre-la-puerta. Se puede colocar en el interior de un armario del pasillo por ejemplo. Los frascos pueden encajar en los estantes y son fáciles para que usted tenga acceso.

Sin embargo, ellos no están tomando ningún espacio adicional en su hogar.

Si decide congelarlos, es una buena idea tener un pequeño congelador que está separada de su ser regular. Tal vez usted ya tiene un congelador donde se almacenan la carne y otros artículos.

Puede asignar una parte del mismo para sus hierbas.

Compruebe los frascos o bolsas que ha surtido y almacenados unos días después de que usted ha hecho. Inspeccione para asegurarse de no embala todo lo que todavía tenía un poco de humedad en ella accidentalmente. Si lo hizo, lo saca del envase o frasco y secar el contenido de nuevo. A continuación, puede volver a empaquetar ellos.

Si usted no marca ellas, puede ser devastador tarde al abrir el envase o frasco para encontrar el moho y otras cuestiones. Ponga un recordatorio en su calendario para comprobar a la semana después de su envasado. Entonces les compruebe la semana después de eso. Si no observa cualquier signo de humedad, se encuentra en la clara!

**¿Cuánto tiempo?**

La mayoría de los herbolarios creen que se puede utilizar con éxito las hierbas que se han secado y almacenado hasta por un año. Después de eso, van a perder su potencia y no se puede contar con ellos. Hay consumidores que los han utilizado hasta 5 años después del envasado y reclamar buenos resultados, pero eso es una gran oportunidad para tomar.

Las hierbas pueden seguir el buen gusto para un máximo de 5 años, así que es por eso que algunas personas siguen utilizarlos. Sin embargo, la potencia de las hierbas disminuye con el tiempo. El objetivo del uso de hierbas es la adición de valores nutricionales y medicinales. Por lo tanto, sólo tiene sentido utilizar las hierbas cuando todavía son de la mejor calidad.

Usted no mantener más de-the-counter o de la prescripción de medicamentos en la mano durante 5 años, así que no hacer eso itwith sus hierbas. Esta es la razón por la parte etiquetado del proceso de secado y envasado es tan importante!

Si encuentra usted viene para arriba en un año y no ha utilizado todo de una hierba determinado, encontrar maneras de usarlo. Encuentra recetas que requieren de ella y probarlos! Usted y su familia le encantará el cambio en el menú, ya nos cansamos de comer los mismos platos a menudo.

También puede ofrecer algunos de los restantes hierbas a sus amigos o familiares en los últimos meses del año. Tal vez ellos no han intentado secar sus propias hierbas pero están interesados.

Cata tuyo puede ser el incentivo que necesitan para intentarlo por su cuenta! Además, compartir con los demás es una mejor opción que tirar hierbas no utilizados a cabo.

## **Capítulo 6**

### **Errores comunes que debe evitar**

Mientras que el secado de sus propias hierbas es una experiencia de aprendizaje, usted no quiere aprender ciertas cosas de la manera difícil. Al evitar estos errores comunes, usted cosechará los beneficios de sus esfuerzos y reducir el riesgo de echar a perder sus hierbas.

### **# 1 - El uso de hierbas como un sustituto de la atención médica.**

Mientras que usted puede utilizar las hierbas para varias dolencias menores, no se debe confiar en ellos en lugar de la atención médica. Por ejemplo, es posible que el uso de ciertas hierbas reduce el dolor y la inflamación de la artritis. Usted todavía tiene que cumplir con su cita regular con su médico, sin embargo, y usted debe divulgar el uso de hierbas.

Está bien decirle al médico que prefiere depender de estas hierbas que tomar medicamentos recetados. Ese es su derecho, pero usted todavía tiene que hacerse chequeos anuales y otros cuidados médicos.

### **# 2 - Haciendo caso omiso de la calidad.**

Sea selectivo cuando se trata de la planta que usted elija. Si ellos no son saludables, no van a ser capaces de proporcionar valor nutricional o medicinal. Es importante entender que no todas las plantas son los mismos.

Comenzando con una planta que crece para sus hierbas - en lugar de semillas - es una práctica común. Sólo asegúrese de que usted ha evaluado las plantas para asegurarse de que están sanos.

Si observa algún problema, lo mejor es no comprarlos.

### **# 3 - El uso de productos químicos.**

Evite el uso de pesticidas o fertilizantes químicos para ayudar a sus plantas a crecer. Usted querrá las hierbas se mantengan lo más

natural posible. La única manera de hacer que eso suceda es para asegurarse de que se cultivan en las mejores condiciones.

Utilice suelo orgánico y el uso de métodos naturales para eliminar insectos y otras entidades que podrían arruinar sus plantas. Tómese el tiempo para eliminar a ellos y para eliminar el follaje muerto regularmente. Si usted permite que persisten, se zap la planta sana de los nutrientes que necesita para crecer.

#### **# 4 - Obtener la cantidad equivocada de agua o luz.**

La cantidad correcta de agua y la luz solar es esencial para las hierbas crezcan como deberían. El suelo debe estar húmedo cuando usted la toca pero no empapado. El exceso de agua puede aumentar las posibilidades de moho y bacterias nocivas en crecimiento. No hay suficiente agua puede resultar en un retraso en el crecimiento vegetal.

Hierbas necesitan la luz solar para crecer, así que asegúrese de que los coloca en una ventana o cultivarlas aire libre donde consiguen un montón. Si usted nota algunas hierbas en su jardín ventana están haciendo mejor que otros, girar las plantas. La luz solar adicional puede ser bueno para ellos.

No plantar al aire libre en las zonas donde hay demasiada sombra. Antes de la planta, evaluar la cantidad de sombra y la luz del sol la zona recibe durante todo el día. En los días más calurosos, las plantas pueden requerir más agua de lo habitual, así que presta atención a la forma en que están haciendo diversas condiciones meteorológicas INI.

#### **# 5 - El hacinamiento.**

Da tu hierbas mucho espacio para crecer. No sólo crecen más altas, pero la mayoría necesitan para crecer más amplio también. Condiciones límite puede causar una planta crezca débil o enfermizo, ya que debe adaptarse al espacio que se le ha dado.

Con plantas sanas, menos es más y obtendrá el mejor rendimiento para esa hierba en particular.

### **# 6 - Siembra.**

Si usted poda y cosecha sus hierbas con regularidad, no lo harán semilla. El proceso de siembra señala el final de su crecimiento. Por la poda y el corte, usted anima a las plantas para seguir creciendo. A continuación, puede prolongar el ciclo de cultivo y la cosecha de ellos.

### **# 7 - No es el secado de las hierbas completamente.**

Uno de los errores más comunes con hierbas secado no está secando por completo. Tómese su tiempo con cualquiera de los métodos de secado y asegurarse de que estén completamente secos.

No se olvide de comprobar ellos después de unos días de embalaje. Si ellos no están secas, este es el tiempo para llevarlos a cabo y secarlos más.

### **# 8 - No es el embalaje de manera adecuada.**

No están a la altura en el último paso - embalaje. Es necesario etiquetar sus hierbas para que sepa lo que son y por cuánto tiempo los ha tenido. Utilice bolsas herméticas o frascos herméticos.

Almacene lejos de la humedad y la luz solar.

### **# 9 - No es el aprendizaje sobre sus hierbas particulares.**

Es un gran escollo de no conocer las hierbas particulares que van a crecer. Cuanto más se sabe acerca de los métodos mejores de cultivo, técnicas de cosecha, prácticas de secado, etc., más fácil va a ser.

Esta es la razón por la que sólo debe comenzar con dos o tres hierbas en un primer momento.

Como se hace más experto en el proceso, se puede considerar la adición de más a su jardín.

Demasiado a la vez, sin embargo, puede hacer que se sienta abrumado.

## **# 10 - Corriendo el proceso.**

Mientras que sus días pueden estar muy ocupado, sacar algo de tiempo para sus hierbas para empezar. Los pasos iniciales serán los que más tiempo consume. Entonces es sólo una cuestión de mantenerlos regados y asegurar que reciben suficiente luz solar.

Preste atención a cuando tus hierbas necesitan ser podados, también.

Asignar un montón de tiempo para la cosecha y para el secado. Las hierbas no van a adaptarse a sus horarios, por lo que tienen que estar preparados para ellos. Usted necesita dar el proceso de secado de todo el tiempo que se requiere, y no puede ser apresurado.

## **# 11 - Ni siquiera intentarlo.**

Renunciar, incluso antes de empezar es un fracaso garantizado! Hay demasiadas personas que asumen que no pueden hacer esto por lo que ni siquiera intentarlo. Sin embargo, siguiendo el paso a paso, usted será capaz de obtener resultados.

Usted tiene la capacidad de crecer sus propias hierbas, para que se sequen, y para acceder a ellos siempre que quieras. Usa lo que se aprende en este e-libro para ayudar a empezar. Dése de crédito para avanzar y experimentar. Ver lo que funciona bien para usted y crear un plan de acción que te mantiene motivado.

## **Capítulo 7**

### **Hierbas comunes y Seca**

Hay demasiadas hierbas para enumerarlos todos aquí, pero usted puede secar lo que usted quisiera utilizar. Aquí está una lista de las hierbas más comunes a considerar secado. No hay bien o mal tipos de trabajar. Piensa en lo que quieres de un punto de vista nutricional y medicinal ir de allí.

## **Los antioxidantes**

Una de las razones por las que utilizan hierbas es los poderosos antioxidantes que contienen.

Estos antioxidantes ayudan a eliminar las toxinas de forma natural y los radicales libres del cuerpo. Como resultado, usted está más saludable dentro y por fuera.

Las hierbas que ofrecen los más altos niveles de antioxidantes son:

Pimienta de Jamaica

Dientes

Canela

Bálsamo de limón

Mejorana

Orégano

Menta

Romero

Azafrán

Tomillo

## **Beneficios más específicos**



Hay algunas hierbas que usted puede desear para secar y utilizar para beneficios específicos. A medida que aprenda acerca de los beneficios potenciales, puede animarle a crecer y cosechar.

Aquí está una lista de efectos que te pueden interesar.

### **Tienen la piel más joven y saludable**

Muchos hombres y mujeres están buscando la fuente de la juventud! Ellos no quieren ver las líneas finas y arrugas cuando se miran en el espejo. La protección de sus células de la piel es la clave para mantenerse más joven naturalmente.

Espicias italianas se pueden añadir a los alimentos que prepara. La albahaca es el condimento italiano más común utilizado en los alimentos. No sólo sabe bien, sino que también ayuda a proteger las células de la piel. Los poderosos antioxidantes que se encuentran en la albahaca también pueden ayudar al cuerpo a combatir los gérmenes nocivos.

Basilio también puede ayudar a reducir el riesgo de problemas de salud graves. Esto incluye la enfermedad de Alzheimer, varios tipos de cáncer, enfermedades del corazón, y la osteoporosis.

Estos son todos los problemas de salud que pueden reducir su calidad de vida, por lo que luchar contra ellos es importante.

### **Promover la Curación**

A medida que envejecemos, puede tomar nuestros cuerpos más en sanar de los recortes. Esto puede aumentar el riesgo de infecciones bacterianas. Las bacterias dañinas en el cuerpo también pueden resultar en un dolor de garganta, faringitis estreptocócica, neumonía o incluso a través del tiempo.

El tomillo es una hierba potente que puede ayudar a promover la curación. Ataca las bacterias dañinas, pero no va a destruir las bacterias buenas en su cuerpo. El tomillo también puede ayudar a

reducir la inflamación y el dolor de garganta. Se puede ayudar al cuerpo en cortes y rasguños de curación más rápida.

## **Reducir la inflamación**

Para muchas personas, el dolor crónico se ha convertido en parte de la vida. Sin embargo, limita su movilidad y calidad de vida en muchos aspectos. La salvia es una hierba que puede ayudar a reducir la inflamación y para retrasar el envejecimiento del cuerpo.

Dicha inflamación se asocia a menudo con el asma, las diversas formas de artritis, y el endurecimiento de las arterias. Agregando un poco de salvia para los alimentos que consume regularmente puede ser una forma natural de ayudar a reducir la inflamación y el dolor asociado con estas condiciones.

## **Duerme mejor**

Cuando su cuerpo es capaz de dormir bien, usted se sorprenderá de lo bien que se siente. Tu mente y tu cuerpo necesita dormir para sentirse renovado y feliz. Dando vueltas toda la noche es incómodo y te hace sentir horrible en la mañana.

El uso de las ayudas del sueño puede hacer que te sientas aturdido y niebla por la mañana.

Mejorana es una hierba que, naturalmente, puede ayudarle a dormir mejor y más fácil.

Mejorana se utiliza mejor como un extracto. Es muy potente, por lo que sólo tendría que usar unos 5 gotas de este aceite en la bañera. Entrar en la rutina de hacerlo antes de dormir y ver lo bien que se siente en la mañana!

## **Estimular su sistema inmune**

La prevención es una parte clave de un estilo de vida saludable. No espere hasta que usted no se siente bien para tomar medidas. El

orégano es una hierba excepcional para considerar si usted desea mejorar su sistema inmunológico. Puede ayudar a reducir el riesgo de problemas de salud debido a los virus, bacterias o los radicales libres.

El orégano se usa a menudo como un antibiótico natural y un agente anti-hongos natural. Puede ayudar a curar un problema de infección de la levadura o de hongos en las uñas.

### **Mantener la salud del corazón**

Un corazón sano es importante a cualquier edad, pero se vuelve más importante a medida que envejecemos. La enfermedad cardíaca es la principal causa de muerte tanto para hombres y mujeres en los EE.UU.. El jengibre es una gran opción cuando se trata de reducir el riesgo de problemas cardíacos.

El jengibre se ha demostrado que ayuda a reducir el riesgo de obstrucción de las arterias. Ese es un factor muy importante en la prevención de ataques cardíacos. El jengibre también ayuda a prevenir problemas de hongos y bacterias que puedan afectar al corazón. También puede estimular el sistema inmunológico. Por otra parte, el jengibre es una forma natural de reducir los niveles de colesterol malo, conocido como LDL.

### **Mejorar la digestión**

Cuando el cuerpo no está digiriendo los alimentos correctamente, puede hacer muy incómodo.

Usted puede sufrir de reflujo ácido, gases o hinchazón. Ninguno de estos efectos son atractivos.

Pimienta de Jamaica tiene un sabor único que es muy bueno y se puede añadir a una variedad de alimentos o se utiliza como un té.

Esta hierba es una forma natural para mejorar la digestión en general. También puede ayudar a su tracto digestivo. Reduce

problemas con ácido debido a la forma en que se activa la digestión.

Usted puede agregar pimienta a sus carnes, verduras, sopas y caldos.

Pimienta de Jamaica también puede ayudar a regular los niveles de azúcar en la sangre. Puede ser útil para regular el colesterol, también. Añade un montón de sabor a los alimentos, pero también un montón de valor a su salud en general.

### **Las bacterias de Lucha**

Si pudiéramos ver las bacterias y los gérmenes por todas partes, sería una pesadilla. Dependemos de nuestro sistema inmunológico para ayudar a mantenernos lo más saludable posible. La canela ayuda a combatir las bacterias dañinas. Incluso puede prevenir problemas de salud graves que requieren antibióticos o formas más poderosas de tratamiento.

Nuestros músculos y las articulaciones pueden empezar a ser menos móviles a medida que envejecemos. La canela puede ayudar a reducir este tipo de problemas, ya que cuenta con compuestos anti-inflamatorios. También puede ayudar a reducir el riesgo de caries dental, enfermedad de las encías, E. coli, y las infecciones del tracto urinario (ITU).

### **Prevenir el cáncer**

La batalla contra el cáncer es muy grave y cuesta muchas vidas. La prevención del cáncer debe ser alto en su lista de la hora de tomar cuidado de su cuerpo. La cúrcuma es una herbroot maravilloso que puede ayudarle a hacer precisamente eso. También ayuda a reducir el riesgo de la enfermedad de Alzheimer.

La cúrcuma contiene curcumina - que es lo que da la herbroot su coloración amarilla. La curcumina ayuda a prevenir mutaciones de ADN que pueden resultar en cáncer.

## **Lograr una mente sana y cuerpo**

Parece que la hierba del milagro es el clavo. Es muy potente para una variedad de razones. Puede ayudar a reducir el dolor en los músculos y las articulaciones y está lleno de antioxidantes de gran alcance para estimular su sistema inmunológico y combatir los radicales libres.

El eugenol se encuentra en el clavo, que es un tipo de anestesia suave y natural. Se puede utilizar para reducir el dolor de un dolor de garganta, encías irritadas, o dolor de muelas. Los clavos también pueden ofrecer alivio a aquellos que sufren de problemas respiratorios crónicos como la bronquitis y el asma.

Clavo es un anti-bacterias y la opción anti-hongos conocida, también. En realidad, usted no puede ir mal con el uso de clavos. Hay tanto que puede proteger contra!

## **Conclusión**

Las hierbas se han utilizado durante siglos en muchas culturas tanto para el valor nutricional y con fines medicinales. Como la medicina moderna evolucionó, se hicieron menos frecuentes. Sin embargo, muchas personas quieren volver a lo básico. Ellos no quieren tomar productos químicos todo el tiempo o sufren de los efectos secundarios de los medicamentos recetados.

Over-the-counter y los medicamentos de venta con receta pueden ser costosos para los consumidores. Y para aquellos que necesitan medicamentos en curso, puede ser una enorme carga sobre sus presupuestos. Sentirse mejor, pero en una forma asequible es importante.

Cuando creces y secas tus propias hierbas, es mucho más barato que cualquier cosa que usted puede comprar. Si usted crece tipos perennes de hierbas, tendrá un gasto de una sola vez para empezar. Entonces van a crecer de nuevo y otra vez, año tras año

para usted. Siempre y cuando se cosecha correctamente y cuidar de ellos con el agua y la luz solar, van a crecer bien.

También tiene el control total sobre su calidad. Nunca asuma que las hierbas embotellados que compra o incluso los que están disponibles en el mercado de agricultores se han convertido en las mejores condiciones.

La investigación muestra que la mayoría de las hierbas secas para la venta no son orgánicas.

Ellos han sido cultivados con la ayuda de los plaguicidas que contienen productos químicos nocivos. Los que están certificados como orgánicos costo significativamente más.

Al comprar hierbas secas en botellas, que han sido irradiados en la mayoría de los casos. Esto significa que han sido expuestos a un tipo de radiación gamma. Se lleva a cabo para destruir cualquier rastro de patógenos. Sin embargo, este proceso también puede reducir la potencia global de las hierbas.

La información que tenemos acceso a día de hoy sugiere que al tomar un mejor cuidado de su cuerpo temprano en la vida, puede reducir los posibles problemas de salud más adelante. ¿Quién

quiere vivir para ser 100, pero estar tan enfermo que no pueden disfrutar de su longevidad? El objetivo debe ser para disfrutar de esos años dorados y ser lo más saludable posible.

Secado de sus propias hierbas puede proporcionarle los medios para prevenir y combatir diversos tipos de problemas de salud. La prevención es una gran pieza del rompecabezas de la salud que está tristemente menudo pasado por alto. Muchas personas no se preocupan por el estado de sus cuerpos hasta que se enferman o son diagnosticados con problemas graves como el cáncer o enfermedades del corazón.

Es nuestra responsabilidad cuidar de nuestros cuerpos. No culpes a la genética y no lo deje al azar. El uso de estas hierbas puede ser la simple y la manera eficaz de mejorar su salud ahora y para evitar problemas de salud graves en el futuro.

Identificar un par de hierbas que pueden ayudarle con sus necesidades particulares. Tómese el tiempo para aprender acerca de qué beneficios que ofrecen y la mejor manera de utilizarlos.

Descubra cómo Theo crecer utilizando los métodos más eficaces y más eficientes. Al mismo tiempo, aprender a cosechar con éxito.

Evaluar varios de los métodos de secado para que pueda elegir uno que funcione para sus necesidades. Tenga en cuenta que algunos tipos de hierbas hacen mejor con un método de secado que otro. Sus preferencias personales también juegan un papel en lo que haces.

Asegúrese de que las hierbas estén completamente secas con el fin de utilizarlos posteriormente.

Colóquelos en frascos de vidrio o bolsas herméticas y etiquetarlos. A continuación, puede alcanzar las hierbas cuando los necesite sin problemas ni molestias.

Usted va a abrir muchas grandes oportunidades para usted y su familia por el cultivo y secado de sus propias hierbas. El cuidado preventivo reducirá la probabilidad de enfermedad y ayudarle a disfrutar de la vida al máximo!

Slow Cooker vegano

*The Ultimate vegano Slow Cooker Cookbook Incluyendo 39 Fácil y delicioso vegano olla de cocción lenta Recetas para el desayuno, almuerzo y cena!*

*Ella Marie*

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## **Introducción**

Cuando usted está en la dieta vegana, puede estar preocupado acerca de si usted será capaz de encontrar las recetas que tienen buen sabor, sino también hacen la vida más fácil para usted.

Mientras que usted quiere ser más saludable y tomar las decisiones correctas para usted y su familia, que no siempre tienen todo ese tiempo extra para hacer la comida perfecta cada noche.



Esta guía tiene la intención de mostrar algunas maneras fáciles que usted puede hacer comidas veganas toda su familia le encantará con la ayuda de una gran olla de cocción lenta.

La olla de cocción lenta es la tabla de salvación de muchas familias. Cuando se sabe que la noche va a ser ocupado y que realmente no tiene mucho tiempo para alimentar a su familia, esto puede ser útil. Usted acaba de lanzar los ingredientes dentro de la mañana, poner la tapa en la parte superior, baje el fuego encendido, y luego tener la tranquilidad de saber que una buena comida familiar saludable estará listo cuando llegue a casa.

Esta guía está destinada a ayudarle a empezar con la dieta vegana olla de cocción lenta. Está lleno de las recetas que usted necesita para comer bien sin importar lo grande de prisa usted puede estar en o si usted no tiene tiempo para nada. Ya sea que usted está buscando algo para el desayuno, una sopa, una gran comida para alimentar a toda la familia para la cena o el almuerzo, o algo que es para morirse con el fin de terminar la noche, usted será capaz de encontrar la mejor opción para tus necesidades.

Capítulo 1 comienza con los conceptos básicos de una dieta vegana. Esta dieta es genial si quieres estar sano, quiere ser más socialmente responsable, o usted está preocupado por el medio ambiente. En este capítulo se dará cuenta de lo que es la dieta vegana, si usted es capaz de obtener la nutrición que necesita para mantenerse saludable, y los beneficios de seguir una dieta vegana. Capítulo 2 habla de la olla de cocción lenta y cómo va a ser capaz de guardar un montón de tiempo en su ocupada vida. En el interior, también hay consejos sobre cómo hacer que la experiencia de cocción lenta aún mejor para que tenga un tiempo más fácil conseguir la comida en la mesa.

Capítulo 3 comienza con algunas de las recetas veganas que se prometieron. Está lleno de todos

los desayunos lentas de la cocina que usted necesita con el fin de hacer que toda la familia feliz.

Ya sea que estén de humor para algo dulce o algo que es un poco más contundente, usted será capaz de encontrar la receta aquí. Capítulo 4 continúa con algunas buenas sopas lentas de la cocina que también son vegan amable. Estos son agradables para aperitivos o para entrar en calor cuando hace frío fuera y simplemente no quieren hacer frente al día.

Capítulo 5 tiene los platos principales que le encantará porque se alimentan a toda su familia.

Puede prepararse en ningún momento, y el momento en que llegue a casa, toda la familia podrá sentarse y disfrutar de la comida, el calor, y la conversación que usted haga todo una familia. Por último, el capítulo 6 tiene las cosas buenas: postres. Sin comida, incluso una comida vegana, está completa sin un poco de postre al principio que fuera. En este capítulo le proporciona algunas opciones que también se pueden hacer en la olla de cocción lenta.

Hay mucho que gusta de usar una olla de cocción lenta para preparar todas las comidas que necesita su familia, incluso con una dieta vegana. Use esta guía para obtener las recetas que usted necesita para empezar.

## **Capítulo 1:**

### **Conceptos básicos de una dieta vegana**

Si bien hay una gran cantidad de dietas por ahí que están destinados a ayudar a perder peso, mejorar la salud, y para simplemente ser mejor en conjunto, ninguna de ellas requiere el tipo de cambios de estilo de vida que a menudo vienen con la dieta vegana. Algunas personas tienen dificultades para describir lo que la dieta vegana se vería así, ya menudo tendrá nociones preconcebidas acerca de este plan de dieta que no son realmente ciertas. Medios de comunicación y aquellos a los que hablan podrían haber mencionado algunas cosas acerca de la dieta vegana que simplemente no son verdad, pero la separación de hecho de la ficción puede ser difícil. En este capítulo se discutirá algunos de los

beneficios que puede obtener de la dieta vegana, así como por las que debe considerar el uso de ella con el fin de cambiar su vida y su salud, en todo.

## **¿Qué es la Dieta Vegana**

Una dieta vegana es similar a la dieta vegetariana de no comer carne, pero da un paso más cosas.

Se pide a los seguidores a no comer nada como huevos, productos lácteos, pescado y carne.

Algunos veganos también podrían excluir otras opciones, como la miel y nada con productos de origen animal, como el vino, la cerveza, gelatina y jarabe de maíz de alta fructosa.

Hay un montón de diferentes razones por las que alguien se elija a un vegano. Hay algunos que podrían optar por comer este tipo de dieta, porque de la razón ética, mientras que otros lo harán por el medio ambiente o para la salud. Por ejemplo, hay algunos veganos que sienten que cuando comen productos lácteos y huevos, todavía están mostrando su apoyo a la industria de la carne, algo que no quieren hacer. De hecho, hay muchos vegetarianos que más tarde llegaron a ser veganos en sus elecciones.

Otra razón por la que algunas personas optan por ir con este tipo de estilo de vida es porque piensan que les ayudará a promover un mundo más solidario y humano. Ellos saben que los humanos podrían no ser perfecto, y no son necesariamente tratando de estar abajo en los seres humanos, pero ellos creen que todos tenemos la responsabilidad de hacer todo lo más duro con el fin de hacer del mundo un lugar mejor para todos los seres vivos.

## **Nutrición**

Algunos de aquellos que están considerando este tipo de dieta preocuparse de que van a tener dificultades con conseguir en la nutrición que necesitarían para mantenerse saludable. Ellos ven que

algunos de los principales grupos de alimentos se están tomando y que piensan que van a enfermar y poco saludable y que las afirmaciones acerca de qué tan saludable es la dieta son todas falsas.

Esto es verdad hasta cierto punto; tienes que ser muy cuidadoso. Si usted come una amplia variedad de alimentos y asegúrese de que su dieta es agradable y equilibrado, mientras que usted está en la dieta vegana, usted va a obtener la mayor cantidad, si no más, de los nutrientes que su cuerpo necesita compararse con su dieta actual planes. Por otro lado, si usted come alimentos que son todos iguales y no diversifican su alimentación, usted probablemente encontrará que esta dieta no es tan saludable para usted.

### **Beneficios de una dieta vegana**

Hay un montón de grandes beneficios que usted será capaz de salir de la dieta vegana, siempre y cuando te asegures de que sigue que faltan a cabo correctamente y no en las cosas importantes.

Algunos de los grandes beneficios que usted será capaz de salir de este plan de dieta incluyen: Nutrición-hay tanto la nutrición que usted será capaz de salir de las frutas y verduras que se permiten en esta dieta que usted será más saludable de lo que nunca ha estado en el pasado. Algunos de los nutrientes adicionales que usted puede salir de esta dieta incluyen carbohidratos saludables, vitamina E, vitamina C, ácido fólico, potasio, fibra, magnesio, y tantos otros antioxidantes que mantendrá su cuerpo fuerte.

prevención de la Enfermedad dieta vegana es una buena idea para elegir cuando usted está tratando de prevenir la aparición de enfermedades y otros problemas de salud. Algunas de las enfermedades que se pueden evitar en este plan de dieta incluyen enfermedades del corazón, colesterol alto, el cáncer de próstata, la diabetes tipo 2, cáncer de mama, osteoporosis y cáncer de colon.

Beneficios-no físicos también son algunos de los beneficios físicos que se pueden obtener de seguir la dieta vegana. Algunos de estos

incluyen un menor índice de masa corporal, pérdida de peso, aumento de energía, una piel más sana, menos mal olor corporal, una vida más larga, menos mal aliento, cabello saludable, uñas más fuertes, menos síntomas de PMS, menos migrañas, y menos complicaciones con las alergias.

Como se puede ver, hay un buen número de beneficios que usted será capaz de obtener de seguir una dieta vegana saludable. Usted tendrá que observar cuidadosamente lo que están consumiendo, no sólo para asegurarse de que usted está comiendo sano y de hecho después de la dieta vegana, pero para asegurarse de que vas a encontrar en todas las grandes nutrientes que se prometen con esta dieta. Si usted es capaz de hacer esto, usted será capaz de realizar una mejor salud que nunca.

## **Capítulo 2: Conceptos básicos de cocción**

### **lenta**

La olla de cocción lenta es probablemente uno de los mejores inventos para las madres y las familias ocupadas. Se le permite poner en una comida de la mañana, y luego, cuando llegue a casa, no importa lo ocupado que está, la comida es todo hecho y usted puede sentarse y disfrutar de ella. Con las apretadas agendas que muchas personas están tratando, encontrar el tiempo para hacer una comida hecha en casa al final del día, y mucho menos tener la energía con el fin de lograr que se haga realidad, es casi imposible. En este capítulo se va a proporcionar algunos de los aspectos básicos del uso de una olla de cocción lenta para que pueda empezar a hacer estas deliciosas comidas en casa y tenerlos listos tan pronto como usted.

### **Consejos para empezar**

#### **Elija el tamaño correcto**

Lo primero que tendrá que hacer es elegir el que es el tamaño adecuado. A menudo, usted será capaz de hacer muchas comidas

con un solo tamaño, por lo que tendrá que acaba de escoger el que es lo suficientemente grande para toda la familia con el fin de asegurarse de que no se desborda o bajo lleno. Si hay sólo dos de ustedes que se disfruta de una comida son, usted no necesita una gran olla de cocción lenta. Por otro lado, una gran olla de cocción lenta es grande si usted está alimentando a una familia grande o tener invitados más.

### No llene demasiado

Si usted está poniendo demasiado en la olla de cocción lenta, se corre el riesgo de que la comida no se hace correctamente durante el tiempo de cocción. Esto deja abierta la posibilidad para que usted tenga el alimento crudo, lo que podría ser un peligro para la seguridad alimentaria. Lo mejor es tratar de no llenar más alto que dos terceras partes de la olla de cocción lenta para asegurar que se va a cocinar todos los alimentos adecuadamente.

### Ponga la tapa encima

Todos hemos hecho; echamos un vistazo a la cocina y olemos lo bueno que la comida de olla de cocción lenta es y simplemente queremos tomar la tapa por un segundo con el fin de conseguir un poco de olor. Si bien esto puede ser tentador, lo mejor es dejar la tapa olla de cocción lenta en. Esto es lo que asegura que la comida se está cocinada adecuadamente, y que se mantendrá todo el calor en el interior. Es el mejor de sólo abrir la tapa una vez durante el proceso de cocción de una media hora antes de que se realiza para ver si la comida se cocina correctamente o si se va a necesitar más tiempo. De lo contrario, lo mejor es dejar sólo la tapa.

### Planifique con anticipación

Si se toma el tiempo para planificar algunas de sus comidas olla de cocción lenta antes de tiempo, que va a hacer las cosas mucho más fácil cuando es el momento de ponerlo todo junto.

Esto también puede ayudar si quieres tirar los ingredientes de inmediato en la mañana, pero está preocupado por quedarse sin tiempo. La noche antes de que usted quiere hacer una de las comidas, cortar y recortar cualquier carne, cortar todas las verduras, medir los ingredientes secos, y obtener alguna de las salsas preparadas que se necesitarán. A continuación, puede colocarlos en contenedores en la nevera para que pueda deshacerse de ellos en la olla de cocción lenta a la mañana siguiente.

Cuando es la mañana siguiente, se puede colocar los ingredientes dentro de la olla de cocción lenta y luego calentarlos siguiendo las instrucciones que se encuentran por la receta. Luego, una vez que llegas a casa esa noche, usted tendrá una buena comida caliente listo para ir por usted.

### Reloj Temperatura

Para cocinar su comida justo, es necesario tener en cuenta la temperatura dentro de la olla de cocción lenta para que la comida se hace a la perfección. Algunas cosas que usted puede hacer para asegurarse de que la olla se cocina la comida adecuadamente, y que nada de esto se está metiendo en zonas de temperaturas peligrosas, incluir Nunca añadiendo ingredientes congelados a la olla de cocción lenta junto con otros ingredientes, no cocinar todo un asado o pollo, ya que no se hará correctamente y mantener la tapa para que el calor se puede mantener dentro y adecuadamente calentar la comida.

### Escoger el mejor

Usted debe asegurarse de que usted tiene una olla de cocción lenta que está en buena forma cuando usted está haciendo sus comidas. Usted no quiere elegir uno que está roto o muy viejo, ya que no va a ser capaz de preparar la comida en la forma en que le gustaría. Algunos de los modelos más nuevos serán incluso hacer el proceso más fácil para usted, ya que permite poner en la cantidad de tiempo que la comida debe cocinar a una temperatura particular y luego

mantenerlo caliente para usted después de que, en caso de que no llegue a casa a tiempo.

Asegúrese de elegir la que va a funcionar mejor para sus necesidades antes de empezar.

Usando su olla de cocción lenta puede ser una gran experiencia, y le encanta lo divertido que puede ser conseguir la comida hecha por la mañana temprano, a sabiendas de la cena va a estar esperando por usted cuando usted camina por la puerta en vez de tener que hacer algo de última hora o llevar a la familia a comer. Utilice algunas de las recetas que se encuentran en los siguientes capítulos para obtener lo mejor de su dieta vegana con la facilidad de una olla de cocción lenta.

## **Capítulo 2:**

### **Conceptos básicos de cocción lenta**

La olla de cocción lenta es probablemente uno de los mejores inventos para las madres y las familias ocupadas. Se le permite poner en una comida de la mañana, y luego, cuando llegue a casa, no importa lo ocupado que está, la comida es todo hecho y usted puede sentarse y disfrutar de ella. Con las apretadas agendas que muchas personas están tratando, encontrar el tiempo para hacer una comida hecha en casa al final del día, y mucho menos tener la energía con el fin de lograr que se haga realidad, es casi imposible. En este capítulo se va a proporcionar algunos de los aspectos básicos del uso de una olla de cocción lenta para que pueda empezar a hacer estas deliciosas comidas en casa y tenerlos listos tan pronto como usted.

#### Consejos para empezar

##### Elija el tamaño correcto

Lo primero que tendrá que hacer es elegir el que es el tamaño adecuado. A menudo, usted será capaz de hacer muchas comidas



con un solo tamaño, por lo que tendrá que acaba de escoger el que es lo suficientemente grande para toda la familia con el fin de asegurarse de que no se desborda o bajo lleno. Si hay sólo dos de ustedes que se disfruta de una comida son, usted no necesita una gran olla de cocción lenta. Por otro lado, una gran olla de cocción lenta es grande si usted está alimentando a una familia grande o tener invitados más.

### **No llene demasiado**

Si usted está poniendo demasiado en la olla de cocción lenta, se corre el riesgo de que la comida no se hace correctamente durante el tiempo de cocción. Esto deja abierta la posibilidad para que usted tenga el alimento crudo, lo que podría ser un peligro para la seguridad alimentaria. Lo mejor es tratar de no llenar más alto que dos terceras partes de la olla de cocción lenta para asegurar que se va a cocinar todos los alimentos adecuadamente.

### **Ponga la tapa encima**

Todos hemos hecho; echamos un vistazo a la cocina y olemos lo bueno que la comida de olla de cocción lenta es y simplemente queremos tomar la tapa por un segundo con el fin de conseguir un poco de olor. Si bien esto puede ser tentador, lo mejor es dejar la tapa olla de cocción lenta en. Esto es lo que asegura que la comida se está cocinada adecuadamente, y que se mantendrá todo el calor en el interior. Es el mejor de sólo abrir la tapa una vez durante el proceso de cocción de una media hora antes de que se realiza para ver si la comida se cocina correctamente o si se va a necesitar más tiempo. De lo contrario, lo mejor es dejar sólo la tapa.

### **Planifique con anticipación**

Si se toma el tiempo para planificar algunas de sus comidas olla de cocción lenta antes de tiempo, que va a hacer las cosas mucho más fácil cuando es el momento de ponerlo todo junto.

Esto también puede ayudar si quieres tirar los ingredientes de inmediato en la mañana, pero está preocupado por quedarse sin tiempo. La noche antes de que usted quiere hacer una de las comidas, cortar y recortar cualquier carne, cortar todas las verduras, medir los ingredientes secos, y obtener alguna de las salsas preparadas que se necesitarán. A continuación, puede colocarlos en contenedores en la nevera para que pueda deshacerse de ellos en la olla de cocción lenta a la mañana siguiente.

Cuando es la mañana siguiente, se puede colocar los ingredientes dentro de la olla de cocción lenta y luego calentarlos siguiendo las instrucciones que se encuentran por la receta. Luego, una vez que llegas a casa esa noche, usted tendrá una buena comida caliente listo para ir por usted.

## **Reloj Temperatura**

Para cocinar su comida justo, es necesario tener en cuenta la temperatura dentro de la olla de cocción lenta para que la comida se hace a la perfección. Algunas cosas que usted puede hacer para asegurarse de que la olla se cocina la comida adecuadamente, y que nada de esto se está metiendo en zonas de temperaturas peligrosas, incluir Nunca añadiendo ingredientes congelados a la olla de cocción lenta junto con otros ingredientes, no cocinar todo un asado o pollo, ya que no se hará correctamente y mantener la tapa para que el calor se puede mantener dentro y adecuadamente calentar la comida.

## **Escoger el mejor**

Usted debe asegurarse de que usted tiene una olla de cocción lenta que está en buena forma cuando usted está haciendo sus comidas. Usted no quiere elegir uno que está roto o muy viejo, ya que no va a ser capaz de preparar la comida en la forma en que le gustaría. Algunos de los modelos más nuevos serán incluso hacer el proceso más fácil para usted, ya que permite poner en la cantidad de tiempo que la comida debe cocinar a una temperatura particular y luego

mantenerlo caliente para usted después de que, en caso de que no llegue a casa a tiempo.

Asegúrese de elegir la que va a funcionar mejor para sus necesidades antes de empezar.

Usando su olla de cocción lenta puede ser una gran experiencia, y le encanta lo divertido que puede ser conseguir la comida hecha por la mañana temprano, a sabiendas de la cena va a estar esperando por usted cuando usted camina por la puerta en vez de tener que hacer algo de última hora o llevar a la familia a comer. Utilice algunas de las recetas que se encuentran en los siguientes capítulos para obtener lo mejor de su dieta vegana con la facilidad de una olla de cocción lenta.

### **Capítulo 3:**

#### **Vegan Breakfast olla de cocción lenta**

##### **Vegan Quiche**

Ingredientes:

14 oz. tofu

1 cucharada. jugo de limon

1 cda. limón rallado

1 cucharada. vinagre de sidra de manzana

1 cucharada. aceite de oliva

2 cucharadas. Levadura nutricional

½ c. cebolla, cortada en cubitos

2 dientes de ajo picados

10 oz. Espinacas

8 onzas. champiñones, en rodajas

¼ cda. pimienta roja

½ cda. hierbas secas

Pimienta

sal

Direcciones:

1. Comience esta receta llevando a cabo la olla de cocción lenta y rociar con el aceite en aerosol.
2. Tome el tofu y presione a cabo toda la humedad utilizando dos toallas y algo pesado en la parte superior de la misma. Deje reposar durante unos 15 minutos.
3. Mientras que el tofu se está manejando, calentar un poco de aceite en una sartén antes de añadir los champiñones, espinacas, cebolla y ajo. Cocine éstos hasta que se convierten ablandada y luego exprima el exceso de humedad. Sazonar con los copos de pimienta roja, hierbas secas, pimienta y sal.
4. Llevar a cabo un procesador de alimentos y agregar el vinagre, jugo de limón, la ralladura de limón y el queso de soja en el interior. Pulso de los ingredientes que se conviertan en problemas.
5. Tome estos fuera del procesador de alimentos y doblar la levadura y verduras nutricional dentro. Vierta dentro de la olla de cocción lenta y cocine a temperatura baja durante 4 horas o hasta que cuaje antes de servir.

**Coba**

## Ingredientes:

½ c. agua

8 manzanas peladas y en rodajas

½ cda. pastel de calabaza especias

¾ c. azúcar moreno

## Direcciones:

1. Saque la olla de cocción lenta y conseguir que todo listo. Cuando está listo, puede combinar el agua y las manzanas juntos en el interior.
2. Cocine esta mezcla a temperatura baja durante aproximadamente 8 horas.
3. Cuando esta vez, añada en el especias para pastel de calabaza y el azúcar morena, tomarse el tiempo para revolver para combinar por completo.
4. Cocinar todo durante otros 30 minutos en el ajuste de baja antes de servir.

## **Migas de manzana**

### Ingredientes:

Pudín

1 c. leche de almendras

2 cucharadas. jarabe

2 c. agua

½ c. semillas de chia

1 cucharada. canela

2 cucharadas. polvo de arrurruz

5 manzanas en rodajas

sal

1 cdta. canela

Crunch Topping

½ c. harina de almendra

1/3 c. azúcar de coco

¼ c. Coco rallado

¼ c. coba

1 cdta. canela

1 cdta. vainilla

Direcciones:

1. Inicie esta receta mediante la suscripción de una olla de cocción lenta y mezclar la sal, la canela, el arrurruz, semillas de chía, jarabe, agua y leche dentro. Capa de las rodajas de manzana en la parte superior, pero no se mezclan con el fin de combinar.

2. En un recipiente aparte, mezcle todos los ingredientes para el relleno juntos. Lo extendió en la parte superior de las manzanas con las manos.

3. Coloque la tapa de la olla de cocción lenta y dejar que los ingredientes se cocinan en un nivel bajo durante cuatro horas.

4. Apaga el fuego, y luego dejar que el conjunto de la comida por alrededor de una hora.

5. Cubra con algunas nueces o pasas y luego disfrutar.

### **Pastel de calabaza Latte**

Ingredientes:

1 c. azúcar moreno

1 lata de leche de coco

1 c. puré de calabaza

½ cda. jengibre

½ cda. canela

1/8 cda. pimienta de Jamaica

1/8 cda. cardamomo

Clavos

Direcciones:

1. Saque la olla y coloque todos los ingredientes en su interior. Combínelos con un batidor.

2. Coloque la tapa en la parte superior de la olla y deje que los ingredientes se cocinan juntos en un nivel bajo durante aproximadamente 8 horas.

3. Cuando el tiempo de cocción está casi hecho, usted debe usar la batidora de nuevo para mezclar los ingredientes y obtener los bultos a cabo.

4. Beba inmediatamente o almacenar en el refrigerador hasta por una semana.

## **Mozzarella y espinacas Frittata**

Ingredientes:

1 cucharada. aceite de oliva

3 huevos

1 c. queso mozzarella

½ c. cebolla, cortada en cubitos

3 claras de huevo

¼ cda. pimienta

2 cucharadas. leche de almendras

¼ cda. pimienta blanca

1 tomate cortado en cubitos roma

1 c. espinacas picadas

sal

Direcciones:

1. Inicie esta receta mediante la suscripción de una sartén. Añadir en el aceite y la cebolla, dejando que el sofría la cebolla para que sea tierno, que tendrá alrededor de 5 minutos.

2. Cuando se hace esto, sacar la olla de cocción lenta y rociar con un poco de aceite en aerosol.



3. En un tazón, mezcle la cebolla,  $\frac{3}{4}$  de taza del queso, y el resto de los ingredientes. Utilice una batidora para combinar y luego se vierte dentro de la olla de cocción lenta.

4. Espolvorear los ingredientes con el resto del queso. Tapar y dejar cocer durante una hora en un ajuste de calor bajo. Servir caliente y disfrutar.

## **Harina de avena Noche**

Ingredientes:

6 c. agua

$\frac{1}{4}$  c. miel de maple

2 c. avena

$\frac{1}{4}$  c. azúcar moreno

1 cdta. canela

$\frac{1}{2}$  cdta. sal

$\frac{3}{4}$  c. arándanos, se secan

Direcciones:

1. Saque la olla y cubrir con un poco de aceite en aerosol.

2. Cuando se hace eso, tener todos los ingredientes y combinarlos dentro de la olla de cocción lenta, asegurándose de revolver, para así combinar.

3. Cubra la olla y cocine la mezcla durante unas 8 horas en un nivel bajo.

4. Justo antes de servir se puede revolver los ingredientes bien. Sirva esto de inmediato por lo que es caliente.

## **Capítulo 4:**

### **Vegetariana Sopas olla de cocción lenta**

#### **Pimiento rojo y Corn Chowder**

Ingredientes:

2 cucharadas. aceite de oliva

1 en cubitos pimiento rojo

1 cebolla amarilla cortada en cuadritos

3 cubitos de papas Yukon gold

4 c. granos de maíz

4 c. Caldo de vegetales

½ cda. paprika

1 cda. comino

1 cda. sal

1/8 cda. pimienta de cayena

1 c. leche de almendras

Direcciones:

1. Dentro de una sartén, calentar el aceite antes de añadir la cebolla y dejar cocer durante unos 5

minutos para que se vuelva suave y transparente. Mueva la cebolla en la olla y agregue la sal, la pimienta de cayena, pimentón, comino, y el caldo, una taza de maíz, patatas y pimiento.

2. Cocine estos en un nivel bajo durante aproximadamente 8 horas o un valor alto durante 4

horas por lo que los papas pueden llegar a ser tierno.

3. Después de este tiempo, apague la olla de cocción lenta y tomar la tapa. Dar la sopa unos minutos para enfriar un poco.

4. Saca a relucir tu licuadora y puré la sopa antes de regresar a la olla de cocción lenta y girando de nuevo.

5. En este momento se puede remover en la leche de soja y el resto del maíz. Tape y cocine a temperatura baja durante otros 30 minutos para que se pueda calentar una copia de seguridad.

Sazone con sal y pimienta y luego disfrutar.

## **Chili Camote**

Ingredientes:

1 cebolla roja picada

1 pimiento verde picado

4 dientes de ajo picados

1 cucharada. chile en polvo

2 cucharaditas. polvo de cacao

1 cucharada. comino

sal

Pimienta

¼ cda. canela

1 lata de tomates picados, asado fuego

1 lata de frijoles negros enjuagados

1 puede enjuagado habas de riñón

1 peladas y cortadas camote

Crema agria, chips de tortilla, los rábanos en rodajas y las cebolletas en rodajas para servir Direcciones:

1. Para empezar, llevar a cabo una olla de cocción lenta y combinar juntos un poco de pimienta, la sal, la canela, el cacao, el comino, el chile en polvo, el ajo, el pimienta y la cebolla en el interior.

2. Agregue los tomates con sus líquidos, así como el camote, frijoles y un vaso de agua.

Revuelva todos estos juntos con el fin de mezclar.

3. Cubra la olla y cocinar la comida en un nivel bajo durante aproximadamente 8 horas o un valor alto durante 4 horas o hasta que las patatas dulces son capaces de ser tierna y el chili espese un poco.

4. Una vez hecho esto, servir el chili con las coberturas que se dejan.

## **Papas empanizadas al horno**

Ingredientes

1 c. anacardos

1 c. Levadura nutricional

$\frac{3}{4}$  cucharadita. polvo de ajo

1  $\frac{1}{2}$  c. leche de soja

sal

6 patatas crudas

Direcciones:

1. Antes de comenzar, tome las patatas y llegar a todos ellos en rodajas bonita y delgada forma en que su familia los disfruta.
2. Lleve a cabo una licuadora o un procesador de alimentos y combinar todos los ingredientes a excepción de las patatas. Mezclar estos juntos de modo que pueden llegar a ser cremosa y suave.
3. Toma alrededor de un tercio de las patatas y la capa de ellos en el fondo de una olla de cocción lenta. Cubra con un tercio de la salsa y luego repetir estas capas hasta que haya utilizado todos los ingredientes, terminando con la salsa.
4. Cocine a temperatura baja durante aproximadamente 6 horas antes de disfrutar con su comida favorita.

## **Minestrone**

Ingredientes:

1 lata escurridos y enjuagados frijoles blancos

2 cucharaditas. aceite de oliva

32 oz. caldo de pollo

½ c. cebolla, picada

1 c. zanahorias, cortado en cubitos

½ c. apio, cortado en cubitos

2 dientes de ajo picados

1 lata de tomates, cortados en cubitos petite

queso parmesano

2 hojas de laurel

1 ramita de romero

2 cucharadas. albahaca picada

½ cda. sal

Pimienta

2 c. espinacas picadas

¼ c. perejil picado italiano

2 c. pasta cocida

1 calabacín cortados en cubitos

Direcciones:

1. Llevar a cabo su licuadora para empezar, y añadir en una taza de caldo con las habas a puré.

Cuando se hace eso, calentar un poco de aceite en una sartén antes de añadir el ajo, la cebolla, el apio y las zanahorias. Saltear éstos hasta que estén fragantes y tierno, que toma alrededor de 15 minutos.

2. Una vez hecho esto, poner esto en la olla junto con el resto del caldo, la pimienta, la sal, el queso parmesano, frijoles en puré, y los tomates. Añadir el perejil, la albahaca y el romero.

3. Cubra la olla y deje que la sopa de cocinar en un nivel bajo durante aproximadamente 6 horas.

4. Un poco antes de la sopa se hace la cocción, añadir las espinacas y calabacín. Tapar la olla y dejar cocinar esta mezcla durante otros 30 minutos.

5. Justo antes de servir, sacar la ramita de romero y hojas de laurel y luego sazonar con un poco de pimienta y sal. Sírvalo en algunos tazones y encima con un poco más de parmesano, si es necesario, antes de disfrutar.

## **Sopa de guisantes**

Ingredientes:

5 c. Caldo de vegetales

4 c. guisantes partidos enjuagados, secados

4 c. agua

1 c. zanahorias, picadas

2 dientes de ajo picados

1 cebolla picada

3 cucharadas. aceite de coco

4 cucharadas. pasta de miso blanco

Pimienta

sal

Direcciones:

1. Para empezar, picar el ajo, las zanahorias y la cebolla ya lanzarlas a la olla de cocción lenta.

Mezcle en la pasta de miso y aceite de coco al lado y luego mezclarlos todos juntos también.

2. Ponga el resto de ingredientes en la olla y luego cubra con el líquido.

3. Coloque la tapa en la parte superior de la olla de cocción lenta y luego convertirlo en un valor alto durante al menos 4 horas. Asegúrese de mezclar un par de veces para hacerlo bien.

4. Sazone al gusto y deje que la sopa se enfríe en cuencos durante unos minutos antes de servir.

## **Lentejas Chili**

Ingredientes:

1 cebolla picada

3 dientes de ajo picados

1 jalapeño cortado en cubitos

1 pimiento rojo picado

1 pimiento amarillo picado

2 ½ c. Caldo de vegetales

1 zanahoria pelada y cortada en cubitos

2 latas de salsa de tomate

1 bolsa enjuagados lentejas

2 c. tomates cortados

2 latas de frijoles rojos enjuagados y escurridos



1 cucharada. comino

3 cucharadas. chile en polvo

Pimienta

sal

Dirección:

1. Saque la olla de cocción lenta y conseguir todo preparado. Cortar o picar todas las verduras antes de colocarlos en la olla de cocción lenta.

2. Cubra y cocine en un entorno de alto por 4 horas. Sirva este plato caliente.

### **Pozole Verde**

Ingredientes:

8 c. Caldo de vegetales

2 chiles jalapeños sin semillas

2 chiles poblanos sembradas

1 libra de tomatillos

1 manojo de cilantro

Pimienta

sal

4 dientes de ajo

1 cucharada. Orégano seco

60 oz. sémola de maíz en lata

3 calabacitas picadas

Direcciones:

1. Saque una licuadora para iniciar esta receta, y combinar dentro de una taza de caldo de verduras, la pimienta, la sal, el ajo, el orégano, el cilantro, tomatillos, los jalapeños y chiles poblanos. Mezclar todos estos ingredientes hasta que estén suaves. Probarlos y ver si la mezcla se sazona la forma que más te guste.
2. Cuando se hace esto, sacar la olla y vierta la mezcla en el interior. Añadir en el resto del caldo de verduras y la sémola de maíz.
3. Cubra la olla y cocine a temperatura baja durante aproximadamente 4 horas. Después de este tiempo se puede añadir en el calabacín y dejar que se caliente en la olla de cocción lenta durante otros 30 minutos.
4. Cucharón cabo en tazones y servir caliente.

### **Beefy vegano Stew**

Ingredientes:

2 dientes de ajo

3 zanahorias crudas

1 batata

8 patatas del bebé

3 c. seitán, con sabor de carne

1 c. caldo vegano

1 c. agua

2 ramitas de tomillo

1 ramita de romero

Direcciones:

1. Para empezar, cortar el seitán y las verduras como que tienen que ser. Combínelos todos en la olla de cocción lenta.
2. Coloque la tapa en la parte superior de la olla y cocinar todos los ingredientes juntos en un nivel bajo durante aproximadamente 8 horas.
3. Cuando este tiempo se ha terminado, deseche las ramitas de romero y tomillo. Pruebe y agregue en más condimentos si es necesario.
4. Sirva este guiso caliente y disfrutar.

### **La quinua y Frijol Negro Stew**

Ingredientes:

2 chiles chipotles secos,

$\frac{3}{4}$  c. sin cocinar quinoa

1 libra de beans negro

1 cebolla roja cortada en cuadritos

1 lata de tomates picados

3 dientes de ajo picados

1 pimiento rojo picado

1 pimiento verde picado

Palo de canela 1

1 cda. cilantro en polvo

2 cucharaditas. Chile en polvo

7 c. agua

¼ c. cilantro

Pimienta

sal

Direcciones:

1. Coloque todos los ingredientes dentro de la olla de cocción lenta, a excepción de la sal y, a continuación, revolver con el fin de conseguir que se combinen. Es posible saltear el pimiento, el ajo y la cebolla antes de tiempo si se quiere, pero no es necesario.

2. Cocine el plato durante unas 4 horas en un entorno de alta o de 8 horas en un nivel bajo para que los frijoles negros tienen tiempo para convertirse en licitación.

3. Tome los chipotles y el derecho de canela antes de servir. Sírvalo en unos cuencos y luego disfrutar!

## **Capítulo 5:**

### **Vegetariana Slow Cooker principales**

#### **comidas**

#### **Gumbo**

Ingredientes:

1 cebolla amarilla picada

2 cucharadas. aceite de oliva

1 pimiento verde picado

2 tallos de apio picados

3 dientes de ajo picados

2 c. Caldo de vegetales

2 cucharadas. harina

1 lata de tomates, cortados en cubitos

1 puede enjuagados y escurridos frijoles

1 calabacín cortado

8 onzas. hongos blancos en cuartos

1 c. okra en rodajas

1 cucharada. condimento de Cajun

2 cucharadas. Salsa inglesa, vegetariana

1 hoja de laurel

Pimienta

sal

Direcciones:

1. Dentro de una olla, calentar una cucharada de aceite. Cuando el aceite esté caliente, puede agregar el ajo, el apio, el pimiento y la cebolla. Cook para que esto se convierte en suave y está empezando a dorarse, que tendrá alrededor de 10 minutos. Mueva las verduras cocinadas a la olla de cocción lenta.

2. Coloque la olla de nuevo en la estufa y calentar el resto del aceite. Añadir la harina y cocinar durante 4 minutos para que la harina puede llegar a ser un color marrón dorado.

3. Vierta el caldo en esto y luego llevarlo a ebullición. Una vez que se ha llegado a un hervor

puedes moverlo a la olla de cocción lenta.

4. Añadir en el resto de los ingredientes, a excepción de la salsa caliente y el arroz preparado.

5. Cubra la olla y dejar que estos ingredientes se cocinan en un nivel bajo o cerca de 8 horas. Una vez que se hace, tomar la hoja de laurel a cabo, agregar en un poco más de sal y pimienta si es necesario, y luego servir en la parte superior del arroz con un poco de salsa caliente para disfrutar.

## **Lasaña**

Ingredientes:

Salsa

£ 1 ronda suelo

4 ¼ c. salsa de tomate

1 berenjena

Condimentos italianos

Ricotta

1 libra de tofu prensado

2 cucharadas. jugo de limon

1 cucharada. aceite de oliva

¼ cda. sal

2 dientes de ajo picados

¼ c. copos de levadura nutricional

1 cucharada. sal de ajo

1 cucharada. cebolla en polvo

Hojas de albahaca picadas

Pimienta

pimiento rojo

Direcciones:

1. Saque la ronda Yves y dejar de descongelación en el microondas durante unos 2 a 3 minutos.
  2. Mientras que está trabajando en la descongelación puede colocar la mitad de todos los ingredientes para la ricota en un procesador de alimentos. Mezcle estos hasta que estén suaves.
- Tome el resto del queso de soja y desmenuzarlo en el interior de un recipiente.
3. Agregue el resto de los ingredientes ricotta en el bol con el queso de soja y mezclar. Que sea un poco grueso embargo. Sabor y poner en más de la sal de ajo si es necesario.
  4. Tome la berenjena y se trocean. Combine esto con una taza de la salsa de tomate y las Yves, junto con cualquier condimento. Poner en una sartén y cocinar por lo que puede llegar a ser calentado a través y la salsa comience a burbujear.
  5. Vierta la mitad de la salsa normal en la olla de cocción lenta. Romper los fideos con el fin de adaptarse a usted puede hacer una

capa con tres de ellos. Añadir  $\frac{1}{4}$  de taza de agua en la parte superior.

6. Cuchara medio de la salsa de la carne en la parte superior de los fideos antes de la cobertura con tres más. Vierta  $\frac{3}{4}$  de la mezcla de ricota sobre esta nueva capa de fideos y cubra con otros tres fideos asegurándose de presionar hacia abajo con el fin de aplanar todo debajo. Añadir en otro  $\frac{1}{4}$  de taza de agua en esta capa.

7. Vierta la salsa de la carne restante sobre todo y la parte superior con tres fideos más. Vierta el resto de la salsa de tomate en la parte superior y añadir otro  $\frac{1}{4}$  de taza de agua.

8. Coloque la tapa en la parte superior de la olla y dejar que este cocinero en un nivel bajo durante aproximadamente 4 a 6 horas. Sirva este caliente.

## **Macarrones con queso**

Ingredientes:

10 oz. queso cheddar vegana

5 oz. queso mozzarella vegana

16 onzas. espaguetis de trigo seco

4 c. leche de soja

2 c. lingotes vegana, vegetariana

Hojuelas de pimiento rojo

sal

Pimienta

Condimento criollo



Direcciones:

1. Saque una olla de cocción lenta y conseguir que todo listo. Cuando esté listo, tome todos los ingredientes y los echan en el interior.
2. Coloque la tapa en la parte superior de la olla de cocción lenta y luego cocinar en un entorno de alto por unos 90 minutos, asegurándose de remover por lo menos dos o tres veces en el proceso.
3. Cuando se hace esto, servir caliente y disfrutar.

## **Fajitas**

Ingredientes:

3 tomates roma en cubitos

1 sin semillas y en rodajas de pimiento verde

4 onzas. chiles verdes cortados en cubitos

1 sin semillas y en rodajas de pimiento rojo

1 cebolla en rodajas

2 cucharaditas. comino

1 ½ cucharadas. aceite vegetal

2 cucharaditas. chile en polvo

¼ cda. sal de ajo

½ cda. orégano, se secó

Direcciones:

1. Saque la olla de cocción lenta y rocíe hacia abajo para que nada se pega.
2. Añadir en todos los ingredientes que figuran en la olla de cocción lenta y usar una cuchara para mezclar todo para que los vehículos puedan cubrirse de las especias y aceites.
3. Coloque la tapa en la parte superior de la olla y deje cocinar esta comida en un nivel bajo durante aproximadamente 4 horas o un valor alto durante 2 horas.
4. Cuando se hace la comida, se vierte a algunas tortillas preparadas y servir con crema agria, aguacate y frijoles negros.

### **Pimientos rellenos**

Ingredientes:

4 pimientos

1 c. queso feta, desmenuzado

1 puede enjuagados y escurridos frijoles cannellini

½ c. cuscús

1 diente de ajo picado

4 cebolletas en rodajas

sal

Pimienta

1 cdta. orégano

Rodajas de limón a utilizar para servir

Direcciones:

1. Cortar fuera un poco de capa desde el fondo de sus pimientos de modo que son capaces de sentarse plana mientras está trabajando. Cortar la parte superior de ellos, así, deseche los tallos, y tomar las semillas y las nervaduras de los pimientos.
2. Saque un bol y añadir el orégano, el ajo, los blancos cebollín, cuscús, feta y frijoles en el interior. Sazonar con un poco de pimienta y sal y luego tirar para combinar.
3. Rellenar los pimientos con la mezcla de frijoles y luego coloque los pimientos dentro de una olla de cocción lenta preparado.
4. Cubra la olla y dejar cocinar la comida en un entorno de alto por 4 horas.
5. Espolvorear los pimientos con los verdes cebollín y servir con unas rodajas de limón antes de disfrutar.

## **Calabacín y berenjena parmesano**

Ingredientes:

2 huevos

2 c. pan rallado

1 cucharada. agua

1 berenjena cortada en rondas

1 calabacín en rodajas en rondas

2 frascos de salsa de espagueti

1 cuarto de galón. Aceite de colza

1 paquete. queso mozzarella, rallado

1 paquete. Parmesano y Romano mezcla de queso, rallado

1 cucharada. parmesano

Direcciones:

5. Saque un bol y batir los huevos con el agua. Coloque el pan rallado en otro tazón.

6. Tome una rebanada de la berenjena y colocarlo en los huevos para que se recubre por ambos lados. Presione suavemente en la miga de pan preparados también.

7. Repita este paso con el resto de los calabacines y rodajas de berenjena. Deje las verduras fijadas por unos 5 minutos antes de continuar.

8. Vierta el aceite en una sartén, asegurándose de que hay por lo menos un par de pulgadas de aceite en la sartén. Calentar hasta por diez minutos, por lo que es casi de fumar.

9. Coloque unas rodajas de calabacín y berenjenas en la sartén y deje freír durante 5 minutos por cada lado antes de drenar en un plato con toallas de papel. Repita con el resto de las rodajas vegetales.

10. Cuando haya terminado con esto, llevar a cabo una olla de cocción lenta y vierta media taza de la salsa en ella. Coloque las rodajas de berenjena y el calabacín en la parte superior de la salsa antes de la cobertura con un poco de las dos mezclas de queso.

11. Repetir estas capas hasta que todas las rebanadas de vegetales se han utilizado y la parte superior con el resto de la salsa.

12. Coloque la tapa en la parte superior de la olla y cocine a temperatura baja durante aproximadamente 8 horas o hasta que la salsa comience a burbujear. Dar el plato unos 10

minutos para enfriar antes de servir.

**Suroeste Uno Pot Cena**

## Ingredientes:

1 pimiento verde cortado en cubitos

1 ½ c. guisantes de ojo negro, secas y remojadas durante la noche

1 cebolla picada

Dientes de ajo picados

1 puede drenado maíz dulce

¼ c. chile en polvo

1 lata de tomates picados

2 cucharaditas. comino

½ c. queso rallado, Cheddar

2 c. arroz, cocinado

## Direcciones:

1. Escurrir los guisantes de ojo negro y enjuague fuera así. Coloque estos en la olla junto con los tomates, el maíz, el ajo, la cebolla y el pimiento verde.

2. Temporada todo con el comino y el chile en polvo, asegurándose de mezclar todo junto bien.

3. Cubra la olla y cocinar la comida en un entorno de alta durante aproximadamente 2 horas.

Después de este tiempo se puede agitar en el queso y el arroz.

4. Cocine durante otros 30 minutos para calentar todo a través de antes de disfrutar.

## **Mushroom Stroganoff**

Ingredientes:

500 g de champiñones rebanados

1 cebolla picada

1 cucharada. mantequilla

2 cucharadas. salsa de tomate

1 pastilla de caldo preparado en agua

3 cucharaditas. paprika

3 dientes de ajo en rodajas

Perejil picado

4 cucharadas. cCrea agria

Direcciones:

1. Saque una cacerola poco y derretir la mantequilla dentro. Cuando la mantequilla esté completamente derretido, agregar la cebolla y las setas y dejar cocer durante unos 10 minutos.

Usted sabrá que se hacen cuando empiezan a suavizar y reducir en tamaño, pero usted no quiere que ellos sean todo el camino hecho de cocinar.

2. Mueva estas verduras a la olla de cocción lenta antes de agregar el ajo, pimentón, salsa de tomate y el caldo en rodajas.

3. Coloque la tapa en la parte superior de la olla y cocinar los ingredientes juntos durante unas 4

horas en un ambiente de alta temperatura.

4. Después de este tiempo se ha terminado, se agita en el perejil picado, así como la crema agria hasta que esté bien mezclado. Cuando se hace eso, sirva sobre unos fideos y disfrutar!

## **Espinacas y frijoles Enchiladas**

Ingredientes:

1 lata de frijoles negros enjuagados

1 paquete. espinacas picadas

1 c. maíz

8 onzas. queso rallado Cheddar

½ cda. comino

sal

Pimienta

2 tarros de salsa

8 tortillas de maíz

4 rábanos en rodajas

1 tajado la cabeza de lechuga romana

½ c. tomates partidos por la mitad

3 cucharadas. jugo de lima

½ pepino rebanado

2 cucharadas. aceite de oliva

Cebolletas en rodajas a utilizar para servir.

## Direcciones:

1. Saque un bol y triturar hasta la mitad de los frijoles. Cuando estos granos se machacan hasta adicionado en un poco de pimienta, la sal, el resto de los frijoles, una taza de queso, el comino, el maíz y las espinacas. Mezclar con el fin de combinar bien.
2. extendió a cabo uno de los frascos de salsa en el fondo de la olla de cocción lenta. Divida la mezcla de frijoles entre las 8 tortillas y luego enrollarlos, colocando la cara hacia abajo en la olla de cocción lenta.
3. Top todo con el resto del queso y la salsa.
4. Cubra la olla y se deja calentar a temperatura baja o cerca de 3 horas o hasta que esté bien caliente.
5. Justo antes de servir, poner de manifiesto otro tazón y mezcle el pepino, tomates, rábanos y lechuga en el interior con la pimienta, la sal, el aceite y el jugo de limón. Sirva esto con las tortillas y espolvorear un poco de las cebolletas sobre todo antes de disfrutar.

## **Vegan Pot asado**

### Ingredientes:

½ cda. cebolla en polvo

6 oz. Mezcla rápida seitán

½ cda. tomillo, se secó

½ cda. sal

½ c. agua

1/8 cda. pimienta

3 cucharadas. tamari



1 cucharada. aceite de oliva

1 libra de zanahorias

2 mitades dulces cebollas amarillas

1 lb. acuartelados patatas nuevas

sal

Pimienta

¼ c. vino tinto seco

1 ½ c. caldo de verduras

2 dientes de ajo machacados

1 cdta. tomillo

Direcciones:

1. Para comenzar esta receta, llevar a cabo un tazón grande y combinar juntos la pimienta, la sal, el tomillo, cebolla en polvo, y la mezcla de seitán. Cuando esto se combina bien se puede tomar la salsa tamari (unas dos cucharadas de la misma) y el agua y agregarlo en esta mezcla.

Asegúrese de mezclar todo junto bien y añadir en poco más de agua si parece que es demasiado seco. Amasar esto hasta que esté suave, que se va a tomar alrededor de 3 minutos. Vierta esta mezcla dentro de tu preparado olla de cocción lenta.

2. Una vez que haya terminado con esto usted puede llevar a cabo una gran sartén y calentar el aceite de algún fuego medio. Cuando el aceite se calienta adecuadamente, puede añadir en las papas, zanahorias y cebollas y dejar que se doren rápidamente.

3. Una vez que estos son bonitas y doradas, se puede sazonar al gusto con sal y pimienta antes de pasar toda la mezcla a la olla de cocción lenta.

4. En este momento usted puede agregar en el tomillo, el ajo, el resto de la salsa tamari, el vino y el caldo.

5. Cubra la olla y deje cocinar esta mezcla a temperatura baja durante aproximadamente 8 horas o hasta que todo esté bien cocido.

6. Después de este tiempo se ha acabado usted puede sacar el seitán y la verdura de la olla de cocción lenta. Tome el seitán y cortar para arriba en un plato de servir para que todos puedan tener alguna. Cuando se hace eso, lo rodean con las verduras y una cuchara en un poco de la salsa de cocción para ayudar a dar más sabor y mantenerlo húmedo.

7. Sirva esto de inmediato y disfrutar.

## **Chow Mein**

## Ingredientes:

- 1 ½ c. apio, picado
- £ 1 picada de pollo vegetariana
- 1 ½ c. zanahorias, picadas
- 6 cebolletas picadas
- 1/3 c. salsa de soja
- 1 c. Caldo de vegetales
- ¼ cda. pimienta roja
- ½ cda. jengibre
- 8 onzas. castañas de agua en rodajas
- 1 lata escurridos brotes de soja
- 1/3 c. agua
- ¼ c. fécula de maíz

## Direcciones:

1. Para empezar, sacar la olla de cocción lenta y conseguir todo preparado como le gustaría.

Tome todos los ingredientes, excepto el agua y la maicena y combinarlos dentro de la olla de cocción lenta.

2. Cubra la olla y dejar que estos ingredientes se cocinan en un nivel bajo durante aproximadamente 8 horas.

3. Cuando la comida está casi hecho, llevar a cabo un tazón pequeño y combinar el agua y la maicena hasta que esté suave. Poco a poco agregue esto en la olla de cocción lenta.
4. Cocine un poco más, asegurándose de dejar la tapa un poco fuera de la olla para que el vapor puede salir. Cocer durante unos 20 minutos.
5. Sirva este plato con un poco de arroz y disfrutar.

## **Squash Lasagna**

Ingredientes:

2 paquetes. de invierno de squash puré

1/8 cda. nuez moscada

1 paquete. bebé espinacas

Ricotta 1 contenedor

sal

Pimienta

12 placas de lasaña

8 onzas. queso mozzarella rallado

Ensalada por un lado

Direcciones:

1. Para comenzar esta receta, sacar un tazón y mezcle la nuez moscada y la calabaza y luego se puso a un lado.
2. En otro recipiente se pueden combinar entre sí un poco de pimienta, la sal, la espinaca y el queso ricotta y establecer que uno

al lado también.

3. Lleve a cabo la olla de cocción lenta en este momento una propagación a cabo alrededor de la mitad de una taza de la mezcla de calabaza. Top con cerca de 3 fideos de lasaña, asegurándose de romper en pedazos para conseguir que encajen. Top con el resto de la mezcla de squash, otros tres de los fideos, y luego la mitad de la mezcla de ricotta.

4. Repita estas capas, asegurándose de que la capa final es la mezcla de ricotta. Espolvorear la parte superior con un poco de queso.

5. Cuando todas las capas se hacen, cubra la olla con la tapa y cocine a temperatura baja durante aproximadamente 4 horas o hasta que los fideos estén tiernos.

6. Sirva este plato caliente con una ensalada en el lado si usted desea antes de disfrutar.

## **Coco Tofu Curry**

Ingredientes:

8 onzas. tofu en cubos

1 c. cebolla partida en dos y pelados

2 ½ c. pimiento verde sin semillas y picados

2 cucharaditas. ajo pelado

1 ½ cda. sal

1 cucharada. polvo de curry

1 cucharada. masla Garam

2 cucharadas. mantequilla de maní

8 onzas. pasta de tomate

10 oz. leche de coco

Direcciones:

1. Para comenzar esta receta, llevar a cabo un procesador de alimentos y coloque todos los ingredientes, excepto el queso de soja en el interior. Mezcle hasta que todos ellos son suave y cremosa.
2. Llevar a cabo la olla y vierta la mezcla en el procesador de alimentos en su interior. Añadir en el queso de soja antes de colocar la tapa en la parte superior.
3. Cocine la comida a temperatura baja durante aproximadamente 4 a 5 horas antes de servir caliente.

### **Vegan Meatloaf**

Ingredientes:

2 cucharaditas. aceite de oliva

2 dientes de ajo picados

1 cebolla amarilla picada

1 cucharada. tomillo, se secó

1 ½ c. frijoles pintos cocidos

12 onzas. tofu desmenuzado

¾ c. salsa de tomate

1 cucharada. mostaza de Dijon

2 cucharadas. salsa de soja

½ c. nueces molidas

¼ c. migas de pan, secas

½ c. copos de avena

½ c. gluten de trigo

2 cucharadas. almidón de tapioca

sal

Pimienta

2 cucharadas. perejil picado

2 zanahorias peladas y cortadas

2 chalotas

2 papas Yukon Gold peladas y cortadas

2 cucharadas. mostaza marrón

1 cucharada. vinagre de cidra

1 cucharada. azúcar moreno

Direcciones:

1. Saque una sartén y calentar un poco de aceite en el interior. Cuando el aceite se calienta, añadir la cebolla y dejar cocer para que se ablanden, durante unos 5 minutos.
2. Una vez hecho esto, añadir en el tomillo y el ajo y cocine por un minuto más.
3. Lleve a cabo un procesador de alimentos junto y combinar la salsa de tomate, queso de soja, y el frijol, la mostaza, la mezcla de

cebolla y salsa. Proceso hasta que se mezcle bien.

4. En un tazón grande se puede combinar el perejil, el almidón de tapioca, gluten de trigo, el pan rallado, avena y nueces. Sazonar con un poco de pimienta y sal. Añadir a la mezcla de frijoles y revuelva bien.

5. Gire esta mezcla sobre una superficie de trabajo y luego darle la forma de un pan que es lo suficientemente grande como para caber en la olla de cocción lenta. Pulse con el fin de conseguir que se mantenga juntos. Aceite de la inserción de la olla de cocción lenta o utilizar algún spray para cocinar.

6. Organice sus carros en el fondo de la olla y luego sazonar con un poco de pimienta y sal.

Añadir en las rodajas de patata, así y rociar con un poco de aceite de oliva.

7. Coloque el pastel en la parte superior de las verduras y luego rodean con las chalotas.

8. En otro tazón, mezcle el vinagre, el azúcar morena, la mostaza y el resto de la salsa de tomate hasta que estén bien mezclados. Extienda esta sobre el pan antes de colocar la tapa en la parte superior.

9. Cocine la comida por cerca de 4 horas en un ajuste bajo. Cuando se hace la comida, tome la tapa, gire la olla de cocción lenta apagado, y luego dejar que el conjunto pan durante unos 10 minutos.

10. Después de este tiempo, sacarlo y colocar en un plato de servir. Rodea con los chalotes, las papas y las zanahorias, y luego cortar el pan antes de servir.

## **BBQ Lentejas Sandwich**



## Ingredientes:

28 oz. tomate triturado

1 // 2 c. melaza

6 oz. puede Pasta de tomate

¼ c. vinagre blanco

2 cucharadas. vinagre de sidra de manzana

1 cebolla dulce en cuartos

3 dientes de ajo

1 cdta. mostaza seca

1 cucharada. azúcar de coco

½ cdta. sal

½ cdta. humo liquido

¼ cdta. pimienta roja

1/8 cdta. pimentón

4 c. lentejas cocidas

## Direcciones:

1. Para comenzar esta receta, usted puede tomar todos los ingredientes, excepto las lentejas y ponerlas dentro de una licuadora o un procesador de alimentos. Mezclar todos estos juntos hasta que se conviertan en problemas. Vierta la mezcla en una cacerola.

2. Cubra la cacerola y llevar los ingredientes a hervir. Cuando están en ebullición, baje el fuego un poco y dejar que cocine a fuego lento

con la tapa puesta durante unos 30 minutos.

3. Vierta esta mezcla en la olla junto con las lentejas y coloque la tapa en la parte superior.

Encienda a un nivel bajo y cocine durante aproximadamente 2 horas o hasta que esté bien caliente.

4. Saque algunos bollos de pan o hamburguesas y servir a esta en la parte superior de ellos para disfrutar.

### **Arroz Salvaje Cazuela**

Ingredientes:

2 cebollas picadas

3 de apio en rodajas

2 paquetes. Mezcla de arroz de grano largo

1 lata de crema de champiñones

2 ½ c. agua

½ c. mantequilla

½ c. champiñones, en rodajas

½ libra de queso americano

Direcciones:

6. Para iniciar esta receta, llevar a cabo una olla de cocción lenta y conseguir todo listo.

7. Tome la setas, queso y mantequilla, crema de champiñones, el agua, la mezcla de arroz, apio y cebolla y colocarlos dentro de la olla de cocción lenta.

8. Coloque la tapa en la parte superior de la olla y cocinar la comida durante 8 horas en un ajuste bajo o 4 horas en un entorno de alta antes de disfrutar.

## **Capítulo 6:**

### **Vegetariana Postres olla de cocción lenta**

#### **Mocha queso**

Ingredientes:

½ c. obleas de chocolate

2/3 c. azúcar

½ c. manteca derretida

2 bloques de queso crema ablandado

2 oz. chocolate derretido

2 huevos

1 cda. vainilla

¼ cda. sal

1 cda. café instantáneo

Caramelo salado

1 c. azúcar moreno

4 cucharadas. mantequilla

½ c. de crema de leche

1 cucharada. vainilla

3 / cdta. sal

Direcciones:

1. Comience por hacer el pastel de queso. Saca a 12 pequeños frascos y spray en algún spray para cocinar. Mezclar las galletas de chocolate con la mantequilla y un poco de sal. Añadir un poco más de una cucharada de cada frasco y se presiona para que sea en una sola capa. Haga esto con todos los frascos y se puso a un lado.

2. Saque un bol y batir el queso crema y el azúcar que se conviertan en problemas. Añadir en uno de los huevos a la vez y continúe batiendo en el medio. Añadir la sal, café instantáneo, la vainilla y el chocolate derretido y mezclar. Vierta esta relleno en cada frasco.

3. Colocar los frascos en la olla de cocción lenta. Vierta un poco de agua caliente todo alrededor de los frascos para que sean alrededor de  $\frac{3}{4}$  cubiertos.

4. Cubra la olla y dejar que éstos Cocine en una posición alta durante aproximadamente una hora. Cuando han terminado, te darás cuenta de que no se agitan. Sacarlos de la olla y dejar enfriar en la nevera durante unas 2 horas.

5. Cuando esto se hace, se puede trabajar en el salados caramelo. Llevar a cabo una cacerola y colocar la sal, crema de leche, el azúcar moreno y la mantequilla dentro. Cocine a fuego lento estos juntos durante unos 7 minutos, asegurándose de batir un par de veces.

6. Cuando esté listo para servir, se puede verter esta salsa sobre cada uno de los pasteles y la parte superior con un poco de crema de leche antes de servir.

## **De Apple Cobbler**

Ingredientes:

4 rebanadas de manzana

½ cdta. canela

2 cucharadas. jarabe

¼ cdta. nuez moscada

2 c. granola

2 cucharadas. mantequilla

Direcciones:

1. Tomar las manzanas y cortarlas en rodajas de modo que son más pequeños, se puede elegir si desea o no dejar la cáscara.

2. Llevar a cabo la olla y coloque las manzanas dentro de lo que son, incluso en la parte inferior.

3. En un tazón pequeño, coloque la mantequilla, especias, y el jarabe en el interior, por lo que

asegúrese de mezclar bien. Rocíe esta en la parte superior de las rebanadas de manzana en la olla de cocción lenta. Por si todo ello con la granola.

4. Cubra la olla y cocine a temperatura baja durante unas 8 horas antes de servir.

### **Berry zapatero**

Ingredientes:

1 c. harina

1 cdta. Levadura en polvo

3 cucharaditas. azúcar

¼ cda. canela

1 huevo

2 cucharadas. Aceite de colza

¼ c. leche de almendras

sal

2 c. arándanos

2 c. frambuesas

1 c. azúcar

½ cda. jugo de limon

¼ c. harina

Direcciones:

1. Llevar a cabo un tazón y combinar la canela, la levadura en polvo, 3 cucharadas de azúcar y 1

taza de harina.

2. En otro recipiente se puede combinar el aceite de canola, leche y huevo. Batir estos juntos para que sean bien mezclados.

3. Agregar la mezcla de huevo en la mezcla de harina y revuelva para que se conviertan humedecido.

4. Extienda este a lo largo de la olla de cocción lenta que usted tiene y se puso a un lado.

5. En otro tazón, mezcle la sal, resto de la harina, y el resto del azúcar antes de añadir en el arándanos, frambuesas, y jugo de limón. Revuelva para combinar por completo.

6. Distribuir esta mezcla sobre la masa ya en la olla de cocción lenta. Cubrir y cocinar a temperatura baja durante 2 horas para que pueda cocinar a través.

7. Cubrir con un poco de yogur congelado y disfrutar.

### **Mantequilla de cacahuete y chocolate Pastel de pudín**

Ingredientes:

1 c. harina, de uso múltiple

2 cucharadas. polvo de cacao

1/3 c. azúcar

1 ½ cda. Levadura en polvo

2 cucharadas. aceite vegetal

½ leche de almendras de chocolate

2 cucharaditas. vainilla

½ c. pedazos de mantequilla de maní

½ maní picado

½ c. piezas de chocolate

¾ c. azúcar

1 ½ c. agua hirviendo

2 cucharadas. polvo de cacao

Direcciones:

1. Saque la olla de cocción lenta y rociar todo para arriba para que no se pegue.

2. Llevar a cabo un tazón y mezcle el polvo de hornear, la mitad del polvo de coco, 1/3 c. el azúcar y la harina. Agregar la vainilla, el aceite y la leche de almendras y revuelva por lo que sólo comienza a ser húmedo. Revuelva en los cacahuets, las piezas de chocolate y maní trozos de mantequilla y mezclar bien.

3. Extienda esta masa a lo largo de la olla preparada.

4. En otro tazón, puede combinar el resto del polvo de cacao y taza de azúcar  $\frac{3}{4}$ . Agregue el agua hirviendo y luego vierta esta mezcla en la olla de cocción lenta también.

5. Cubra la olla y se deja calentar hasta un valor alto durante dos horas.

6. Cuando se hace esto, sacar de la olla y se deja reposar durante unos 30 minutos para enfriar.

Coloque la mezcla en algunos platos y disfrutar.

## **Limón y Blueberry Cake**

Ingredientes:

$\frac{1}{2}$  c. harina de pastelería

$\frac{1}{4}$  cdta. stevia

1 cdta. Nectar de agave

$\frac{1}{4}$  cdta. Levadura en polvo

Ingredientes húmedos:

$\frac{1}{4}$  c. arándanos

$\frac{1}{3}$  c. leche de almendras

1 cdta. linaza



1 cdta. aceite de oliva

¼ cdta. vainilla

½ cdta. limón rallado

¼ cdta. extracto de limón

Direcciones:

1. Saque la olla de cocción lenta y obtener todo preparado para su uso.

2. Saque un bol y mezclar los ingredientes secos hasta que estén bien combinados. En otro recipiente se pueden combinar los ingredientes húmedos también.

3. Cuando los dos cuencos se combinan puede agregar los ingredientes húmedos con los secos y la mezcla de manera que se combinan.

4. Vierta esta mezcla dentro de la olla de cocción lenta, asegurándose de que lo extendió uniformemente. Coloque una toalla limpia entre la olla y la tapa con el fin de absorber toda la condensación.

5. Cocine el postre durante aproximadamente 60 minutos para que el medio puede llegar a ser sólido.

6. Sirva este caliente.

### **Calabaza Pudding**

Ingredientes:

6 c. cubos de pan, rancio

¼ c. nueces picadas

¼ c. pasas

3 huevos batidos

3 c. leche de almendras

¾ c. azúcar moreno

1 lata de calabaza

1 cda. vainilla

2 cucharaditas. pastel de calabaza especias

Direcciones:

1. Para empezar, se puede sacar la olla de cocción lenta y la grasa con un poco de mantequilla.

Transfiera las nueces, las pasas y los cubos de pan a la olla de cocción lenta y revuelva para combinar.

2. Combine el condimento pastel de calabaza, la vainilla, el azúcar morena, la calabaza, la leche y los huevos en un bol. Vierta esta mezcla sobre los cubos de pan.

3. Cubra la olla y calentar el plato durante unas 4 horas en un nivel bajo o hasta que se hace.

Sirva caliente.

### **Pudín de chocolate Pan**

Ingredientes:

2 c. pan integral, rancio

1 ½ c. picada y manzana pelada

1 c. leche de almendras

1 cucharada. semillas de lino con agua caliente

2 cucharadas. aguardiente de manzana

1 / c. azúcar

1/3 c. nueces picadas

1/4 c. chips de chocolate picado, picado

Direcciones:

1. Saque la olla de cocción lenta y aceite, o línea de otra persona con un poco de papel de pergamino. Saque un tazón grande y disfrutar de las manzanas y el pan con el edulcorante,

mezcla de semillas de lino, el brandy de manzana y leche durante unos 10 minutos. Si la mezcla es demasiado seco se puede añadir en más de la leche.

2. Agregue el chocolate y las tuercas en este momento antes de raspar la mezcla al interior de la olla de cocción lenta.

3. Coloque la tapa en la parte superior y luego cocinan toda la mezcla en un ajuste de alta durante aproximadamente 2 horas.  
¡Disfrutar!

### **Creamsicle Tapioca Pudding**

Ingredientes:

1/2 c. tapioca perla

Leche de coco 1 contenedor

1 cda. extracto de vainilla

2 cucharaditas. extracto de naranja

Edulcorante adicional

Direcciones:

1. Saque su olla de cocción lenta y conseguir que todo listo. Coloque todos los ingredientes dentro de la olla de cocción lenta preparado.
2. Ponga la tapa en la parte superior de la olla y dejar cocer en un ajuste de alta durante aproximadamente 2 horas o en un nivel bajo durante 4 horas.
3. Cuando el budín está casi hecho, debería darle un sabor y decidir si necesita más edulcorante o no.

### **Peach Cobbler**

Ingredientes:

5 melocotones en rodajas

1/4 c. azúcar

2 cucharadas. harina

1/3 c. arándanos secos

1/4 cda. canela

1 c. agua

2/3 c. avena de cocción rápida

3 cucharadas. manteca derretida

3/4 c. azúcar moreno

Direcciones:

1. Para empezar a trabajar en esta receta, sacar un recipiente y colocar el azúcar y la harina en el interior. Cuando se mezclan, echar en los melocotones y mezclar todo con el fin de cubrir la fruta.
2. A continuación, agregue la avena, canela y arándanos en el tazón y mezcle los widgets para mezclar también.
3. Coloque la mezcla de melocotón y el agua en la olla de cocción lenta preparado. Vierta lentamente la mantequilla en la parte superior de los melocotones antes de rociar en el azúcar moreno.
4. Cubra la olla de cocción lenta y encenderlo a un nivel bajo. Cocine el plato durante aproximadamente 4 horas más o menos que los melocotones tienen tiempo para convertirse en licitación.

## **Conclusión**

Hay mucho que le encanta sobre el uso de una olla de cocción lenta con el fin de hacer que todas sus comidas veganas. Esta dieta particular puede ser muy difícil de tratar, y mucha gente va a optar por no ir en él, ya que sienten que no tienen el tiempo necesario para dedicarse a ella, o que piensan que van a tener que pasar horas y horas en la cocina tratando de conseguir cada comida hecha.

Como se puede ver, con muchas de las recetas que se presentan en este libro, usted va a ser capaz de hacer algunas comidas increíbles para toda la familia, incluso los que no son veganos, en tan sólo unos minutos. Usted puede servir esto para su familia o optar por darles a sus amigos y otras personas que vienen a visitar. Muchas de las recetas funcionarán sin importar la ocasión e incluso sus amigos no veganos estarán encantados de darles una oportunidad. O simplemente puede mantener a todos a ti mismo, que es lo que nos gustaría hacer.

Esta es la belleza de la utilización de la olla de cocción lenta. Usted sólo puede poner todos los ingredientes en el interior de la mañana, ir fuera de su camino a conseguir el trabajo y todo lo demás hecho, y luego, cuando llega a casa, la comida está hecha y listo para ser disfrutado. Esto le puede ahorrar tiempo y dinero en comparación con el de llegar a casa, estar demasiado cansado para cocinar, y luego tomar toda la familia a comer.

La próxima vez que usted está en un apuro para crear una deliciosa comida para toda la familia, pero que simplemente no tienen el tiempo para lograr que se haga después del trabajo, echar un vistazo a través de esta guía. Usted será capaz de encontrar todas las recetas que va a necesitar para hacer felices a todos, si usted está haciendo el desayuno, sopas, plato principal, o postres. Y

todos ellos son veganos también, por lo que es sano y saludable para todos.

Los antibióticos herbarios

*56 Pequeños remedios naturales conocidos para ayudar a curar y prevenir enfermedades bacterianas*

*Ella Marie*

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## **Introducción**

Las infecciones bacterianas pueden resultar de una variedad de fuentes. Sin embargo, puede llegar a ser muy difícil de cuidar. La mayoría de las personas llegan a más de-the-counter medicamentos. Cuando éstos no pueden conseguir resultados, que hacen una cita con su médico, y por lo general salen con antibióticos para cuidar de la infección.

Sin embargo, hay numerosos antibióticos a base de hierbas que se pueden utilizar en la casa que no le costará una fortuna. De hecho, muchos de ellos puede que ya tenga disponible en su hogar.

Otros son de fácil acceso, y se puede comprar en línea o en tiendas locales.

Antibióticos herbarios no tienen ningún efecto secundario, que es un problema común con los medicamentos recetados. Además de eso, con el tiempo su cuerpo acumula una tolerancia a los antibióticos recetados. Esto puede dejar inservibles en el futuro si usted se enferma con frecuencia.

Antibióticos con receta también son conocidos por causar estragos en su intestino que resulta en lo que se denomina disbiosis, que es cuando las bacterias malas exceso de poder de las buenas

bacterias en el interior de su intestino. Este desequilibrio generalmente resultará en una amplia gama de problemas de salud, tales como el crecimiento excesivo de candida y una disminución del sistema inmunológico para nombrar unos pocos.

Antibióticos a base de plantas que se utilizan para cuidar de infecciones bacterianas se conocen como astringentes. Adición de estos alimentos a su dieta regular puede estimular su sistema inmunológico y reducir el riesgo de este tipo de infecciones, incluso se producen.

Antibióticos herbarios pueden utilizarse cuando los necesite y sin ningún tipo de molestias o períodos de espera. La mayoría de ellos puede ser utilizado por niños y adultos. En este libro, usted aprenderá acerca de los cincuenta y seis opciones diferentes que tienes!

También es importante entender que puede haber ocasiones en las que es necesario tomar

antibióticos recetados por su médico. Sin embargo, al utilizar estos remedios naturales que usted puede reducir significativamente el riesgo de enfermarse de infecciones bacterianas.

## **Capítulo 1**

### **¿Por qué los antibióticos sintéticos son un gran problema en la sociedad actual**

No sólo los antibióticos sintéticos dan lugar a efectos secundarios severos, que se atribuyen a una serie de cuestiones en la sociedad actual. De hecho, se les ha considerado como uno de los grandes problemas que la medicina moderna y la ciencia tienen que tomar un vistazo de cerca a.

#### **Falta de información**



El mayor problema es la mayoría de la gente ni siquiera se dan cuenta de que hay antibióticos a base de hierbas naturales disponibles que pueden utilizar. Asumen su médico sabe mejor porque esa es la mentalidad que hemos promovido en la sociedad. Si el médico dice que necesita antibióticos, sales y obtener de ellos sin hacer preguntas.

Para muchas personas la lectura de este libro, que puede ser una declaración reveladora. Usted puede incluso ser enojado que ha gastado tanto dinero para los antibióticos recetados cuando tenía otras opciones más baratas y saludables. Sin embargo, usted puede no haber sido consciente hasta ahora que incluso existían o que podían ayudarle a sentirse mejor.

Por desgracia, hasta que la sociedad en su conjunto está mejor informado que los antibióticos a base de hierbas naturales son una opción, el uso excesivo de antibióticos sintéticos va a continuar.

## **Hígado**

El hígado es un órgano muy importante del cuerpo. Tiene que funcionar correctamente para que nos sintamos nuestro mejor esfuerzo. El uso de antibióticos sintéticos regularmente puede dañar el hígado. Esto puede hacer que sea más difícil para el cuerpo en su conjunto para llevar a cabo los procesos que mantienen sano y sentirse mejor.

## **Interactuar con otros medicamentos**

Si tiene otros problemas de salud, es posible que ya esté tomando varios medicamentos recetados. Es posible, sin embargo, que no interactúan bien con antibióticos sintéticos. Usted puede sufrir más efectos secundarios, o sus otros medicamentos puede no funcionar tan bien.

Esto puede hacer vulnerable en cuanto a su bienestar general.

## **Deshidratación**

Uno de los efectos secundarios comunes de los antibióticos sintéticos es la diarrea. Como resultado, la deshidratación puede ocurrir como el cuerpo está perdiendo líquidos y electrolitos.

Una persona puede no sentir sed, pero esto no significa que se quedan hidratada, así que el cuidado especial debe ser tomado.

### **Infecciones vaginales por levaduras**

Los estudios han vinculado el aumento de las infecciones por hongos vaginales al uso de antibióticos sintéticos. Esto es debido a que a menudo matan las bacterias buenas, así como las bacterias dañinas. El cuerpo se basa en las buenas bacterias para mantener las cosas equilibradas.

Incluso las niñas pueden contraer infecciones vaginales por esta razón.

Irónicamente, la forma en la mayoría de los médicos los tratan es prescribir otro antibiótico. Esto puede convertirse en un ciclo que es a la vez incómoda e insalubre. Infecciones vaginales por levaduras pueden causar picazón, ardor, y malestar.

### **Creación de Superbugs debido a la resistencia**

Hay científicos y profesionales de la medicina que se preocupan de que los antibióticos sintéticos están creando superbacterias. Ellos están haciendo cada vez más difícil de tratar con éxito las infecciones bacterianas simples. Esto es porque el cuerpo comenzará a desarrollar una tolerancia a los antibióticos. Entonces se vuelve cada vez más difícil de matar a la infección con los mismos fármacos.

Esto es especialmente una preocupación para los niños pequeños, que tienden a enfermarse más fácil y con más frecuencia que los adultos. Si se les da antibióticos sintéticos a menudo, dejan de ser tan eficaz. Esto puede resultar en una infección bacteriana sencilla convirtiéndose en algo que requiere hospitalización.

## **Hipersensibilidad y Alergias**

No todo el mundo le va bien con el uso de antibióticos sintéticos. El cuerpo puede llegar a ser hipersensible o alérgica a un ingrediente de la medicación. Por ejemplo, muchas personas son alérgicas a la penicilina, pero no son conscientes hasta que lo toman por primera vez.

Su cara puede hincharse, pueden estallar en una erupción, o pueden encontrar difícil la respiración. Estas preocupaciones requieren atención médica más ya menudo medicación adicional para cuidar de los síntomas.

## **Costo**

El coste de los antibióticos sintéticos continúa aumentando constantemente. Incluso aquellos con seguro de salud a menudo se sienten frustrados con los co-pagos y deducibles. O pueden descubrir que cuando llegan a la farmacia, su seguro no cubre el tipo particular de antibióticos que le hayan recetado.

Por ejemplo, amoxicilina suele estar cubierto. Sin embargo, muchos pacientes son ahora resistentes a sus efectos positivos debido a la tolerancia de su cuerpo para los antibióticos. Como resultado, se prescriben Z-Pac, pero esto rara vez cubiertas por los planes de seguro de salud.

## **Riesgo para los niños / Mascotas**

Cada vez que tenga los antibióticos sintéticos en su casa, hay un riesgo para los niños y las mascotas. Existe el riesgo de que encontrarán y los consuma. Una sobredosis de estos medicamentos puede ser muy grave, no sólo para los niños sino para adultos también.

Tomar más de la cantidad diaria recomendada no le ayudará a conseguir mejor en menos tiempo.

Usted también tiene que tomar el medicamento durante todo el tiempo que se le prescribió, incluso si se siente mejor. De lo contrario, existe el riesgo de que las bacterias no serán completamente destruidos y tendrás que empezar de nuevo con la medicación.

## Enormes beneficios para las empresas

Las enormes ganancias que las compañías farmacéuticas hacen de la venta de antibióticos sintéticos asciende a miles de millones de dólares anuales. Esto es parte de la razón por la que no es realmente un esfuerzo para lograr que los consumidores confían en los antibióticos a base de hierbas. Estas empresas prefieren hacer dinero de centrarse en el bienestar general de la sociedad.

## Capítulo 2

### **A menudo se encuentran en su cocina**

Varios de los antibióticos a base de hierbas naturales de los que usted puede elegir ya están en su cocina. Si usted o miembros de su familia obtiene infecciones bacterianas menudo, agregar más de ellos a los alimentos que prepara. Ellos realzar los sabores de sus comidas y bebidas, y le ofrecen una forma natural para mantenerse saludable.

### **Vinagre de sidra de manzana**

Hay altos niveles de ácido málico y acético encuentra en el vinagre de sidra de manzana.

También contiene altas cantidades de aminoácidos y vitaminas. Es una forma eficaz de combatir dolencias como es antiviral, antibacteriana y antifúngica.

Tomar una cucharada por la mañana y por la noche es una gran manera de luchar contra los problemas de salud. Si no te gusta el sabor, se puede mezclar con un vaso de agua para diluirlo.

## **Repollo**

Los poderes curativos de la col son enormes, pero también muchas personas no comen. Agregue esto a su dieta al menos una vez a la semana para estimular su sistema inmunológico. También se puede beber jugo de la col fresca todos los días durante una semana para ayudarle a recuperarse de un problema de salud que ha agotado su energía.

## **Aceite de coco**

No sólo el aceite de coco ayuda a reducir el riesgo de infecciones bacterianas, pero puede hacer que los alimentos que prepara más saludable. Ofrece una gran variedad de beneficios de salud en general y también sabe muy bien! Cualquier receta que requiera el uso de aceite vegetal puede ser más saludable con este simple cambio. Usted puede usar esto varias veces por semana como parte de una dieta saludable. Es pequeños cambios como éste, que se suman más.

El aceite de coco puede ayudar a estimular su sistema inmunológico. También ofrece propiedades anti-hongos y un montón de poderosos antioxidantes. Se cree para ayudar a mejorar los niveles de azúcar en la sangre y para impulsar la función cerebral. Si usted no quiere cocinar con él, añadir una cucharada de su café de la mañana para un impulso sano y más energía.

## **Fermentadas Alimentos**

¿Qué le viene a la mente cuando se piensa en los alimentos fermentados? Muchas personas asocian únicamente con el alcohol. Sin embargo, hay beneficios para la salud de los alimentos fermentados, ya que se clasifican como probiótico. Ellos destruir las bacterias dañinas, pero no las bacterias saludables que se encuentran en el cuerpo.

Algunas grandes opciones en esta categoría de alimentos incluyen verduras cultivadas y encurtidos primas. También puede tomar una

forma de cápsula diaria de lo que te encuentras en la tienda local de alimentos saludables. Los alimentos fermentados ofrecen un montón de antioxidantes y microorganismos necesarios. Los alimentos ofrecen más beneficios que las cápsulas.

## **Ajo**

Por lo menos 2.000 años el ajo se ha utilizado en todo el mundo como una fuente de la medicina.

Se ha utilizado para las infecciones del oído, la gripe, e incluso la Peste Negra. El ajo contiene poderosos antioxidantes que matan a las bacterias dañinas.

También elimina los radicales libres en el torrente sanguíneo, por lo que el sistema inmune se vuelve más fuerte. La alicina es el ingrediente activo que se encuentra en el ajo, y ayuda con la destrucción de ambos virus y bacterias - algo un antibiótico de prescripción no es capaz de hacer.

El ajo se puede consumir en comidas en forma de clavo de olor. También se puede hacer en un jugo. Si no te gusta el sabor del ajo, también hay cápsulas. Usted sólo necesita una pequeña cantidad para alcanzar los beneficios; demasiado ajo en realidad puede trastornar el estómago. Si usted toma cualquier tipo de medicamentos anticoagulantes, evitar el uso de ajo como un antibiótico a base de hierbas naturales.

## **Jengibre**

No sólo es el jengibre potente, tiene un aroma muy fuerte. El olor es el resultado de los diversos aceites esenciales y compuestos que lo componen. Algunas de estas propiedades ofrecen propiedades anti-inflamatorias y antibacterianas.

## **La miel**

El dulce, delicioso sabor de la miel hace que sea un tema popular en cualquier cocina. Sin embargo, también ofrece propiedades antibacterianas. Muchas culturas dependían de miel cruda antes de la introducción de antibióticos sintéticos.

Una enzima antimicrobiana se encuentra en la miel, y prohíbe varios tipos de bacterias dañinas crezcan. También se cree que ayuda con el hígado y reducir las toxinas en el cuerpo que pueden destruir el sistema inmunológico. La miel puede ser añadido a las bebidas, se consume sobre pan tostado, sumado al cereal caliente, o se consume crudo.

## **Cebolla**

Muchas personas cocinan con cebolla para el sabor, sino que también están ayudando a su sistema inmunológico. Se cree Cebolla para ayudar con el tratamiento de casi cualquier cosa que puedas imaginar. Esto incluye infecciones bacterianas e incluso inflamación.

Cebolla contiene compuestos de azufre, y que es lo que hace que sea una muy buena antibiótico a base de hierbas. También pueden ayudar a reducir los síntomas del resfriado común y la gripe, que son viral - no bacteriana - enfermedades.

## **Sabio**

Si usted tiende a sufrir de infecciones del tracto respiratorio superior, la salvia es una gran opción para ayudarlo a sentirse mejor. La adición de este a su comida con regularidad puede mejorar su sistema inmunológico y proteger contra este tipo de problemas de salud en desarrollo. No es necesario añadir más sabio para hacer una diferencia.

## **Capítulo 3**

### **Hierbas**

Hay también un montón de hierbas que usted puede utilizar para cocinar o para crear una bebida a base de hierbas. Hay una larga lista de estas hierbas que le ofrecen el valor de los antibióticos naturales. Es posible que ya esté utilizando algunos de ellos.

Otros se pueden comprar a nivel local, ya sea fresco o seco. Es importante hacer su mejor esfuerzo para encontrar hierbas de alta calidad. Cuanto mejor sea la calidad, más poder que valdrá la pena cuando la lucha contra las infecciones bacterianas.

### **Pimienta de Jamaica**

Ofreciendo antioxidantes excepcionales y elementos anti-inflamatorias, pimienta de Jamaica es sin duda algo a considerar para los antibióticos a base de hierbas. Puede ser utilizado para diversas recetas, lo que a menudo es un tipo de ayuda preventiva. Se puede dar el sistema inmune un alza por lo que son menos propensos a sufrir de infecciones bacterianas y otras dolencias. Es muy potente y una pequeña cantidad de pimienta de Jamaica va un largo camino en el sabor.

### **Anís**

Esta es una especia de uso frecuente en los platos de comida asiática, pero se puede agregar a casi cualquier cosa. Usted no necesita demasiado de él, sin embargo, ya que tiene un sabor intenso. Sabe a regaliz lo que a menudo se confunde con el anterior en platos.

Anís se ha utilizado como hierba curativa durante muchos siglos en Asia y en todo el mundo. Sus propiedades antibacterianas son sólo uno de los elementos de valor que ofrece. También proporciona un montón de antioxidantes.

No exceda una dosis de 500 mg por día. Si usted va a tomar una dosis máxima, dividirla en dos o tres dosis a lo largo del día en lugar de todos a la vez.



## **Albahaca**

Agregue la albahaca a la mayoría de los platos que cocina, y será estimular su sistema inmunológico. Aceite de albahaca se puede añadir a los alimentos que no cocino, incluyendo ensaladas. Le ayudará a mantenerse saludable y si empiezas a tener un tipo de infección bacteriana, que puede ayudar a matar las bacterias dañinas desde el principio.

## **Hoja de Laurel**

Las interminables beneficios de la hoja de laurel convierten en una opción popular para las infecciones bacterianas que luchan. También ayuda a reducir el acné y aliviar los problemas estomacales. El aceite de hoja de laurel ayuda a reducir la capacidad de las bacterias nocivas para crecer. También puede combatir el crecimiento de varias formas de hongos.

## **Cardamomo**

Quizás uno de los mejores secretos ocultos relacionados con la lucha contra las bacterias nocivas es el cardamomo. Contiene altas cantidades de cineol. También es una forma muy común para luchar contra el mal aliento crónico.

Esta es una hierba muy útil para el tratamiento del dolor de garganta y tos. No use el cardamomo si usted tiene cálculos biliares o si su vesícula biliar se ha eliminado.

## **Carvi**

Obtendrá los mejores resultados si busca aceite de semillas de alcaravea negro. Durante miles de años, se ha utilizado para ayudar con una variedad de problemas de salud. Es una forma eficaz de combatir las bacterias que causa infecciones profundas que pueden ser difíciles de combatir.

Este aceite se debe tomar cuando se siente la aparición inicial de este tipo de problemas de salud.

Tomar una cucharadita en la mañana y otra por la noche hasta que los síntomas ya no están presentes. Si no te gusta el sabor, agregar un poco de miel para el aceite. La dosis diaria recomendada para la prevención es de 50 mg a 100 mg.

## **Perifollo**

La historia de perifollo va muy profundo en muchas culturas alrededor del mundo. Crece silvestre en muchas regiones, y no pasó mucho tiempo para que el valor que se descubrió. La mejor manera de utilizarlo es hervir algunas hojas de perifollo en una taza de vinagre de sidra de manzana. Quite las hojas y beber el brebaje con unas cuantas cucharadas de miel mezclados para que sea dulce.

Perifollo es una gran opción a considerar para la tos crónica. Esta tos puede hacer que sea difícil dormir por la noche. Bebiendo en algún té hecho de esta hierba antes de dormir puede ayudar a obtener el descanso que realmente necesita.

## **Chiles**

Hay un buen número de variedades de chiles por ahí para elegir. Algunos tienen un calor suave y otros tienen a fuego medio o muy caliente. Usted no necesita consumir demasiado de estos chiles para cosechar los beneficios. Ellos pueden mantener el cuerpo sano y las bacterias dañinas de crecimiento.

## **Canela**

En el lado más dulce de las cosas, no es de canela, que también ofrece protección contra las bacterias dañinas. Cinnamon se puede utilizar en la cocción varios dulces o puede ser rociado en las bebidas para hacerlas más dulce sin el uso de azúcar. Puede ayudar a reducir los síntomas del resfriado común, espasmos musculares, vómitos, y la inflamación.

## **Clavos**

No sólo pueden dientes de ayudar a ganar la batalla contra las infecciones bacterianas, también pueden ser utilizados para reducir el dolor. La colocación de unos dientes duros en la boca entre los dientes y las encías puede reducir el dolor y la inflamación hasta que pueda ser visto por su dentista.

Los clavos se pueden utilizar también para tratar el dolor leve debido a una inflamación, tales como los síntomas de la artritis. Los clavos pueden ayudar a reducir las náuseas y vómitos debido a la gripe, problemas de salud, o incluso los efectos secundarios de los medicamentos recetados.

## **Cilantro**

Uno de los usos populares de cilantro es evitar el riesgo de intoxicación alimentaria. También puede ayudar a combatir las diversas formas de infecciones que parecen ser resistentes a los antibióticos recetados. (Esta resistencia puede ocurrir cuando una persona los toma con demasiada frecuencia). Usted puede agregar a casi cualquier alimento y no va a alterar el sabor.

Dolor en las articulaciones a menudo se reduce con el uso de cilantro. Algunas personas encuentran también toma naturalmente el cuidado de las hemorroides para ellos. Las mujeres que están embarazadas o en lactancia puede utilizarlo para aumentar su flujo de leche.

## **Comino**

Añadir una pequeña cantidad de comino a su comida mejorará el sabor. Esto es especialmente cierto de platos de comida peruana. El comino es una poderosa elección del antibiótico. Contiene timol, y esto también ayuda a mejorar la eficacia de los antibióticos con receta, en caso de que tenga que tomar ellos.

## **Eneldo**

Una pequeña cantidad de eneldo va un largo camino debido al sabor amargo que entrega a los alimentos. Dill también puede ayudar a su cuerpo a combatir infecciones y estimular su sistema inmunológico. Eneldo fresco se puede encontrar en el verano y principios del otoño. Sin embargo, puede obtener eneldo seco durante todo el año. Dill también ha sido útil en la lucha contra la pérdida ósea.

Se puede aplicar en el interior de la boca o de la garganta para reducir el dolor. Es importante no utilizar el eneldo si está tomando litio como su médico le ha prescrito. Dill puede dar lugar a que el cuerpo no procesamiento de litio como debería.

## **Hinojo**

Muchas personas espolvorear semillas de hinojo en su alimentación o en la parte superior de ensaladas como una manera de aumentar el metabolismo. Es un elemento común para la pérdida de peso efectiva a largo plazo. El hinojo también tiene propiedades antibacterianas anti-hongos y para ofrecer.

## **Bálsamo de limón**

No sólo el sabor bálsamo de limón y el olor delicioso, es altamente antibacterial. También es una hierba calmante que se ha utilizado durante siglos para ayudar a reducir el estrés y la ansiedad.

Se ofrece como un té, hojas secas, cápsulas y extractos. El bálsamo de limón no debe ser utilizado por cualquier persona que toma medicamentos para la tiroides.

## **Mejorana**

El resfriado común puede ser debilitante, pero mejorana es una buena manera de reducir la longitud de tiempo que perdura. Ofrece ayuda para ambas enfermedades bacterianas y virales. Es lo suficientemente suave que muchos padres lo utilizan para los bebés y niños pequeños. Sin embargo, es lo suficientemente eficaz como

para ofrecer ayuda a los adultos, también. Se ofrece como un aceite y hojas secas.

Mejorana se hace a menudo en un té que se puede dar a los niños para reducir el goteo nasal o los efectos de la gripe común. También se puede usar para combatir la tos seca que parece persistir. El dolor de oído y dolor de garganta son también razones para utilizar la mejorana.

## **Mentas**

Mentas ofrecen varios aceites esenciales que estimulan el sistema inmunológico y calmar el sistema digestivo. Pueden ser utilizados en diversos alimentos que usted compra en la tienda, en un esfuerzo para extender la vida útil. Mentas también se pueden añadir al té en forma de aceite o de hojas para ayudar a reducir las infecciones bacterianas. Esto incluye los que afectan a la garganta y los senos paranasales.

## **Mostaza**

Las semillas de mostaza se pueden utilizar para hacer una variedad de grandes platos de comida de degustación. Usted sólo necesita una pequeña cantidad para obtener el valor que ofrecen.

Incluso el condimento de mostaza suave contiene tales semillas y tiene beneficios antibacterianos para ofrecer.

El uso de mostaza puede ayudar a reducir el dolor muscular y la inflamación. También es una buena opción para el tratamiento del resfriado común. Hojas de mostaza negra se pueden utilizar en ensaladas y otros platos de comida. También puede tomar cápsulas para obtener beneficios o hervir semillas de mostaza para hacer té.

## **Nuez moscada**

Hay numerosos usos para la nuez moscada Además de agregar sabor a los alimentos. Mientras que muchas personas se suman a

los dulces como postres, se puede añadir a todos los tipos de alimentos. A menudo se ha utilizado para luchar contra E. coli y las infecciones por estafilococos. Cuenta con propiedades antimicrobianas que ayudan a reducir las bacterias dañinas.

Nuez moscada también puede reducir el dolor y llagas en la boca conjuntas. Además, se puede aliviar las náuseas y diarrea. No utilice más de 120 mg por día o puede dar lugar a alucinaciones.

## **Orégano**

Orégano no es sólo para mejorar el sabor de sus mejores platos italianos. También es una manera de mantenerse saludable debido a las grandes propiedades antibacterianas que proporciona. El aceite de las hojas de orégano tiene el mayor potencial.

Ha sido comparado con el valor ofrecido por el antibiótico recetados llamado penicilina. Algunos estudios han indicado orégano puede ayudar a matar las células de cáncer de próstata. El uso de orégano puede ser muy bueno para los problemas de las vías respiratorias, incluyendo tos, crup o asma.

Para este tipo de dolencias, la dosis recomendada es de 200 mg por día. No debe ser utilizado por aquellos que toman medicamentos para los trastornos de la coagulación.

## **Perejil**

Hay algunas propiedades antibióticas definitivas que se encuentran en el perejil. Viene principalmente del aceite extraído de semillas de perejil. Se puede luchar contra varias formas de bacterias y hongos. Una de las dolencias comunes perejil es bueno para es la infección por estafilococo.

También se puede utilizar para prevenir y curar infecciones del tracto urinario (ITU) y para disminuir el dolor de cálculos renales. Se puede reducir la longitud de tiempo que los perdura resfriado común y

reducir el riesgo de ictericia. A menudo se utiliza para los bebés que sufren de cólico.

## **Pimienta**

Hay varios tipos de pimienta que puede utilizar para ayudar a reducir el riesgo de infecciones bacterianas o luchar contra ellos. Esto incluye la pimienta negro, chile y pimienta. También son útiles para luchar contra los problemas relacionados intestinales-, también.

Todo pimienta contiene pimienta, y eso es lo que combate las bacterias. Cuanto más caliente esté el pimienta, más poderoso que habrá en la lucha contra las bacterias. Sin embargo, es necesario asegurarse de que los alimentos que usted pone pimienta al no llegar a ser demasiado caliente para que usted pueda consumir.

## **Romero**

Un aceite esencial que huele muy bueno es el romero. Puede ser utilizado como un aceite en el cuerpo o inhala a través de un infusor. Si utiliza cualquier aceite esencial, sólo necesita unas pocas gotas, ya que son muy poderosos. No agregue más de dos gotas de la misma para el agua del baño.

Rosemary ofrece increíbles beneficios para el sistema inmunológico. Es un tipo de aromaterapia que también se utiliza para el tratamiento de problemas de asma crónica. Se puede luchar contra el moho, hongos y bacterias.

## **Sabio**

La reducción de la inflamación y la compensación de los problemas bacterianos son los beneficios de salvia bien conocidos. Esto se ofrece típicamente como una hoja seca que se utiliza para cocinar. Sin embargo, las hojas también se pueden hervir y tensas para hacer un té fuerte.

Algunos expertos creen que la ingesta diaria de salvia puede reducir el riesgo de la diabetes y la enfermedad de Alzheimer. A menudo se utiliza para reducir el dolor y la presión de una infección en los senos. Puede ser inhalado para reducir la tos seca o inflamación de las vías respiratorias causada por el asma o la bronquitis. La dosis diaria no debe exceder de 2,5 mg.

## **Estragón**

Inicialmente, el estragón era un antibiótico natural que se utiliza para prevenir la intoxicación alimentaria en diversos platos. Se consideró un gran conservante que permitió alimentos para tener una vida útil más larga y sin que los consumidores se enfermen. Estragón fue también una medicina temprano por preocupaciones intestinales y para combatir la tuberculosis.

También puede ser una forma natural para promover mejores hábitos de sueño. Con demasiada frecuencia, la persona se sentirá aturdido cuando toman over-the-counter o pastillas para dormir con receta. Estragón puede ayudar a dormir bien sin ese efecto secundario difícil de lidiar.

La dosis a tomar depende de la edad de una y la gravedad de la dolencia. Es mejor empezar con sólo una pequeña cantidad y ver cómo funciona para usted. Poco a poco aumentar la dosis si es necesario con el fin de obtener los mayores beneficios.

## **Tomillo**

Otra opción para la cocina y la reducción de los problemas de bacterias es el tomillo. Se utiliza normalmente para la tos seca crónica. También es un buen recurso para aquellos que sufren de problemas respiratorios como el asma y la bronquitis. Tomillo puede ayudar a calmar el tracto digestivo también.

Tomillo puede ayudar con la tos ferina, incluso cuando se está afectando a los niños pequeños.



Se puede tratar la laringitis y dolor de garganta. Si las amígdalas están inflamadas, puede ayudar a reducir el dolor y la inflamación.

## **Cúrcuma**

Una especia naturales a menudo se encuentran en platos de Oriente Medio es la cúrcuma. Los ingredientes principales ofrecen la capacidad de bloquear las enzimas que permiten a las bacterias dañinas se propaguen. La cúrcuma tiene propiedades que ayudan a reducir las infecciones bacterianas, inflamación, y diversas formas de infecciones crónicas. También puede ayudar con dolores de cabeza crónicos y bronquitis.

A pesar de que la cúrcuma es picante, puede ser un remedio natural para el ardor de estómago.

Para aquellos que aman los alimentos picantes, pero no los efectos posteriores, esto puede ser un sueño hecho realidad! También puede reducir dolor y la inflamación de leve a moderada la artritis.

## **Capítulo 4**

### **Extractos**

Tal Vez Usted ha Oído Hablar Sobre el valor de DIVERSOS Extractos. Estós hijo un el menudo las cápsulas Que contienen Ingredientes Que se han CREADO párrafo beneficiar A su salud general y el Bienestar. Si ya utilizació uno de Estós Extractos Diarias Como suplemento de la ONU, se Lucha Contra las Infecciones bacterianas pecado Siquiera darse Cuenta!

Estós Extractos ningún hijo Caros y pueden Hacer ONU Cambio significativo en la Forma De Sentir. Considère Lo Que Estós Extractos ofrecen Para Que Pueda Elegir El que mejor se ADAPTE una SUS Necesidades.

### **Plata coloidal**

Varias Propiedades ofrecidas Por La plata coloidal INCLUYEN Bacterias que matan y Los gérmenes. Extracto Este, Que En Realidad es mineral un, sí ha utilizado Durante Más De matar 100 años párr las bacterias hongos y. También se ha utilizado párr Hacerse cargo de Una gran Variedad de virus.

La plata coloidal también PUEDE Ayudar con el Proceso de Curación de las Heridas tópicas y Heridas abiertas Que No parecen deberian Como sanar. Puede Ser muy Útil párrafo Aquellos Que sufren de bronquitis. Also PUEDE Aumentar la Energía en Aquellos Que sufren de fatiga crónica.

Este mineral se Dębe utilizar Solamente en Pequeñas Cantidades. Asegurese de Seguir las INSTRUCCIONES de USO en el suplemento de embalaje. La Potencia de la plata coloidal PUEDE Variar de la ONU Producto a la siguiente.

Crisantemo Lavandulifolium Extracto

Este extracto en particular, de la ONU Tiene maquillaje Muy similares a LA de los Antibióticos Sintéticos. Se cree Que es uno de los Productos Más antiguos utilizados por Diversas culturas párrafo curar Problemas de salud. TAMBIEN PUEDE AYUDAR a estimular El Sistema Inmunológico Mediante La Promocion De La replicación de las celulas sanas.

## **Echinacea**

El Tiempo de Recuperación De Una Infección bacteriana o Infección por hongos Se Puede Reducir Con El USO de equinácea. Puede del faire con la disminución de los sintomas y la Duración de las Infecciones del oído, Infecciones Respiratorias y Problemas de sinusitis.

También reducir la Inflamación, he aquí por la ONU Que Dolor de garganta sin Será debilitante bronceado.

La Mayoría de las Personas Toman la equinácea Como cápsula suplemento ONU. Sí se utilizó el aceite, Unas gotas Deben tomarse de la ONU gotero en vaso de agua de la ONU Una Vez por día. Muchas Personas Como Para Hacer té de equinácea con Una Pequeña Cantidad de Miel para endulzar el sabor.

### **Extracto de semilla de pomelo**

Los Antioxidantes vibrantes Que se encuentran con baño La Toronja Conocidos hijo comunmente. Sin embargo, ninguna Todo El Mundo es un fan del sabor de la fruta fresca o jugo.

Otros optan por endulzar con Una gran Cantidad de Azúcar, Pero Que pueden causar Otros Problemas de Salud en el futuro.

Una Solución positiva es el Consumo de extracto de semilla de pomelo. OFRECE Elementos antibacterianos anti-hongos y. Los Estudios de han Encontrado Más De 800 Tipos de bacterias y Más de 100 Tipos de bacterias pueden asesinados Ser this por extracto. La buena noticia, también, es Que No va a matar a las bacterias Saludables Que su Cuerpo NECESITA.

### **Aceite de lavanda**

Muchas Personas dependen de aceite de lavanda Para Ayudar un RELAJARSE y dormir mejor.

Este ACEITE ESENCIAL es también busque Conocido párr Reducir la Inflamación. Also Es Un extracto antibacteriano Que PUEDE Reducir los Problemas de las Vías Respiratorias, Infecciones de los senos y las Infecciones bacterianas Que afectan a La Garganta y Los Oídos.

Usted Sólo NECESITA Unas gotas de aceite de lavanda, ya Que es muy potente. Usted PUEDE

buscas? Busca otros las gotas al agua de baño o PUEDE ponerlos en difusor de las Naciones Unidas.

## **Aceite de neem**

Una Pequeña Cantidad de aceite de neem va Un largo camino párrafo: beneficios de salud en general. Este aceite proviene del árbol de neem. Las hojas también están Disponibles párr comprar, Pero el aceite Tiene el valor Máximo por su Cuerpo. Neem se ha utilizado Durante Más De 4.000 años en la India y África Para Ayudar a mejorar la piel y Reducir la Cantidad de Tiempo que toma Para Que El Cuerpo se cura.

El aceite de neem también Ayuda a Reducir EL CRECIMIENTO de virus Y de yunque bacterias.

Al Mismo Tiempo, ES analgésico ONU naturales y PUEDE Ayudar a Reducir la Inflamación. Se Puede bajar la fiebre alta En un corto PERIODO DE TIEMPO. A Menudo, se utilizó párr Reducir los Efectos de las náuseas y malestar estomacal, Que pueden Ser Efectos Secundarios de Varios Medicamentos con receta.

## **Pau d'Arco**

ALGUNAS PERSONAS ASUMEN pau d'arco Viene de Francia DEBIDO un su nombre, Pero En Realidad es nativa de América del Sur. El Ingrediente principal de this hierba es lapachol, Reducir PUEDE Que las Infecciones causadas POR bacterias, hongos y virus. ALGUNOS

Expertos también Creen Que Tiene Que propiedades pueden Ayudar a Combatir ciertas Formas de cáncer.

Sin embargo, la Mayoría de personajes lo utilizan Como Alivio del resfriado Común. Hay Aquellos Que le dira Que Si Toman pau d'arco, tan pronto Como Se Sienten Los Primeros síntomas de resfriado ONU, que están bien Dentro De UNOS Pocos Días. No Sienten la severidad del frío, y No Se Detiene.

Otros deciden USAR Una dosis baja de pau d'arco diario Durante la Temporada de resfriados y gripe. Lo Hacen Como una forma de

estimular el Sistema Inmunológico y Reducir el Riesgo de enfermarse. Esto Es especialmente Cierto párrafo Aquellos Que trabajan en torno a Un monton de Otras personalidades, ya Que tienden a Ser Más Vulnerables A Este tipo de dolencias en el aire.

### **Semilla Nut Extract**

MIENTRAS Que El extracto de semilla de tuerca a el menudo se utilizació párrafo Controlar la diabetes, también Tiene Un Montón de Antioxidantes Que ofrecer. Se Puede utilizar párr Controlar Problemas con índice glucémico (IG) y Las crónicas Infecciones bacterianas.

Usted PUEDE comprar las semillas de tuerca en forma de cápsulas párr Tomar Diariamente Como prevention. Sin embargo, Los Mejores Beneficios provienen del Aceite Que se extrae de la tuerca de la semilla. Este ACEITE ESENCIAL es de gran Alcance he aquí Por Que Sólo NECESITA Unas gotas a la Vez.

### **Tea Tree Oil**

El aceite del árbol del té FUE utilizado por Profesionales de la medicina Hasta la Década de 1940 Cuando Se empezaron a utilizar la penicilina, embargo de pecado, todavía es considerado uno de los Mejores Antibióticos naturales Disponibles. Proviene de la hoja de la planta es nativa de Que Nueva Gales del Sur y Australia. Es a la Vez antibacteriana y antiviral. Es lo Suficientemente potente Como párr TRATAR el SARM y Otras Infecciones de personal.

Este ACEITE ESENCIAL es muy potente y se Dębe utilizar de forma conservadora. Solo una o dos gotas es Necesario párr Obtener Resultados. Puede del utilizar las hojas y hervir, Pero Los Mejores Resultados provienen de la versión aceite extraído.

## **Capítulo 5**

### **De Plantas**

Muy Pocos Antibióticos una base de hierbas naturales provienen de Plantas. Fuerón utilizados por las culturas antiguas Para Ayudar a Prevenir y curar diseases Diversas dolencias. También pueden faire un Mantenerse Saludable o Combatir Una Infección bacteriana.

## **Aloe vera**

La planta Conocida Como el aloe vera Es Una Mayoría de la gente ha utilizado párr las Quemaduras calmantes. ESTO INCLUYE Quemaduras de cocina y Quemaduras de sol. This planta Crece en climas Que Son Cálidos Y secos. Also PUEDE Ayudar a Combatir las Infecciones bacterianas e INCLUIDO herpes.

Para utilizar el aloe, Acaba de cortar abrir las hojas De Una planta y Obtener la savia de ella.

Usted PUEDE hervir y respirar los Vapores Para Ayudar al Cuerpo a recuperarse de dolencias de salud. Para Las Quemaduras, se APLICA Directamente a la zona Afectada. ALGUNAS

PERSONAS Crean jugo de aloe y beben párrafo Impulsar su Sistema Inmunológico.

Also heno Suplementos de cápsulas de aloe vera Disponibles Que pueden Ser utilizados Para Una Variedad de Problemas de salud. La Dosis Diaria Recomendada es de Entre 100 mg y 200

mg por día.

## **Cryptolepis**

This Es Una Planta Que es originaria de Gambia y Congo. Cryptolepis se extrae de la raíz de la planta. Un sí utilizació Como un medio de Tratamiento de la diabetes de tipo II y el menudo la malaria. Los Elementos antibacterianos Hacen of this UNA ENTIDAD Muy Potente En La Lucha Contra la Inflamación y Las Bacterias dañinas.

Cryptolepis Se Puede Encontrar en Una Variedad de Formas. El polvo y las cápsulas Comunes hijo muy. El OFRECE té Beneficios Más párr El Cuerpo, Pero el sabor PUEDE Ser amargo.

Agregando Un poco de miel o néctar PUEDE Hacer Que El agradable Más sabor.

## **Echinacea**

Durante Cientos de años, la equinácea se ha utilizado párr dar al Sistema Inmunológico ayuda.

También se ha utilizado párr Combatir las Infecciones, del tanto de la Variedad bacteriana y viral. De Esta es hierba Una muy potente, y PUEDE Destruir las Formas tumbas de bacterias, incluyendo las Que CAUSAN Infecciones por estafilococos y MRSA.

La equinácea Parece Ser uno de los populares, go-to, Antibióticos una base de hierbas. Esto Es DEBIDO A que ayuda con la UNA Amplia Gama de Problemas de Salud cuentos. Se Puede Tomar un diario en dosis bajas Para Ayudar a Prevenir Problemas bacterianos y virales. Also Se Puede Llegar de forma Rápida CUANDO Usted Detecta Una Enfermedad Que Viene en.

Muchas Personas encuentran la del que equinácea ayuda de forma natural Sentirse mejor. Hay muy Pocas Personas Por Ahí Que No reciben la Salud a gota Una Respuesta positiva CUANDO

lo USAN. Hay dos cápsulas y Formas Líquidas Que se ofrecen en la Mayoría de tiendas de Alimentos Saludables.

## **Eucalipto**

El aceite Que proviene de eucalipto se ha utilizado en Todo el Mundo de Durante miles de años.

Es originaria de Australia y se ha utilizado Como Farmacéutica antiséptico ONU. Para extraer el aceite, las hojas se hierven o

cuecen al vapor.

El Proceso de Extracción PUEDE Difícil Ser y consumir Tiempo. Es por eso Que es caro bronceado. El aceite de eucalipto Nunca Dębe Ser aplicada Directamente a la piel pecado diluido ser. Si lo HACE, PUEDE provocar ardor y picazón de la piel. Los Efectos Negativos pueden contrarrestar los Positivos, he aquí Por Que siempre Asegurese de diluirlo. Este aceite Nunca Dębe tomarse por vía oral.

This Es Una Gran Opción párr Alguien que no ha Tenido Éxito con Otros Antibióticos una base de hierbas o INCLUIDO Mucho Alivio de Antibióticos Sintéticos. Estós Problemas de salud pueden Incluir Infecciones sinusales crónicas e Infecciones crónicas del oído.

## **Enebro**

La planta de enebro es bien Conocido por Los Grandes bayas de degustación Que OFRECE. Se encuentran en Varios alimentos y bebidas párrafo: Añadir sabor. De Esta es Una forma de Antibióticos de la medicina una base de hierbas Que un el menudo se pasa por alto. Puede del faire un Reducir los Problemas DEBIDO a la bronquitis o la Inflamación. Tambien Se Puede Luchar Contra las Infecciones bacterianas.

Para Beneficios para la Salud, el aceite de enebro Es Una buena opción. La dosis es de approximately 100 mg día por. Si utilizació bayas reales, la dosis es Solamente 1o g por día.

Puede Ser Difícil CONSEGUIR bayas de enebro frescas TODO Durante el Año, Pero el aceite Se Puede Encontrar en Línea o del una tienda de Alimentos Saludables.

## **Regaliz**

La gran olor y El Sabor de regaliz Hace Que Atractivo mar del tanto párr Como Niños Para Adultos. OFRECE propiedades antibacterianas y antifúngicas. A Menudo se utilizació párr Reducir



la Inflamación. Es Una buena opción Para Los Problemas con crónicos De La bronquitis y Las Infecciones virales.

Regaliz ayuda al Sistema Inmunológico Para Que Pueda Ser Utilizada párr Combatir el resfriado Común y la queja. Se utilizació mejor en Pequeñas Cantidades embargo de pecado. Toda La Raíz OFRECE el mejor valor medicinal. No Dębe Ser utilizado por más cualquier persona con la pressure alta arterial.

Si Usted Tiene Un dolor de garganta o faringitis estreptocócica, la Creación de la ONU té de Hecho de la miel y La Raíz de regaliz PUEDE calmar rapidamente. : Añadir 1 cucharadita de polvo de regaliz de 8 onzas de agua caliente. Beber Dos Veces Al Día Hasta Que se Sienta mejor.

## **Hoja de Olivo**

No Se Puede Negar los Beneficios generales de hoja de olivo. Estós INCLUYEN la Reducción de la Inflamación, Lo Que Elimina las Bacterias dañinas, y el Fortalecimiento del Sistema Inmunológico. Se utilizació un el menudo por Aquellos Que sufren de artritis y Problemas digestivos.

La Diaria Recomendada dosis Para El Tratamiento de Problemas de Salud en Curso es de 30 ml.

Para la prevention, la dosis es de Entre 10 ml y 20 ml por día. Se Puede Tomar por vía oral, en forma líquida, Pero No exceed Dębe de 2 cucharadas por día.

## **Capítulo 6**

### **De Los Arboles**

ALGUNAS OPCIONES Para Los Antibióticos una base de hierbas provienen de Árboles. Si bien this Lista es mas corta y Menos Conocido, No Hace de Ellos Menores options o inaccesibles.

## Raíz de Sello de Oro

MIENTRAS Que La Raíz de Sello de Oro no Es Tan Conocido Como Otros Antibióticos una base de hierbas, no por pasarse Debe alto. SE PUEDE A Ganar La Batalla POR Hongos Y

bacterias. También se utilizó párr Reducir la Inflamación crónica. This Es Una planta muy potente y PUEDE Reducir la Inflamación en la garganta rapidamente.

La sede del revestimiento de las membranas mucosas, los Cuales pueden Llegar a Ser irritado por Problemas respiratorios o Una Infección sinusal. Raíz de Sello de Oro también PUEDE

Reducir la tos seca crónica Que inhibé El Sueño.

## Raíz del empuje

Raíz del empuje es muy extraño Aspecto, y Crece en las ricas Zonas de suelo de América del Norte. ESTA Raíz Puede Ser Muy Útil párrafo La Lucha Contra las bacterias y Dando al Sistema Inmunológico ayuda. Usted Que Tiene Cuidado Tener con el USO de ella, embargo de pecado, Como el Exceso de la raíz del empuje Puede Ser venenoso. Ningún uso Más De Una gota por día o PUEDE causar Daño a los riñones.

## Usnea

Sobre Conocido Como TODO Antioxidante ONU, Usnea ES TAMBIEN Una gran Manera de Luchar Contra las Bacterias dañinas. Also PUEDE mantener Formas de hongos en la bahía y

ayudarle a mantener el Sistema de Naciones Unidas Saludable muy Inmunológico. This Es Una Gran Opción párr Alguien que Trata con Una tos crónica. Usnea alivia las membranas mucosas.

## Carcoma

MIENTRAS Que la carcoma se utilizó Principalmente Para El Tratamiento de Infecciones de gusanos, sino-Que también PUEDE Ayudar con la Enfermedad y la Inflamación Problemas de Crohn. Es Un antibiótico una base de hierbas Que ayuda al Cuerpo a Combatir los Problemas bacterianos y virales.

Es carcoma ONU ACEITE ESENCIAL Que se Debe utilizar en Pequeñas Cantidades. Se Puede Encontrar Como una cápsula también. No Exceda de 5 g of this Sustancia un diario.

## **Capítulo 7**

### **Las mejores OPCIONES una base de Plantas**

#### **diseases Varias párr**

SELECCION DE LOS MEJORES Antibióticos una base de hierbas párrafo Varias diseases es Importante. De Si Bien La mayoría de ELLOS Tienen los Medios para Matar las Bacterias dañinas, otros también Cuidar de Hongos Daninos virus y. Also Los Que heno estimular su Sistema Inmunológico.

Cada personaje Reacciona a Los Antibióticos una base de hierbas de Manera diferente. Esto Se Debe a la química del Cuerpo de Cada persona es diferente. Puede del Que Tenga Que Experimentar con ALGUNAS OPCIONES disponibilidad Reservar Encontrar Lo Que le ayuda un Obtener busque o párr utilizar Como prevention.

Lo Que Usted Elige utilizar también PUEDE Variar en Función de los Problemas de salud Que se enfrentan de Inmediato. De Cuando Usted no se siente bien, se Necesita una Solución Rápida párr ayudarle a volver una Sentir su mejor Esfuerzo en la Menor Cantidad de Tiempo.

Con El Fin de Combatir con Éxito los Problemas de salud bacterianas y virales, Usted Debe Hacer Todo Lo Posible párrafo Sentirse lo mejor posible. Es Importante Tener en Cuenta el

potencial de las OPCIONES una base de hierbas. AQUI ESTA Una Lista de Referencia Rápida Que SE Encuentra beneficioso.

Acné - aloe vera, caléndula, aceite de árbol de té

El Consumo de alcohol - kudzu, la primavera

Alergias - La Manzanilla

Enfermedad de Alzheimer - ginkgo bilbao, romero

Angina - espino, ajo, té verde, la salsa

Ansiedad - manzanilla, lúpulo, kava, lavanda, flor de la pasión, la valeriana Artritis - pimiento, jengibre, cúrcuma

Pie de Atleta - té de aceite de árbol

Quemaduras - aloe vera

Común Resfriado - andrographis, equinácea, Raíz de regaliz

Tos - eucalipto

La Depresión - hierba de San Juan

Diarrea - arándano, frambuesa

Mareo - ginkgo, jengibre

Dolor de oído - equinácea

Eczema - La Manzanilla

Gripe - equinácea

Gingivitis - el té verde, el Sello de Oro

La fiebre del heno - fresa de la mantequilla

Alta arterial pressure La - el ajo, espino

El colesterol alto - manzana, canela, semillas de lino

sofocos - rojo trébol, la soja

indigestión - manzanilla, jengibre, menta

Infección - equinácea, ajo, ginseng, aceite de árbol de té

Insomnio - lúpulo, kava, valeriana

El dolor de espalda - caracole, timol, corteza de salsa

Las migrañas - butterbur, matricaria

Las náuseas del embarazo - jengibre

Dolor muscular - pimienta, gaulteria

náuseas - jengibre

Dolor de garganta - regaliz, gordolobo

Congestión nasal - equinácea

Dolor de muelas - aceite de clavo, la salsa

La levaduras POR Infección - ajo, sello de oro, pau d'arco

## **Capítulo 8**

### **Hablando con Su Médico**

#### **Antibióticos about hierbas**

No tímido mar Hablar Quiere SI Con Su Médico Acerca de los Antibióticos una base de hierbas.

Armado con LA INFORMACIÓN Que han aprendido here, PUEDE Que Quiera Tratar de USAR ALGUNOS de Estós remedios en Vez de Antibióticos Sintéticos.

Usted Debe Tener Una buena relación Suficiente con El Médico Que PUEDE ComunicaRSE

Con El o ella abiertamente. Hágale saber por Que Se Va A Tratar de Antibióticos una base de hierbas. Tenga en Cuenta Que PUEDE Haber Ocasiones En que Usted o alguien en su familia Necesita una receta Médica.

Sin embargo, sabe PUEDE un su Médico Que Se Va A TRATAR Antibióticos naturales del tanto Como la Prevención y el Tratamiento. Si Usted no es Capaz de Cuidar de la bacteria Que esta causando Problemas, volver al Médico Para Una Evaluación y Tratar de Antibióticos Sintéticos en ESE Momento Si Se considera Necesario.

La Mayoría de los Profesionales de la medicina van un RESPETAR su decisión. Pueden Poner Notas En sus Archivos Médicos, Asi Como en los Archivos de Sus hijos. Ellos apreciarán tu honestidad, y se le pedira Que Informe a por ellos si Tiene Alguna pregunta o inquietud.

Muchos Profesionales Médicos Apoyan el USO de Antibióticos una base de hierbas. Sin embargo, ningún hijo CAPACES de un PROMOVER SUS Pacientes DEBIDO un su tipo de negocio m. Si Usted Tiene Un Médico Que Trata de convencerlo de no utilizar Antibióticos una base de hierbas, Es Posible Que desee reconsiderar su Elección de Quién recurrir en busca de Atención Médica.

INCLUIDO Si No estan de Acuerdo con su election, la Mayoría de los Profesionales van un RESPETAR las Decisiones Que ha Realizado. Es muy Importante Que Usted Y Su Médico

párrafo Estar en La Misma page con un RESPECTO SUS Necesidades de Salud y las Necesidades de su familia. Sin Ocultar El Hecho De que utilizació los Antibióticos una base de hierbas de su Médico.

## **Capítulo 9**

### **Consejos párr Obtener el mejor Posible**

#### **Los Antibióticos herbarios**

Es Extremadamente Importante entender la del que Calidad de Antibióticos una base de hierbas naturales influye en su valor y la Eficacia. Tiene SENTIDO párr asegurarse de Obtener Las mejores OPCIONES Posibles. No corte las esquinas ONU de la estafa Coste Solo Para Terminar con product ONU Que No Funciona Como deberia.

#### **Infórmate los antes de comprar**

No Que Asuma ONU product Es Todo Que Mismo he aquí el resto. ONU Mar Informado busque consumer. Haga su Investigación Antes de comprar CUALQUIER antibiótico una base de hierbas. Tómese El Tiempo to read los comentarios en línea ahora to view Lo Que la Gente Tiene Que Decir.

Lea los Ingredientes, Asi, Porque Usted se sorprenderá de Lo Que A Veces se ANADE Que No DESEA. Preste Atención a los comentarios en linea de los Consumidores reales. ELLOS hijo Mucho Más Que los valiosos Testimonios Que USTED ENCUESTRA Sobre los Productos.

Reseñas de los Consumidores le Dicen Lo Que Han Comprado, Eran Que Lo EL PRODUCTO

DE, y Los Resultados Que recibieron.

MIENTRAS Que los Antibióticos una base de hierbas Funcionan de forma diferente a las Personas en Función de su química del Cuerpo, Se Puede Obtener Una buena idea de Lo Que PUEDE funcionar Para Usted. Si Parece Que Funciona busque Para La Mayoría de usos, Es Un Producto buen párrafo considerar el · intentar.

## **Creíbles Sitios en línea ahora**

Usted Puede Ser Capaz de Obtener ALGUNAS Ofertas Increíbles en los Antibióticos una base de hierbas CUANDO Usted los compra en línea. Sin embargo, Usted Tiene Que asegurarse de Que Usted los compra un Un sitio en línea ahora creíble.

Averigüe cuanto tiempo la Empresa ha estado abierta. Recuerde, personaje CUALQUIER

PUEDE Crear Un sitio web de Aspecto profesional. Usted NECESITA sabe cuanto tiempo han estado Vendiendo y Cuantas Quejas Que Recibido han.

¿Va la ONU Tener Número de Seguimiento CUANDO su Orden en sí Envía? Rápido ¿Cuál es la Calidad de su Atención al Cliente? ¿Hay ALGÚN tipo de Política de reembolso Condiciones o Garantía Que OFRECE?

Tómese El Tiempo párr Compare Varios este sitios web párr Que Pueda idea Una Obtener realista de Lo Que Se ofrece. Asegurese de Que Usted comparativamente el Precio y el ENVIO, también. A Veces, Usted encontrará la ONU precio Más bajo, but Cuando Se de Agrega en el ENVIO Que hace Que Un gran salto en el total del coste.

Si la ONU heno Lugar párr introducir ONU código de promoción o código de descuento, para abrir Un Segundo Navegador y la búsqueda de Una. Al Copiar y pegar lo Que encuentre, Usted ahorrará dinero Cada Vez Que Usted PIDE.



Comprar Hierbas Frescas CUANDO Posible mar

Si va a utilizar las hierbas Se Puede cocinar con los Antibióticos una base de hierbas, trar de Comprar frescos. Usted Puede Ser Capaz de CONSEGUIR Que En El Departamento de Productos de Su Tienda de comestibles. Dependiendo de la Época del Año, PUEDE Haber Mercados Agrícolas Alrededor Que los ofrecen.

Recuerde, la Adición de cuantos hierbas frescas a los Alimentos Que cocina Puede Ser Una gran Línea de Defensa de las Preocupaciones de Salud bacterianas y virales. Estas hierbas también

pueden Mejorar el sabor de la comida Que Sirven párr Su Familia.

### **Hierbas Propias Crezca SUS**

Kits de heno también se pueden comprar Que ayuda a Hacer CRECER SUS Propias hierbas.

Esto Es Menos caro Que comprar Otras Nuevas local level. Usted No Necesita una gran Cantidad de espacio CRECER párr. De Hecho, ALGUNOS de Estós Kits hijo lo Suficientemente pequeños Que se colocan en el alféizar de la ventana en su cocina.

### **Siga las INSTRUCCIONES de DOSIFICACIÓN Completamente**

Nunca Exceda las INSTRUCCIONES de DOSIFICACIÓN párrafo Productos Antibióticos una base de hierbas. Con Demasiada frequency, la gente va a aumentar ¿La Dosis pensando Que les ayudará un Obtener mejor en Menos Tiempo. Eso No Es Cierto, AUNQUE Y Que PUEDE

result baño Efectos Secundarios o diseases tumbas.

De Cuando la dosis Tiene OPCIONES bajas y altas, Comenzar con la dosis Más baja posible. Si Usted No Se Siente Que esta Recibiendo el Máximo beneficio, then Usted PUEDE Aumentar

gradualmente Do Hasta Consumo Llegar al ADECUADO umbral. Si las INSTRUCCIONES

Dicen párrafo dividir el Producto en dos o tres dosis al día, no tome Todo de Una Vez.

### **Almacenamiento ADECUADO**

No por PASE alto adecuadamente el Almacenamiento De Antibióticos una base de hierbas. En general es Necesario mantenerlos alejados de la luz, el calor y La Humedad. No guarde los Suplementos baño el baño DEBIDO a la Humedad Causada por la ducha. No coloque Medicamentos o Productos herbales En un mostrador Donde pueden Estar expuestos a la luz solar.

En Su Lugar, guárdelos en Un Lugar fresco y oscuro, Que también es seco. Mantenga Un buen ojo en las Fechas de vencimiento, también. Asegurese de mantener Todos los Productos una base de hierbas y Otras Formas de Medicamentos Fuera del Alcance de los Niños o mascotas.

### **El USO de los aceites esenciales**

La Potencia de los aceites esenciales es Importante entender. Unas Pocas gotas diluídas en agua pueden Ser Más Que significativo. La Mayoría de los aceites esenciales sin Deben aplicarse Directamente a la piel sin diluir Ellos. No se Deben Consumir por vía oral.

Nunca mezcle aceites esenciales juntos un Menos Que Usted está SIGUIENDO Una receta Específica. De lo contrario, podria crear de ALGUNAS De Las Reacciones adversas Que No Atractivos hijo y no ayudará a lograr v SUS Metas de salud.

### **Conclusión**

Las Infecciones bacterianas pueden Ser Difíciles de Evitar DEBIDO a la constante Exposición a los gérmenes Que TENEMOS Y párr Otras personalidades. Sin embargo, SUS SINTOMAS

pueden Ser tumbas y pueden mantener los Niveles de Energía y la Calidad de Vida baja. Una Infección bacteriana rara Vez se pone mejor por sí Mismo, y Se Puede agotar su Sistema inmune en ningún Momento a todos.

Antibióticos recetados una muy Caros hijo el menudo, INCLUSO SI Usted Tiene Cobertura de seguro. También pueden crear de Una serie de Efectos Secundarios, Como náuseas, diarrea, sequedad de boca, insomnio y Agitación. Ninguno de Estós Efectos Secundarios hijo faciles de TRATAR.

El USO de Antibióticos una base de hierbas naturales ha Tenido Lugar from El Principio del tiempo. En los muchas culturas, Hubo Personas Que Irian un cabo y Recoger las Hierbas y Extractos. Ellos ofrecerían Estós Artículos de Los Que sufrían de síntomas de Infecciones bacterianas.

Ahora SE Encuentra Consciente de Cincuenta y Seis Posibles OPCIONES Para La Prevención de forma naturales Y Infecciones bacterianas curar. Puede del Que Tenga Que Experimentar con ALGUNAS de las OPCIONES párrafo Encontrar Lo Que Funciona mejor Para Usted! Haga su parte párr Posible Saludable Más he aquí Mantenerse.

ESTO INCLUYE Obtener al Menos ocho horas de sueño Cada Noche y El Ejercicio diario.

Coma Una dieta bien Balanceada con Cantidades Mínimas de Azúcar. Practique Técnicas de Relajación Que INCLUYEN la Meditación y la Comunicación párr Reducir el Estrés. Mantener Relaciones Saludables y Evitar los Hábitos de Vida Peligrosas, incluyendo beber o fumar.

Mantener su Cuerpo sano va un Ayudar a Alcanzar la Calidad de Vida Que DESEA. El USO de Antibióticos una base de hierbas naturales PUEDE Ayudar a estimular su Sistema Inmunológico y recuperarse si Dębe Ser afectado Por Una Infección bacteriana.

Estudios sobre Las Últimas Décadas indican Que El USO Frecuente de Antibióticos m resultado en las Infecciones Resistentes a los Antibióticos. SIGNIFICA ESTO disease Una sencilla podría result en Hospitalización o INCLUIDO la muerte DEBIDO una cola El Cuerpo No Es Capaz de utilizar los Antibióticos con Éxito párrafo Mejorar.

La dieta DASH

*Di no a la sal, Sí a la Vida Saludable*

*La dieta DASH para bajar de peso*

*El DASH última Guía para principiantes dieta para bajar de peso, tensión arterial baja, y una mejor salud incluyendo deliciosos Recetas de la dieta DASH*

*Ella Marie*

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Conclusión

**Introducción**

Quiero agradecer a usted y le felicito por la descarga del libro "La dieta DASH."

Este libro contiene pasos probados y estrategias sobre cómo reducir el consumo de sal, mejorar su salud y disfrutar de buena comida.

Si alguna vez ha tenido síntomas que llevaron a las visitas al médico y medicamentos, entonces usted quiera pensar en la utilización de una dieta como la dieta DASH. Tal vez su médico le ha dicho usted sufre de:

Una afección cardíaca

Hipertensión

Aumento de peso

Diabetes o renales trastornos

Wei quiero que sepas que esta dieta es una gran opción para usted. La dieta DASH no es sólo una dieta, pero una alternativa saludable a la transición de su alimentación en una forma estructurada para lograr óptima, buena salud a largo plazo.

Uno de los problemas que las personas se producen con el tiempo es que tienen todos estos grandes alimentos que quieren comer, pero no se dan cuenta que el contenido de sal es tan alta que está dañando sus cuerpos.

La dieta DASH es una forma de reequilibrar su comida para que pueda disfrutar de opciones saludables en todo lo que consume, de esa manera usted puede asegurarse de que usted estará alrededor por un tiempo muy largo! Porque nos preocupamos tanto por el estrés laboral y pasar el día, a veces no mirar la cantidad de sal que hay en los alimentos procesados que comemos.

Ahí es donde la dieta DASH entra, porque la dieta DASH asegura que:

usted está comiendo sano

usted está comiendo fresco

usted está consumiendo una gran cantidad de frutas y verduras

No sólo usted está teniendo una gran cantidad de fibra, pero usted está atando en una gran cantidad de proteínas a través de carnes frescas como el pescado y otros mariscos, pavo, pollo, carne de res, y el tofu.

La dieta DASH es algo más que la pérdida de peso; que es una alimentación saludable, y es por eso Wei quiere que usted considere esta dieta como su alternativa saludable. En este libro práctico, usted aprenderá acerca de:

Lo que la dieta DASH es y cómo se le puede ayudar a

La dieta DASH en un proceso paso a paso

La dieta DASH para bajar de peso

Combinación de alimentos y hacer ajustes, ya que parte de la dieta y la parte de cambiar su dieta está haciendo pequeños ajustes con cada comida

Dieta y ejercicio

Diferentes tipos de alimentos que usted puede tener y que puede ayudar a bajar la presión arterial

Los diferentes tipos de planes de comida que usted puede considerar y las dietas de muestra en las fases que podrían funcionar para usted

Consejos, punteros, y las cosas que usted puede desear para tener en cuenta al cambiar a la dieta DASH

Recuerde que uno de los problemas que la gente encuentra en el camino es que quieren comer cosas que son procesados y tienen un alto contenido de sal, y cuando lo hacen, tienen que tomar una medicación para que el nivel de sal abaja porque su presión arterial son es demasiado alto.

Es por eso que quiero que mires a la dieta DASH.

Esta alternativa natural no sólo puede tener efectos medicinales y grandes beneficios, pero también puede ayudar a:

Baje su presión arterial

Abordar los problemas de la diabetes

Perder peso

En última instancia, Wei sabe el objetivo que tiene es para arreglar su ingesta de sodio para que pueda dejar de tomar medicamentos para la presión arterial y vivir una vida mejor. La dieta DASH le ayudará a aprender cómo hacer ajustes para vivir un mejor estilo de vida, y en última instancia, ese es el objetivo con este libro.

Gracias de nuevo por downloadingpurchasing este libro, espero que os guste!

## **Capítulo 1**

### **¿Cuál es la dieta DASH?**

La dieta DASH comenzó como un concepto para ayudar a reducir el sodio y como una manera de ayudar a las personas a perder peso. El objetivo cuando empezó primero era para bajar la presión arterial. Como la dieta se hizo más popular, también se convirtió en una forma de vida más saludable. La dieta DASH es básicamente una mejor manera de apuntar a lo que come y asegurarse de que usted está comiendo comidas saludables mediante la incorporación de alimentos frescos, sanos. Debido a que ata cosas como frutas

saludables, verduras, nueces, semillas, granos enteros y carne fresca, usted encontrará que no sólo es esta dieta sabrosa y agradable, pero usted desea que usted había comenzado antes!

La dieta DASH se basa en las letras de la palabra, que representan Enfoques Alimenticios para Detener y prevenir la hipertensión. Esta dieta fue creada como un proceso paso a paso para ayudar a prolongar su vida mediante la limitación de la cantidad de sal que consume. En vez de comer una gran cantidad de alimentos procesados, que se centrará en los alimentos que son ricos en vitaminas, nutrientes y minerales como el calcio, potasio y magnesio.

## **EMPEZANDO**

Al iniciar la dieta DASH, que desea mantener un registro de cuánto usted está comiendo a medida que trabaja en el control de porciones. Vas a tener diferentes planes de comida que se puede tener sobre una base diaria. El objetivo es hacer la dieta DASH un poco a la vez con cada comida. Usted podría comenzar a usarlo para la pérdida de peso o simplemente para reducir el consumo de sal, la práctica de la dieta y el seguimiento de lo que come durante los próximos dos a cuatro semanas.

Después de eso, desea mantenerlo en marcha. Haga que su presión arterial de nuevo para que pueda ver la cantidad de puntos que se ha reducido; personas que han probado la dieta DASH

han encontrado que realmente ayuda. La dieta DASH también puede ayudar a las cosas de combate tales como enfermedad cardíaca, accidente cerebrovascular, varias formas de cáncer, la osteoporosis, y distintos niveles de la diabetes. La dieta es capaz de dirigirse a estas diferentes áreas, ya que está cambiando los alimentos que usted está comiendo. Como usted come más alimentos frescos, como sus nueces, mariscos y verduras, que está consumiendo los nutrientes naturales más saludables que no se procesan como los alimentos congelados.



## **¿CÓMO PUEDE LA DIETA DASH AYUDARME?**

El propósito de la dieta DASH es:

Cambie sus hábitos alimenticios

Menor consumo de sal en su dieta

Reducir la presión arterial

En última instancia, esto se hace a medida que cambia lo que comes. Es por eso que se reduce a que, como se mira a los alimentos de una manera nueva.

## **¿QUÉ HAY EN SUS ALIMENTOS PROCESADOS?**

Alguien puede optar por comer una baja en grasas, comida congelada como una forma de hacer dieta. Venden estos en diferentes formas, como de cocina y Smart Ones magras, por ejemplo en el supermercado. Las comidas congeladas pueden decir en el envase que pueden ayudar a reducir el colesterol, o pueden decir que son bajas en grasa y que son una alternativa saludable a la comida. Sin embargo, cuando nos fijamos en los ingredientes, es probable que vea 700 a 800

miligramos de sal.

Cuando se combina esto con sus otros alimentos durante todo el día, es posible que el nivel de sal es tan alta que los pies son la hinchazón, usted está reteniendo una gran cantidad de agua, y su presión arterial se ha disparado! Ahí es donde la dieta DASH entra. Con la dieta DASH, porque en realidad estás cambiando lo que come, los alimentos congelados se va por la ventana!

Usted puede ver los cambios de inmediato porque se reduce el consumo de sal inmediatamente.

Al incorporar más alimentos frescos y saludables, usted comenzará a ver mejores beneficios tales como la piel y el esclarecimiento de

su digestión cada vez mejor, y es posible que sus intestinos se mueven realmente mejor. Esto se debe a que está la incorporación de alimentos saludables y una gran cantidad de fibra.

## **ALIMENTOS-ricos en fibra**

Una persona que está comiendo una comida congelada sólo para la cena puede tener eso y sin verduras adicionales para acompañarlo. O, si lo hacen incorporar una ensalada, pueden ser sólo la adición de lechuga y tomates. El problema aquí es que si usted no está consumiendo nutrientes ricos que su cuerpo necesita, usted puede tener problemas de digestión, como estreñimiento.

## **BENEFICIOS DE PROTEÍNAS**

Otras maneras que usted puede ayudar a cambiar sus hábitos alimenticios con la dieta DASH

incluyen cómo ayudará a incorporar la carne fresca. Debido a que usted está utilizando altos niveles de proteína, se disparará su cuerpo para expulsar el exceso de sal y agua extra. La proteína ayuda a construir músculo, y es por eso que desea asegurarse de que tiene un montón de él en su dieta, así como una gran cantidad de fibra para ayudarle a procesar la misma. Es por eso que la dieta DASH ha incluido una gran cantidad de verduras y frutas saludables sanas para asegurar que usted puede fácilmente su digestión de proteínas.

## **COMIDAS muestra y los MINERALES EN ELLOS**

Cuando nos fijamos en una comida de la muestra, puede ser algo así como el salmón para la cena. Mientras que usted tiene salmón como su proteína, es posible que desee tener espinacas y una guarnición de patatas dulces con eso. Las espinacas contienen calcio y hierro, y vuestra batata contiene calcio y diferentes formas de magnesio y potasio. También es rico en fibra, junto con las espinacas, que ayudará en la digestión. El salmón servirá como su proteína, y es también una forma de ricos ácidos grasos omega-3.

Como usted incorpora diferentes alimentos y proteínas ricas en nutrientes en su dieta, lo que permitirá a su cuerpo a las obras de la manera que debería. Usted estará en mejores condiciones para procesar alimentos, será ayudar en la digestión, y también se puede disfrutar de los beneficios de tener una dieta rica en nutrientes, proteínas (que construir el músculo), y menos grasa.

### **Efectos metabólicos**

Como la sal se desprende de su dieta, usted está librar su cuerpo de exceso de agua, por lo que comenzará a perder peso.

La proteína también ayuda a construir músculo, además de la reducción de sus malas grasas y el aumento de sus buenas y grasas saludables. Con esta dieta en nutrientes y ricos en proteínas, va a vivir una vida mejor.

### **BENEFICIOS DE SAL**

Reducir el consumo de sal puede:

bajar la presión arterial

reducir las migrañas o dolores de cabeza sinusales crónicas

reducir el riesgo de diabetes

reducir la retención de agua

reducir el riesgo de ataques cardíacos y accidentes cerebrovasculares  
reducir peso

A medida que continúe con la dieta DASH, en realidad se puede desarrollar un programa de pérdida de peso. Esto puede ayudarle a apuntar las áreas en las que está teniendo problemas.

Puede combinar la dieta DASH con aperitivos saludables y sus comidas. Por ejemplo, cuando usted vaya a trabajar o cuando estás en el gimnasio, puede hacer que los batidos saludables o meriendas

saludables para garantizar que se mantiene la dieta DASH durante todo el día.

## **Ingesta diaria de sal**

A medida que la dieta DASH ayuda a reducir el consumo de sal, que incrementa su probabilidad de tener una vida más saludable que pueda disfrutar. Tenga en cuenta que los niveles de sal diarios son generalmente cerca de 3.500 miligramos o más alto. Incluso pueden ser 4.500 a 5.000

miligramos, dependiendo de lo que está comiendo.

## **CONSULTE A UN MÉDICO**

Su médico le puede dar la bienvenida a la idea de que a partir de una dieta como esta. Pídale a su médico a evaluar su nivel de azúcar, su presión arterial, la frecuencia cardíaca, y los medicamentos que usted puede estar en. De esta manera, durante el uso de la dieta, usted será capaz de seguir su progreso a través del tiempo.

Este libro se divide en dos partes, que son la Fase 1, el uso de la dieta DASH sobre una base diaria, y la Fase 2, la forma de incorporar el ejercicio en su dieta. También me centraré en tener alimentos y refrigerios saludables, haciendo ajustes diarios, y el establecimiento de planes de comidas. Así que vamos a empezar ...

## **Capítulo 2**

### **Pérdida de peso: El uso de la dieta DASH**

#### **para bajar de peso y ejercicio**

Cuando esté listo para bajar de peso, es posible que cometa el error de tratar de hacerlo usted mismo. Usted puede comenzar con la mejor de las intenciones; a encontrar un plan de dieta que parece que podría trabajar, cargar en alimentos bajos en grasa congelados

y comprar todas esas barras de proteína. Usted puede pensar que usted tiene un plan para el éxito, y ahí es donde usted hizo el primer error.

Los productos alimenticios pueden decir que son saludables, pero en realidad, su nivel de sal podría ser alta sin que te des cuenta. Al final, es posible que su presión arterial sigue siendo alta o se ha vuelto aún más alto! Pero debido a que guardó tiempo en la cocina y las comidas congeladas probado tan bueno, sigues comiendo ellos!

Entonces, además de eso, usted está estreñido. Eso es un problema que sucede cuando usted va en una dieta por su cuenta o cuando se va de los tipos incorrectos de dieta. Cuando esté listo para usar la dieta DASH para bajar de peso, asegúrese de que los cambios que realice se inicia en su refrigerador y su gabinete - mediante la eliminación de los alimentos congelados y no saludables.

## **Limpiar el NEVERA Y LOS GABINETES**

Deshacerse de sus gabinetes de todos los alimentos procesados. Eso significa sacar todas esas cenas de TV y barras de proteína. Limite la cantidad de alcohol y la cafeína que usted consume.

El consumo de cafeína no afecta necesariamente la presión arterial (aparte de un pico inicial), pero es posible que desee limitar su consumo de cafeína o mantenerla baja, ya que puede elevar su ritmo cardíaco.

La dieta DASH le ayudará a perder peso, ya que utiliza una gran cantidad de alimentos naturales que no cuentan con los conservantes y aditivos contenidos en los alimentos procesados y congelados. Como lo prueba para ver si su cuerpo va a tomar para la dieta, usted puede darse cuenta rápidamente que es el tipo de dieta que desea tener para el resto de su vida. Puede incorporar una gran cantidad de frutas, verduras y proteínas de buena en forma de carne.

A medida que baja el riesgo de cosas tales como derrames cerebrales, enfermedades del corazón y otras enfermedades que están relacionadas con la hipertensión, se verá que la dieta DASH se convierte rápidamente en algo que no es sólo acerca de perder peso, pero se trata de mantener un estilo de vida saludable.

## **La dieta DASH para bajar de peso**

Vas a tener idealmente tres comidas completas al día, y también tendrá dos o tres pequeños aperitivos en el medio. Esta dieta no es acerca de usted privar de alimentos; usted no tiene que preocuparse por pasar hambre o sentir que no se puede comer. Usted será capaz de comer una gran cantidad de buenos, los alimentos ricos en proteínas. Echemos un vistazo a algunas de las cosas que usted puede tener en la dieta para que pueda hacer los cambios apropiados.

## **BOCADILLOS SALUDABLES**

Frutos secos como las almendras, cacahuetes, nueces, anacardos, nueces y pueden ayudar a asegurarse de que se quede completo durante todo el día. También puede incorporar cosas como semillas de calabaza y frijoles de soya. Si tienes hambre y quieres algo dulce, sus opciones se secan arándanos, pasas, plátanos, manzanas, o cualquier otra pieza de fruta. No se preocupe; cuando se cambia a la fase 2, podrás tener nachos saludables y pieles de patata o incluso hacer sus propios bocadillos saludables, como panecillos de salvado de manzana y barras de granola!

Tenga en cuenta que esto es sólo una muestra de algunos bocadillos saludables. Esto no es ni siquiera incorporando los alimentos reales saludables que usted puede tener una vez que lograr su pérdida de peso óptimo. Es por eso que cuando termine la fase 1, que desea permanecer en la dieta DASH a la Fase 2. Al cambiar a la dieta regular de por vida en la Fase 2, las comidas van a mejorar, al igual que los aperitivos hicieron. Usted será capaz de tener cosas como salsa de frijoles, hummus edamame, y panecillos de trigo incluso enteros.

## Incorporar el ejercicio a la dieta DASH

Al iniciar el ejercicio mientras estás en la dieta DASH, la única cosa que puede que tenga que considerar es cómo se va a alimentar su cuerpo. En el pasado, tal vez su forma de alimentar su cuerpo estaba con una barra de chocolate o una barra de proteína, pero que puede haber sido la razón por la que comenzó el embalaje en las libras en el primer lugar. Con la dieta DASH, que desea tener alimentos adecuados que le ayudarán durante y después de su entrenamiento.

Por ejemplo, usted quiere tener algo que le de combustible para el entrenamiento y le dará energía, que puede provenir de las proteínas y los carbohidratos. Antes de una sesión de ejercicios, considerar la posibilidad de frutos secos como almendras, yogur en un batido, o huevos duros. También puede hacer su propia barras de granola o trail mix, o puede tener un panecillo de trigo con mantequilla de maní o los huevos en una pita antes de ir al gimnasio.

## **HAZ TUS PROPIOS comidas favoritas**

A medida que vaya más adelante en la dieta DASH y empezar a combinar los alimentos para hacer sus propias recetas saludables, usted puede encontrar que usted desea hacer sus propios bocadillos saludables, tales como barras de granola. Puede incorporar cosas como la melaza y la miel en ellos. También puede llenar con un montón de buenos frutos secos y semillas para darle los nutrientes y minerales que usted necesita y para alimentar a sí mismo durante un entrenamiento.

## **Batidos y PROTEÍNA**

También puede hacer su propio batidos de proteínas para darle el combustible que necesita para un entrenamiento. Trate de tener un batido con yogur, fresas, plátanos, pepinos, brócoli, pimientos, y cualquier otra cosa con fibra y un poco de azúcar y para el combustible.

Esto también ayuda en la digestión, por lo que no tendrá que preocuparse de tener problemas de estreñimiento. Si, por el contrario, usted tiene un problema con los intestinos flojos, a continuación, hacer su proteína sacude un poco más suave; tener algo como un batido de proteínas de mango con la sandía, el melón un batido con fresas, o un plátano, y limitar sus verdes hasta que termine su sesión de ejercicios en el gimnasio. Adición de verduras para un batido es cuestión de equilibrio para su digestión, y usted sabrá cuando es necesario agregar más verde!

## **CRAVINGS CURB**

Si usted tiene antojos durante el entrenamiento o incluso en el almuerzo de un entrenamiento, un pequeño refrigerio, como una bolsa de almendras o unos trozos de queso bajo en grasa, puede hacer maravillas. Usted también puede tener una buena ensalada, sana a la hora del almuerzo, con lechuga, tomate, ensalada de atún y cebolla roja en el mismo. Puede utilizar una pita con poca grasa para sostenerlo. Esta comida le dará suficiente proteína para conseguir a través de la comida y el entrenamiento.

## **TRABAJO EN EDIFICIO DEL MÚSCULO**

Asegúrese de utilizar un buen entrenamiento cardiovascular que utiliza la cinta de correr, elíptica, o amo de la escalera. Usted también querrá asegurarse de que usted comience a construir músculo ya que al hacerlo se quema la grasa, que ayuda a perder peso. Tenga en cuenta que ganar músculo inicialmente puede causar que usted se presente como usted está ganando peso.

Los entrenamientos son también de longevidad. Usted quiere asegurarse de que usted está combinando su comida con un régimen de entrenamiento consistente. Usted no quiere tratar de quemar tantas calorías como sea posible y luego volver al día siguiente y hacer lo mismo; usted rápidamente quemarse a cabo, y no quiero hacer eso. Calcular y entrenar constantemente, y en el largo plazo, su cuerpo se sentirá mejor y usted será capaz de mantener una salud óptima.



Asegúrese de estirar y beber mucha agua antes, durante y después de sus entrenamientos.

### **Quemar más calorías**

Mucha gente cambiar a la dieta DASH porque quieren aprender a comer sano ejercicio y para la vida. Cuando usted mira algunos programas sobre la pérdida de peso, pueden mostrar a la gente en el gimnasio que intentan quemar 6.000 calorías al día. Estos programas le permiten ver las personas que abandonan diez libras a la semana, y eso no es saludable. No sólo conduce a las fracturas por estrés, pero puede perder tanta sal que usted termina en el hospital. Ese no es su objetivo. ¿Quieres trabajar en un plan coherente. Si quieres quemar una libra en una semana, tendrá que quemar 3.500 calorías por semana para perder esa libra.

Este tipo de pérdida de peso también se puede lograr mediante la ingestión de menos calorías por semana. Usted quiere encontrar un buen equilibrio entre sus entrenamientos y su dieta. Trate de incorporar batidos de proteínas en sus entrenamientos. Incluya cosas como plátanos y yogur que tienen potasio. La incorporación de una gran cantidad de calcio en su dieta, y darle a su cuerpo el combustible suficiente para hacer ejercicio.

### **LOS PELIGROS DE MERCURIO**

Tenga cuidado con tener una gran cantidad de pescado en su dieta. Usted puede pensar que tiene el atún todos los días a la hora del almuerzo le ayudará a perder peso, pero hay que tener mucho cuidado con su consumo de mercurio. Trate de no tener más que el equivalente de dos latas de atún por semana. El mercurio puede dañar los riñones, y no quiero tener que preocuparse por esto.

### **Capítulo 3**

**La reducción de la presión arterial: Los alimentos y minerales que ayudan**

Si alguna vez has tenido que usar un monitor para realizar un seguimiento de su presión arterial, o si alguna vez has tenido que tomar medicamentos para la presión arterial, entonces usted sabe que una de las mejores cosas que puede hacer es bajar la presión arterial naturalmente.

Hay algunas claves para hacer esto, que usted debe considerar hacer si no quieres estar en medicamentos para la presión arterial por el resto de su vida. Este medicamento puede reducir la presión arterial y la frecuencia cardíaca, sino que también podría tener efectos adversos, como la lentitud. Sería mejor si usted no tiene que tomar ninguna medicación para la presión arterial.

Tenga en cuenta que con la dieta DASH, hay ciertos alimentos que, naturalmente, bajar su presión arterial. Los alimentos que son ricos en potasio, por ejemplo, y los alimentos como las papas, batatas, e incluso plátanos ayudan con su presión. Otros alimentos que pueden ayudar incluyen el jengibre, el jengibre es anti-inflamatorio.

Incorporar alimentos que son ricos en vitaminas y minerales en su dieta. De esta manera usted está realmente dirigido de forma homeopática de cambiar su estilo de vida al cambiar sus hábitos alimenticios. También incluya el magnesio y el potasio, que puede alimentar su cuerpo y combatir diversas enfermedades y enfermedades.

## **CONSULTE A UN MÉDICO**

Si usted está en la medicación de la presión arterial, consulte con su médico para discutir saliendo de ella. Si su presión es por lo general de 180 a más de 100, de tomar su medicamento para la presión arterial puede bajar a un saludable 120 sobre 80. Cuando comience a comer una dieta, su presión arterial puede caer aún más bajo - muy bajo, al igual que un 90 sobre 60! Usted podría tener problemas para ponerse de pie y puede marearse, y que definitivamente no quiero eso.

Su médico le puede bajar la presión arterial medicina como usted está en la dieta para evitar este problema. También puede preguntar a su médico acerca de la inversión en un manguito de presión arterial para que pueda mantener un registro de su presión arterial en casa. No deje nunca un medicamento para la presión arterial de repente, y no se detienen por su cuenta. Usted tiene que consultar a un médico, ya que los cambios bruscos pueden ser potencialmente mortales.

## **CONSUMO DIARIO**

Si estás haciendo una dieta regular DASH, que quiere tratar de consumir alrededor de 2.200 a 2.300 miligramos de sodio al día. Para una DASH dieta baja en sal, trate de mantener abajo a cerca de 1.500 miligramos de sal por día. Esto sería útil si usted está preocupado por su salud, son mayores de cincuenta, o tienen presión arterial alta, una condición del corazón, hipertensión, diabetes o trastornos renales.

En la dieta DASH, lo ideal sería que desea consumir alrededor de 2.000 calorías por día.

Esto incluye todo tipo de productos alimenticios, como los frijoles, pollo, pescado y carne roja -

con moderación. Usted todavía puede tener dulces y productos bajos en grasa en pequeñas cantidades. Por lo tanto, vamos a echar un vistazo a la ruptura.

## **Cereales, pastas y pan**

Lo ideal sería que usted quiere tener de seis a ocho porciones por día. Usted puede tener cereales para el desayuno, pasta para el almuerzo con ensalada de atún y arroz con la cena. También hay que tener en cuenta que vas a hacer sustituciones, como el pan de trigo integral o 100% pan integral en lugar de pan blanco, arroz integral en lugar de arroz blanco y pasta de trigo en lugar de pasta regular.

## **Zanahorias, brócoli y verduras de hoja verde**

En general, usted quiere meter a unos cuatro a cinco porciones de verduras al día. tratar de incorporar diversas verduras en cada comida. A la hora del desayuno, usted puede tener las zanahorias y el apio en un batido; cuando usted hace los huevos, puede agregar las cebollas y pimientos verdes.

A la hora del almuerzo, desea incorporar siempre una ensalada, si se trata de una ensalada de frutas o una ensalada normal hecho con verduras mixtas y un montón de verduras. En la cena, trate de tener una ensalada y una verdura de hoja verde como la col rizada abundante o espinacas. No compre verduras enlatadas, que pueden tener una gran cantidad de sal en ellos. En su lugar, busque congelado o fresco.

### **Alto contenido de minerales**

Sus verduras también deben ser ricos en hierro, zinc, magnesio, potasio y otros minerales y nutrientes. Asegúrese de apuntar a los alimentos como la col rizada, espinacas, patatas dulces, brócoli, calabaza, calabacín, tomates, guisantes, judías verdes, berenjenas, cebollas rojas, el ajo y el jengibre, que son muy saludables para el corazón.

### **FRESAS, plátanos, aguacates, Y MÁS**

Tener por lo menos de cuatro a cinco porciones de fruta al día. El propósito de esto es asegurar que a medida que se ingieren de fibra; que ayuda a la digestión. Parte de la dieta DASH se trata de tener alto contenido de proteínas y la fibra ayudará a asegurarse de que usted es capaz de digerir los alimentos con mayor facilidad. Otro beneficio es que usted también está la ingestión de una gran cantidad de vitaminas y nutrientes que su cuerpo necesita.

### **Leche y el yogur**

Si usted va a tener productos lácteos en su dieta, como la leche o el yogur, que quiere tratar de tener por lo menos tres porciones por día. Esto puede ser incorporado en cosas tales como bajo en grasa y queso bajo en sodio, el yogur y la leche. Usted puede tener la leche con cereales. Su yogur puede entrar en un batido de postre helado, batido, o proteína, y el queso puede ser una merienda.

### **Mariscos, aves y carnes rojas**

Tener seis porciones de carne al día. Usted puede tener tocino bajo contenido de sodio en la mañana. Usted puede tener el pavo, pollo o atún en el almuerzo, o mezclarlos en una ensalada o pita envoltura saludable. La cena puede ser cualquier variedad de carnes, como el salmón, la tilapia, la carne roja, como carne molida o carne con moderación, en función de su nivel de colesterol. Las carnes son una buena fuente de proteínas y son el hierro y el zinc, así como vitamina B.

### **Cacahuetes, almendras, y semillas de girasol**

Usted quiere asegurarse de que tiene las nueces, frijoles y semillas en su dieta - por lo menos de cuatro a cinco porciones por semana. Asegúrese de que usted no tiene una gran cantidad de frutos secos ricos en grasa, como los pistachos. Si quieres pasar a ser un vegetariano, usted encontrará que su consumo de frutos secos y las semillas incorporadas con productos a base de soja puede funcionar bien en la dieta DASH. También puede incorporar cosas como el tofu en una ensalada saludable que tiene un montón de verduras y frutos secos en el mismo.

Algunos alimentos a considerar son las nueces, almendras, nueces, cacahuetes, e incluso piñones con moderación. Frijoles tales como edamame, lentejas, frijoles negros, frijoles blancos, frijoles rojos, frijoles pintos y garbanzos son ricos en fibra y tienen una gran cantidad de minerales y nutrientes en ellos. Cuando usted comienza a hacer sus propias sopas y salsas, como hummus, que realmente puede llegar a grandes recetas.

## **AZÚCAR Y SU DIENTE DULCE**

Su gusto por lo dulce puede ser llamada, pero trate de limitar su consumo de azúcar.

Eventualmente, usted será capaz de luchar contra los antojos de azúcar. No cambiar a los refrescos de dieta, ya que son igual de malo para usted, y necesariamente no cambiar a los edulcorantes artificiales que también puede ser tan malo o peor aún; tratar de reducir la cantidad de azúcar real que se utiliza.

Usted puede mirar para las versiones sin azúcar de diferentes cosas como caramelos, galletas, e incluso los sorbetes y helados. Si usted está teniendo problemas para encontrar estos, considere hacer su propio. No es tan difícil de hacer su propio sorbete, y en realidad se puede encontrar que os guste más a medida que experimentar con diferentes sabores.

## **GRASOS ALIMENTOS Y PRODUCTOS A BASE DE ACEITE**

Trate de limitar los alimentos grasos de dos a tres porciones al día. Consumir grasas buenas y grasas malas no. Las grasas buenas están saturados; grasas malas son las grasas trans. Las grasas trans se encuentran normalmente en los alimentos fritos, así que no freír los alimentos. Puede hornear todo en su lugar. Si quieres algo como pollo frito, hay varias maneras de hornear que hacen que tenga mejor sabor - intentar sumergir el pollo en una buena pasta y añadiendo pan rallado Panko para crunch extra!

Para asegurarse de que obtiene suficiente grasa saturada, pero no exagere, intenta limitar la cantidad de mantequilla, queso, crema y huevos thatyou consumen. Utilice auténtica mantequilla en vez de margarina, y simplemente usar menos de la misma. Para cualquier aderezos para ensaladas que utilizaría, comprobar el contenido de sal y grasa por lo que no tiene demasiado de cualquiera de ellos.

## **Capítulo 4**

## **Ajustes: seguimiento de los cambios y hacer**

### **los ajustes diarios**

Si usted está trabajando en la dieta DASH, que desea mantener en mente que no va a haber ajustes diarios que usted tiene que hacer. Por ejemplo, usted puede estar fuera con los amigos y la familia y que estés tentado a ordenar esos nachos grasosas o que los alimentos fritos. Tienes que ser fuerte y recordar que en la dieta DASH, puede hacer que esos mismos alimentos grandes pero asin una versión más saludable que usted puede hacer.

Con los ajustes en la dieta, su forma de cocción será de agregar más nutrientes y asegurar que tenga los alimentos con menos sal en ellos. El problema es, sin embargo, es difícil cuando no estás en casa, porque a veces tienes hambre y usted simplemente no sabe qué comer. Ahí es donde la dieta DASH entra.

### **SUSTITUCIONES DECISIONES**

A medida que comience a mirar a su ingesta diaria de alimentos, vas a tener que hacer ajustes.

Por ejemplo, si usted está fuera y vas para el almuerzo con amigos, tal vez hay alternativas saludables que se pueden encontrar en un restaurante. Usted podría tener una ensalada al estilo buffet donde usted puede construir su propia ensalada, o tal vez usted puede pedir un pedazo de pollo a la parrilla con un montón de verduras al vapor.

### **MODIFICAR CUALQUIER MENÚ**

A veces, sin embargo, usted puede encontrar que no hay alternativas saludables en una zona que vaya a con amigos y familiares. Pueden elegir el restaurante de comida rápida, o el restaurante con opciones muy saludables. Ahí es donde usted tiene que tener mucho cuidado con lo que come. Puede que tenga que pedir cosas específicas que usted puede tener, como los tomates en

rodajas, lechuga y ensalada de atún sin sal, y especificar cómo desea que sea entregado.

Por ejemplo, en lugar de una ensalada de atún en pan tostado con queso a la plancha, lo consigue en un pan de pita sin el queso a la parrilla. El queso no será baja en grasa, y el pan puede ser pan blanco.

### **NO TENGA MIEDO DE SOLICITAR opciones más saludables**

También asegúrese de pedir algo como un yogur bajo en grasa y frutas varias. Cuando salga a comer con amigos o familiares, es posible que tenga problemas para encontrar algo que usted puede tener. Comer de manera diferente de lo que normalmente lo que consumir menos sodio.

Tenga en cuenta que la mayoría de los alimentos fritos son altos en sal.

### **PLANIFICAR**

Usted puede llevar comida con usted. Por ejemplo, si usted sabe que usted va a estar fuera durante un largo día, tomar un aperitivo con usted. Realizar las almendras en su bolsa, como las almendras son la luz y también el llenado. O piense en llevar un palito de queso bajo en grasa.

Piense también en algo así como tomates de la uva que se puede llevar con usted en el camino.

Al hacer pequeños ajustes en sus bocadillos, también vas a querer asegurarse de que usted incorpora esto en todas sus comidas. Además, anime a su familia a comer la misma dieta saludable para que puedan luchar contra ellos las enfermedades y las enfermedades que estás haciendo.

### **HACER AJUSTES DE COMIDA**



Vamos a dirigirnos a diferentes áreas que tienen que ajustarse. Tal vez usted no está acostumbrado a tener el desayuno, ya que no tiene tiempo para hacerlo. Siempre se puede transportar paquetes de harina de avena con usted. Preferiblemente, quiere mirar algo como avena cortada, que tienen sal inferior y más vitaminas, nutrientes y minerales.

O usted podría tomar un batido de proteína, que es rápido. Que sea la noche anterior y lo deje en la licuadora en el refrigerador, y por la mañana, tienen su batido y listo. En su batido, puede combinar granola, yogur, y una gran cantidad de frutas y espinacas; de esa manera, se le carga sobre nutrición saludable.

## **DESAYUNO EN EL IR**

Otra opción es tener huevos duros para el desayuno. Puede llevar a éstos a trabajar con ustedes porque son fáciles de transportar. En el tráfico en su camino al trabajo, puede tener algo saludable, como un batido de proteínas para abrazarte otra vez hasta que llegue a la oficina.

## **BOCADILLOS SALUDABLES**

Cuando usted compra sus bocadillos, comprar un montón de alternativas saludables tales como tomates, frijoles de soya, palitos de apio y las zanahorias bebé, de esa manera usted tiene pequeñas cosas que usted puede pastar cuando usted quiere tener un aperitivo.

Si quieres algo dulce, ir de fresas o incluso cerezas.

Debido a que usted está buscando alternativas saludables, siempre se va a mantener algo en la mano que puede servir como una luz y una merienda saludable. Si es difícil de combatir estos antojos, considerar la posibilidad de algo así como las papas fritas al horno caseras que rebanada fina y cocer en el horno.

Usted también podría tener frutos secos que asar en una sartén. Usted puede hacer esto rápidamente con almendras, semillas de girasol y maní. Acaba de lanzar todo en y saltear ligeramente. Sólo toma unos minutos. Usted puede incluso tener más de yogur para el beneficio adicional, pero ahorrar para su ensalada más tarde!

## **ALMUERZO EN EL TRABAJO**

Como usted está en el trabajo, puede ser difícil encontrar buenos, opciones saludables. Trate de incorporar el pollo, pavo, atún, o el salmón en su almuerzo. Para las otras comidas en el almuerzo, puede probar el pollo a la plancha o pechuga de pavo asado al horno. No compre carne de pavo deli o carne que se vende pre- envasados. Estos suelen ser extremadamente alta en sal y nitratos. Sólo buscar las versiones de horno para reducir el consumo de sal.

Usted también puede tener panes multicereales con su carne: panes de nueces, pan de trigo integral, o pitas de trigo. Busque las alternativas bajas en carbohidratos. Si usted puede tener una ensalada en el trabajo de cada día, eso sería genial; añadir verduras más saludables más allá de la lechuga básica y tomates como los pimientos verdes, pimientos rojos, pepino, rábano, zanahoria rallada, apio, cebolla, cebollas rojas, maíz, judías verdes y brócoli.

Como se puede ver, mediante la incorporación de más fuentes de fibra, proteínas y alimentos ricos en nutrientes en su comida, usted está alimentando a su cuerpo, dándole lo que necesita, y no consumir alimentos con alto contenido de sal.

## **CENA**

Una gran cantidad de restaurantes tiene faresdishes que podrían verse saludable, pero están realmente cargado con una gran cantidad de sal y grasas saturadas. Por ejemplo, usted tiene que tener cuidado con algunas cadenas de restaurantes como el Olive Garden, TGI Fridays y Applebees.out allí.

Busque el desglose de calorías en sus menús para que pueda ver qué selecciones son bajas en sal.

También asegúrese de que usted se está pegando con su dieta por hacer las cosas como un pedazo de pollo a la parrilla o un trozo de salmón a la parrilla y una ensalada saludable o verduras mezcladas con ella.

**CONSEJO:** ¿Quieres ver como si ni siquiera estás en una dieta? Si conoces a qué restaurante va, echa un vistazo a su menú en línea antes de tiempo. De esta forma cuando se le preguntará su pedido, no sonará incómoda o como si hubieras estado pone sobre el terreno!

Pedir comida en los lugares

Para los tiempos que usted puede desear ir al cine oa un juego de béisbol, por ejemplo, usted no quiere nada que me procesa o congelada. La mayoría de los alimentos disponibles, tales como perros calientes, papas fritas y palomitas de maíz, habrá mucha sal.

Sería mejor para usted para traer algo saludable de casa como su queso, tomates, apio o zanahorias. Evite comer algo que va a aumentar su presión arterial. Si usted no puede tomar comida con usted, obtener cacahuetes en las conchas o papas fritas sin sal ..

**TIP:** Si alguna vez que sus pies están empezando a hincharse, pregúntate qué es lo que usted comió ese día. A veces hay sales ocultos en cosas como la salsa de espagueti, salsa de barbacoa y aderezo para ensaladas. Con una dieta baja en sal, usted será capaz de decir, tan pronto como usted tiene algo que tiene una gran cantidad de sal, ya que podría estar reteniendo agua al día siguiente!

**SNACKS usted se hace**

Las personas que están acostumbrados a comer bocadillos en los chips pueden tener dificultades para comenzar con la dieta DASH

porque están tan acostumbrados a tener la sal. Una alternativa es algo así como mezcla de frutos secos o mezcla de granola que usted se hace. Incluso algunos nuevos cereales ahora tienen niveles altos de proteína en ellos. Sólo asegúrese de que son bajos en sal.

## **LISTOS PARA IR SNACKS**

Mantenga su granola en pequeñas bolsitas, y siempre tomar algunas con usted. Siempre debe tener listos para ir alimentos en el refrigerador, como las manzanas cortadas en pedazos, huevos duros, y otros alimentos que usted puede tomar con usted. También podrás comprar pequeñas tazas Jell-O; asegúrese de que son sin azúcar y pueden viajar bien. No te olvides de la cuchara!

## **Capítulo 5**

**Plan: Las dietas de ejemplo, consejos y**

**punteros**

**CÓMO INICIAR LA DIETA DASH: un menú de muestra**

Al iniciar la dieta DASH, vas a querer incorporar un par de cosas que no podría pensar en todo el tiempo. Esto va a tomar algún tiempo para acostumbrarse. Quizás esté acostumbrado a agarrar un bagel con queso crema para el desayuno, o estás acostumbrado a conseguir justo una hamburguesa en el camino. Con la dieta DASH, vas a pensar en diferentes maneras que usted puede incorporar alimentos frescos en sus planes de comidas. El primer lugar que desea comenzar es en el pasillo de la tienda de comestibles.

## **MEJOR LAS COMPRAS**

Asegúrese de que usted compra alimentos saludables. Un buen lugar para empezar es el pasillo de jugo. Sí, usted será capaz de tener sus jugos favoritos. Usted debe comprar jugos como: El jugo de tomate bajo en sodio

jugo de arándano sin azúcar

Zumo de naranja

Jugo de manzana

## **PRODUCE**

A continuación, cuando usted compra sus alimentos reales, que deseas buscar cosas en sus productos pasillo, como lechuga, tomates, pimientos, tomates, tomates regulares, las zanahorias y las zanahorias bebé.

## **APERITIVOS**

Asegúrese de comprar las cosas que podrá disfrutar, como la gelatina sin azúcar, que puede ser cargas y no tienen muchas calorías. También busque el queso cottage bajo en grasa, arándanos, frutas secas y nueces saludables como cacahuets en las conchas, anacardos, pistachos, nueces, nueces y almendras.

## **CARNE Y MARISCOS**

Luego, si desea buscar la carne que usted va a estar haciendo fresca, a fin de buscar las cosas como el pavo asado al horno, pechugas de pollo, pollos enteros, las piernas y los muslos que se puede hornear, y peces como la tilapia, salmón, o platija. No te limites con la carne y los mariscos; usted puede hacer grandes ensaladas con camarones o gambas y carne a la brasa.

Mientras que usted no quiere tener una gran cantidad de carne roja, usted puede tener caldo de res, carne de res y carne a la cacerola, ya que es probable que se le lanzando una gran cantidad de verduras en la mezcla.

## **SALSAS Y APÓSITOS**

Mire sus aderezos y salsas que utilizaría en ellos. Si usted hace una salsa para espaguetis, tratar de hacer uno que sea fresco de tomate o pasta de tomate en lugar de uno que es una salsa pre-hechos espaguetis en una lata, ya que estos tienden a tener una gran cantidad de sal en ellos. Si usted tiene que ir con un tipo alto contenido de sal, siempre se puede diluir la salsa con un poco de agua.

## **FASE 1**

Esta es la fase de pérdida de peso de la dieta DASH, y hemos incluido un menú para que tenga todas las grandes opciones que usted puede disfrutar!

## **DESAYUNO**

Un desayuno de la muestra podría incluir claras de huevo, huevos revueltos o batidores de huevo y zumo de baja en sal.

## **MAÑANA SNACKS**

Una merienda en la mañana podría ser algo así como tomates, apio o zanahorias pequeñas.

También podría incluir un pequeño pedazo de queso bajo en grasa o huevos duros, que son buenas fuentes de proteína.

## **ALMUERZO**

Para el almuerzo, buscar algo como el pavo ahumado, pavo asado al horno o pollo que ha estado a la parrilla. Tenerlo con o en una ensalada, y considerar su Jell-O sin azúcar para un postre ligero o relleno. Ten en cuenta también un aperitivo como palomitas de maíz sin mantequilla o sal que usted haga en su casa

### **Aperitivos por la tarde**

Una merienda de la tarde podría ser algo así como un puñado de almendras y algunas zanahorias, o puede tener el Jell-O, si usted no tiene que temprano en el día.

## **CENA**

Al llegar a la cena, es posible que desee pensar en algo así como su pollo o pavo y una parte de verduras mixtas al horno asado, o podría tener una ensalada con un aderezo muy ligero. Usted puede hacer su propia vinagreta o usar un aceite de oliva ligero como un apósito.

## **POSTRE**

Para el postre, tal vez tener el Jell-O, o tener un pequeño pedazo de queso y tomates. Si realmente quieres algo dulce, tomar unas fresas y algunos almendras.

A medida que reprogramar su cerebro a comer alimentos reales, te darás cuenta de que todo lo que weyou añadido era saludable, rica en proteínas y alta en nutrientes y minerales, tales como verduras, frutas y productos lácteos.

## **FASE 2**

Al entrar en la Fase 2, aquí es donde usted va a empezar a agregar alimentos más saludables.

Tenga en cuenta que esta fase es para cuando usted ha alcanzado su pérdida de peso real y ahora se dirigen a las proteínas más altos, más altos de fibra, baja en grasa y sal inferior.

## **DESAYUNO**

Para el desayuno, considere tener huevos revueltos batidores o huevos duros. Usted también puede tener un poco de fruta, como una taza de fruta mixta o una mezcla de fresas y plátanos.

Usted puede tener el jugo de naranja, café o chocolate caliente.

## **MERIENDA DE LA MAÑANA**

Para una merienda en la mañana, considerar la posibilidad de almendras y yogur bajo en grasa.

Esto puede ayudar a asegurar que a frenar cualquier antojo. Las almendras también sirven como una pequeña manera de quemar grasa.

## **ALMUERZO**

A la hora del almuerzo, usted puede hacer su propio pavo, pollo, o una envoltura de atún. Puede utilizar la lechuga, una pita, o una concha de tortilla, y luego añadir en verduras saludables como las cebollas y los pimientos si desea. Rellenar con los tomates y la lechuga, enrollarlo, y disfrutar!

## **BOCADILLO DE LA TARDE**

Para su merienda, puede tener un poco más de proteína, como un puñado de nueces de nuevo.

Usted puede tener el yogur, una taza de fruta o gelatina. Trate de tener maní en las conchas; que realmente va a comer menos de



esta manera.

## **CENA**

Para la cena, hacer algo caluroso como parmesano pollo a la parrilla. Servir con una salsa roja, y añadir un poco de queso bajo en grasa a la misma. También puede añadir la calabaza, el calabacín y otras verduras a la salsa para que sea rico. Tener una ensalada grande con eso y puede que ni siquiera quieren postre!

## **POSTRE**

Si todavía tiene espacio para el postre, considerar la posibilidad de fresas, almendras, o un parfait de yogur.

Como se puede ver de la dieta, usted está incorporando alimentos hechos en casa, evitar los alimentos fritos y salados, y el consumo de alimentos que son ricos en nutrientes y minerales.

Esto puede ayudar a bajar la presión arterial y mantenerla baja. En última instancia, su pérdida de peso y cambios en la dieta son sobre cómo fijar metas y lograrlas un paso a la vez.

Debido Wei sabe que la dieta DASH es algo que se puede lograr con éxito el paso del tiempo, es sólo una cuestión de cambiar su forma de pensar. Es por eso que we've reunido algunos consejos que pueden ayudarle a reprogramar tu mente y volver a evaluar sus hábitos alimenticios.

## **DIGA NO A LOS ALIMENTOS PROCESADOS**

Cuando usted va a través de sus gabinetes, deshacerse de los alimentos congelados, procesados, o alto contenido de sal. Eso significa que las pizzas congeladas, cenas de TV congelados, nuggets de pollo congelados, papas fritas congeladas, o cualquier cosa que se procesa debe ser expulsado. Llene su congelador con opciones saludables como fruta congelada, verduras y carne fresca. Siempre piensa menos sal. La dieta DASH va a ayudar a reducir el

consumo de sal, lo que puede ayudar a bajar la presión arterial. Pero eso significa que vas a tener que hacer su tarea también.

### **Lea las etiquetas**

Mira el contenido de sal de lo que sea que usted está comiendo. Por ejemplo, una bolsa de papas fritas puede tener 250 miligramos de sal. ¿Puedes encontrar una que es sólo el 60 a 80

miligramos de sal? ¿Quieres comer sano y ser coherente al respecto lo más que pueda.

### **Repoblar el ESTANTES**

Asegúrese de reabastecer los estantes con los alimentos que usted va a comer en la dieta. Haga una lista de todas las nuevas golosinas que usted va a recoger en la tienda, como el yogur, frutos secos, verduras y frutas. La única cosa que hace que la gente se alejan de una dieta es cuando dicen: "Oh, no puedo encontrar nada para comer." Eso no es cierto. Usted simplemente no sabe qué comer - todavía. Es por eso que usted tiene que asegurarse de que tiene cosas que usted puede tener en la dieta. Será mucho, así que experimenta! con la comida.

### **PRÓXIMAMENTE CON NUEVO RECETAS**

Su nueva dieta y la nueva forma de ver la comida tendrán que disfrutar de un montón de grandes, nuevos platos. Sin embargo, es posible que te sientas como si estuvieras sólo tener lo mismo todos los días. Así que, como usted trabaja en su plan de dieta, se centran en nuevas maneras de comer sano y en las nuevas recetas que se pueden utilizar con la dieta DASH. No tenga miedo de poner esa fruta en el horno y se seque durante un sabroso manjar. No tenga miedo de tener maní en las conchas. No tenga miedo de hornear la col rizada o hacer sus propias barras de granola.

Eso es lo divertido de una nueva dieta: lo que es su propio!

## **TIEMPO PARA AJUSTAR**

Debido a que el concepto es nuevo, se necesitará tiempo para adaptarse. Date tiempo y verás cómo los beneficios valen la pena por el camino. Busque maneras que usted puede utilizar la dieta DASH para hacer versiones más saludables de los alimentos que usted puede comenzar a perder.

## **PATATAS Y PIZZA renovación**

Por ejemplo, si te gustó tener pizza, si se congeló o se lo ordenó, usted todavía puede tener como una versión mejor. Trate de experimentar con una pita, tomates frescos, y baja en grasa y queso bajo en sal. Quizás estabas acostumbrado a esas papas fritas grasientas. Bueno, usted todavía puede tener ellos; Sólo asegúrese de que usted está utilizando todos los ingredientes frescos, como las papas blancas cortadas frescos o batatas. De esa manera usted puede asegurarse de que usted está recibiendo los nutrientes que su cuerpo necesita.

## **Conclusión**

El objetivo mientras se adapta a la dieta DASH es trabajar en las maneras en que puede reducir la sal, adaptarse a nuevos alimentos y sustituir procesados y alimentos salados, fritos con alimentos frescos. Estos nuevos alimentos son mejores para usted y más seguro para su cuerpo. Ese es el objetivo principal de la dieta - de ingerir alimentos que su cuerpo se beneficiará de y poner a buen uso. Usted no quiere tener su cuerpo cargado de sal, porque entonces usted está haciendo que su corazón trabaje más duro y hacer su cohete de la presión arterial.

El siguiente paso para hacer el trabajo dieta DASH es tener una dieta rica en minerales con una gran cantidad de nutrientes y vitaminas. Como usted está alimentando a su cuerpo los alimentos adecuados, no sólo va a trabajar de forma más productiva para usted, pero usted verá que su piel tiene un brillo saludable a ella, te sentirás rejuvenecido, perderá peso, y usted ser capaz de luchar

contra todas esas enfermedades desagradables y enfermedades que no podía hacer antes.

¿No ves la dieta DASH como un camino para una solución rápida. Lo ven como un movimiento que le permitirá comer sano para la vida. La gente está aprendiendo que no sólo están viviendo vidas más saludables, pero tienen un rebote como nunca lo hicieron antes! Eso es lo que usted debe tener también. Cada día debe ser una facultad solo; tienen los hábitos alimenticios saludables que alimentar su cuerpo desde el momento de llegar hasta cuando vas a la cama cada noche. También debe incorporar la dieta DASH en lo que usted alimenta a su familia debido a que estas opciones saludables se beneficiarán ellos también!

## ATENCIÓN PLENA MEDITACIÓN

*12 pasos sencillos para estar presente y eliminar su estrés diario durante la meditación de atención plena*

*Ella Marie*

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## **Introducción**

La atención plena puede ser descrito como un espejo-pensamiento. Refleja exactamente lo que es, sin más preámbulos, precisamente, la forma en que está pasando. No hay inclinaciones. Por otra parte, la atención plena es una percepción que no juzga. Es esa capacidad de la psique, que le permite ver sin realimentación. Con esta capacidad, uno ve las cosas sin juicio.

Uno se asombra de nada. Uno básicamente toma un entusiasmo ajustado hacia las cosas con precisión, ya que están en sus estados normales. Uno no elige y no pasa juicio. Uno simplemente relojes. Es beneficioso para que entiendan que cuando decimos, "Uno no elige y no pasa juicio,"

lo que queremos decir es que el meditador relojes encuentros como un investigador de ver un artículo en virtud de un instrumento de

aumento sin ideas preconcebidas, para consulte el artículo precisamente lo que parece ser. De la misma manera, el meditador se da cuenta de la impermanencia, la calidad inadecuada, y la magnanimidad.

Es mentalmente inimaginable para nosotros para ver lo que está sucediendo dentro de nosotros desapasionadamente, en caso de que no lo hacemos, mientras tanto, reconocer los diferentes estados del cerebro. Esto es particularmente cierto con los estados desagradables de la psique.

Con el fin de ver nuestro propio temor concreto, debemos reconocer que tenemos miedo. No podemos analizar nuestra propia tristeza particular sin tolerar por completo. Lo mismo es válido para la agravación y la perturbación, la decepción, y cada uno de esos otros estados pasionales incómodas.

No se puede analizar algo completamente en caso de que usted está ocupado con despedir a su presencia. Cualquiera que sea la experiencia que usted pueda tener, la atención, simplemente reconoce. Sin orgullo, ninguna desgracia, lo que está allí estará allí.

Por lo tanto, en totalidad, la atención plena es una vigilancia imparcial. No toma partido. No consigue colgado en lo que se ve. Simplemente ve. No intenta evadir los estados mentales terribles. No hay pegado a la media y no hay escape de la desagradable. Mindfulness trata a todos los encuentros del mismo modo, todas las reflexiones de manera similar, todas las emociones al igual que. Nada se ahogó. Nada es tenue. En otras palabras, no hay priorización.

La atención plena no está considerando. No consigue incluido con el pensamiento o las ideas. No consigue colgó pensamientos o suposiciones o recuerdos. Simplemente parece. Mindfulness registra encuentros, pero no analiza ellos. No nombrarlos o las presenta. Simplemente observa todo como si estuviera sucediendo sorprendentemente. No es un examen que se centra alrededor de la reflexión y la memoria. Es, justamente, el Encuentro con inmediata y

rápida de lo que está pasando, sin el medio del pensamiento.  
Precede pensó en el procedimiento de percepción.

La atención plena también se puede describir como la conciencia del presente. Es el reconocimiento de lo que está sucediendo en este momento. Se queda eternamente en el presente, sin cesar en el pico de la onda continua de sentarse. En el caso de que usted está recordando su segunda opinión instructor, que es la memoria. Cuando a continuación, conseguido en cuenta que usted está recordando su segunda opinión educador, que es ser conscientes. En la remota posibilidad de que usted entonces conceptualizar la metodología y dices a ti mismo: "Dios mío, estoy recordando", que está considerando.

La atención plena es una forma de vigilancia, que no es egoísta por naturaleza. Sucede sin hacer referencia a uno mismo. Con el cuidado que uno ve todos los fenómenos sin referencias a ideas como "yo", "mi" o "mío". Por ejemplo, supongamos que hay dolor en la pierna izquierda.

Conocimiento normal sería decir: "Tengo dolor." El uso de la atención plena, uno esencialmente en cuenta la sensación como una sensación. Uno no adjunte que adicional idea de "yo"

Mindfulness le impide a uno añadir nada al discernimiento, o restar nada de la misma. Uno no actualizar nada. Uno no subrayan nada.

Uno simplemente relojes precisamente lo que está allí, sin mutilación.

La atención plena es la conciencia del progreso. Se observaba la corriente que pasa de la experiencia. Está viendo las cosas como están evolucionando. Es ver la concepción, el desarrollo, y el desarrollo de todos los fenómenos. Está viendo fenómenos con madurez y transmitir. Por otra parte, se está viendo cosas minuto a minuto, sin cesar y viendo todo fenómenos- física, mental, o apasionado que está ocurriendo rápidamente en el cerebro. Uno simplemente tira hacia atrás y ve el programa.

La atención plena es el reconocimiento de la naturaleza esencial de cada uno de extrañar que pasa. Se está viendo lo que emerge y que pasa sin cesar. Es, en cierto modo, el proceso de

percibir la forma en que lo hace sentir y cómo respondemos a ella. Se está observando cómo influye en los demás. En otras palabras, se trata de un espectador imparcial cuya única ocupación es mantenerse informado.

El meditador que está creando conciencia de sí mismo, no tiene que ver con el universo exterior.

Es allí, sin embargo, en la contemplación, la propia materia de estudio es una de encuentro, uno de contemplaciones, los propios sentimientos y discernimientos de uno. En la meditación, uno será uno de centro de investigación.

El universo interior tiene un fideicomiso colosal de datos que sostienen la impresión del mundo exterior y mucho más. Un examen de esta oportunidad solicita completa.

La atención plena es la percepción participativa. El meditador es a la vez miembro y espectador a la vez y al mismo tiempo. En la remota posibilidad de que uno observa los sentimientos de uno o sensaciones físicas, uno de ellos está sintiendo en ese mismo minuto. Ser consciente no es una atención erudita. Se trata simplemente de la atención plena. La ilustración espejo-pensamiento se rompe aquí. Es el conocimiento atento de la vida, un interés en la metodología continua de vivir.

Es muy difícil de describir con palabras la atención, no sobre la base de que es complicado, pero ya que es demasiado básica y abierto. El mismo problema surge en todos los aspectos de la experiencia humana. La idea esencial es fiable el más problemático para unirse. Echa un vistazo a una referencia palabra y verá una muestra conforme. Las palabras largas, en su mayor parte, tienen las definiciones compactos. Sin embargo, las palabras esenciales cortos como "el" y "ser", pueden tener las definiciones de una



página de largo. También en la ciencia de materiales, la capacidad más problemáticos para representar son los más esenciales que gestionan las sustancias más básicos de la mecánica cuántica.

## **Fundamentos Mindfulness**

A menudo nos perplejos, y sentimos que la vida se le está escapando sin cesar. Aceptamos que la vida no tiene sentido y más allá de nuestro control. Nos apresuramos y el estrés y estamos reacios a retroceder. Al vivir thusly, echamos de menos la vida real que se nos ha enviado a la tierra para la experiencia. Tenemos, además, aumentamos el riesgo de la enfermedad y el daño.

Hay dos aspectos de la atención plena a saber, la atención plena en la vida regular y meditación consciente. Ambos son de suma importancia e importante para obtener los beneficios de la atención plena. Meditación consciente es completamente diferente de la contemplación trascendental u otras prácticas comparativas donde Center consideración en una cosa y prohibir todas las diferentes consideraciones y distracciones. Esas prácticas pueden conducir a estados profundos de la suavidad. Consciente de la meditación comienza centrando, para crear serenidad y solidez. Sin embargo, luego se pasa por ese estado a uno de consideración centrada.

A diferencia de la vista o el sofocante contemplaciones que entran en el cerebro, las consideraciones se observan y observaron deliberadamente sin juicio, minuto a minuto, como los acontecimientos en el campo de la atención plena.

Hoy en día, la atención plena no es generalmente una práctica religiosa, sin embargo, desde los budistas inicialmente lo creó, no existe el concepto de la meditación Vipassana, que hace hincapié en un enfoque budista. Para las personas que están muy ocupados, la meditación obliga a la disciplina en el terreno que incluye requiriendo alguna inversión cada día para hacer las prácticas que fortalezcan la capacidad de ser consciente en el día a día.

La atención plena en la vida ordinaria es básicamente minuto-a-minuto la atención, por lo que cualquier movimiento es un evento para el pulido de la práctica de la atención plena. Todo lo que necesita es pasar del modo de piloto automático a un modo de conocimiento. Aprende a ser el testimonio de sus consideraciones y sentimientos. Obtener consciente de la fundación, "estática"

de obiedad convencional, y como pocas veces está tranquila dentro de ti mismo. Al observar sus sentimientos y los buenos y malos momentos de la vida, a encontrar la manera de surfear las olas. Debajo de la superficie de las olas son la placidez, la calidad y vitalidad del universo, que

se instalará todo en su vida.

La atención plena se puede lograr en la vida cotidiana mediante la incorporación de actividades sencillas como:

Mientras se cepilla los dientes, sentir el toque del pincel en las encías, el sabor y el aroma de la pasta de dientes y el frescor del agua cuando se enjuaguen la boca.

Cuando el consumo de alimentos, sentir la composición del alimento en la boca y los diferentes sabores y fragancias. No reflexionar sobre diferentes cosas o hablar, y no contemplan su próximo mordisco hasta que haya disfrutado el actual totalmente.

Al conversar con alguien, realmente escuchar y oír lo que están diciendo, sin pasar juicio sobre ellos, teniendo en cuenta diferentes cosas, o la organización de lo que tiene que decir a continuación.

Mindfulness o el estado de ser consciente es el resultado acumulativo de simples acontecimientos cotidianos y su participación total en cada uno de ellos.

Los estudios indican que en sólo ocho semanas de preparación y la atención, la mente y la forma en que se forma el sentimiento bajo la ansiedad podría ser cambiado. Al final de las ocho semanas, el

marco no susceptible es más vigorosa, las personas se sienten más tranquilos, y se sienten mejor acerca de sus cuerpos. El peligro de daño se reduce significativamente. La ansiedad es una reacción de la personalidad / cuerpo agregada a un peligro evidente. Las reacciones se originan de peligros imaginados.

La respuesta de ansiedad incluye los sistemas endocrino y sensoriales focales que la ansiedad de descarga hormonas en nuestros cuerpos. Puesto que la vida está llena de turbulencias, estamos regularmente en un estado de estrés que provoca problemas físicos tales como la hipertensión, la miseria, las migrañas, dolores de la columna vertebral, y la falta de sueño. El estrés causa mensurable un problema del músculo-esquelético, cardiovascular, nervioso y marcos gastrointestinales.

El pensamiento y las prácticas que pueden, una vez nos han mantenido a su vez a salvo en

nuestros enemigos cuando nuestro punto de vista la realidad se prueba inflexible. Cualquier cosa que no encaja en nuestra idea de "típico" es alarmante y se convierte en una causa de nuestro estrés. Para adaptarse a la inquietud mental, muchas personas tratan de mantenerse ocupado todo el tiempo, o que crean conexiones adictivas al sexo, alimentación, alcohol o medicamentos. El estrés debilita la solidez de nuestros cerebros y nuestros cuerpos y, posiblemente, puede matarnos. Además de esto, además, nos saquea de la naturaleza de la vida.

### **La práctica de la atención plena**

Hay una anécdota acerca de un hombre de 43 años de edad, que se encontraba bajo el cuidado después de unos hospitalizaciones y recibió medicación para el dolor de abdomen relacionado con la ansiedad y la ansiedad abrumadora. Informó "Yo no tengo una buena encuentro toda la semana." Pidió a la especialista, "¿Usted se ducha antes del trabajo?" El hombre respondió:

"siempre". El consejero preguntó si se deleitaba en la ducha y el hombre respondió: "Una porción entera". "Por lo tanto, usted tiene encuentros con encanto consistentemente", dijo el especialista. El hombre respondió: "¿Te refieres a esos pequeños encuentros también contar?"

Mindfulness obliga a retirar la consideración del pasado y el futuro en cualquier punto que no son necesarios. Su psique tiene una tendencia a escapar del presente hacia el futuro y el pasado, que son a la vez ilusoria. Lo que está por venir está bien concebido para ser preferido sobre o más horrible que el presente. Su pasado es una historia de grandes y terribles encuentros, que no son el momento presente. Para estar libre del tiempo es estar libre de la necesidad mental de el pasado por su personalidad y el futuro para su cumplimiento.

¿Habla y reflexionar sobre el pasado? Asumiendo que este es el caso, usted no está viviendo en el presente. Su pasado y su futuro no son ustedes, en este momento. Al no arrastrar el pasado en cada minuto, se llega de nuevo a la hora en la que se vive actualmente. Al concentrarse en el presente, ser conscientes de tiempo que se requiere para llevar a cabo los objetivos. En la remota posibilidad de que se establece un objetivo y se mueve en la dirección de la misma, usted es consciente de cierto tiempo, sin embargo, su centro está en el presente. Por otro lado, si se establece un objetivo y concentrarse en el objetivo, el presente no es más que una piedra de ir al futuro y el presente pierde su valor natural.

## **La gestión de pensamientos, reacciones y**

### **emociones**

La vida tiene ciclos de momentos de placer y terribles pesadillas. Cuando ensayamos la atención plena en caso de que algo nos hace furiosa o nos perjudica, nos detenemos rápidamente para ver el momento. Nos convertimos en el testimonio de las circunstancias y nos conscientes de nuestras respuestas. Al tomar un vistazo a las cosas de una manera que no juzga, que restó la fuerza de las

circunstancias y no dejamos que sostener nuestros sentimientos. Por ejemplo, en la remota posibilidad de que usted se cortó mientras viajaba en una situación de alto tráfico, en vez de responder con fiereza la calle, en esencia ver los coches que cortan, sentir su molestia, y con capacidad para ver lo que sucede a continuación. El descontento llegará a una cresta y después de que se disuelven por navegar por el sentimiento y viéndolo sin juicio.

"Surrender" es la alternativa fácil de contradecir la corriente de la vida. Reconocer el "AHORA".

Por tolerar las circunstancias y hacer movimientos positivos, somos más éxito que al oponerse a las circunstancias y tomando acción negativa o nula. En circunstancias horribles o horrendos, podemos hacer una estrategia, o cuando no hay esperanza, podemos planear. Pero, esta planificación no debe comprender anticipar el futuro y en funcionamiento "películas mentales"

que nos lleva a desestimar el presente. Si no podemos hacer cualquier movimiento o no podemos expulsar a nosotros mismos de las circunstancias, hay que profundizar en la entrega, sin rendirse.

Nunca debe haber ningún impermeabilidad a la realidad. El cambio ocurre frecuentemente con prácticamente ningún movimiento en absoluto por ir aún más profundamente en el presente.

El pesimismo es la seguridad interna, y esta seguridad es la negatividad. La negatividad no puede cambiar la realidad, pero evita condiciones atractivas suceda. Debemos reconocer el pesimismo y la seguridad interna y tratar de dejarlo caer. Cepas mentales y físicas surgen cuando hay seguridad. El flujo libre de vitalidad a través de nuestro cuerpo está confinado y nuestro bienestar perdura. Hacemos nuestros propios problemas y dolor de particulares con este pesimismo. En el caso de que no podemos dejarlo caer, debemos ya sea la consideración central en ella, o conseguir transparente para permitir lo irrita que pasemos a través de nosotros. A diferencia de responder con la protección o la huelga, no ofrecen seguridad. Esto no significa que te conviertes en un

culpado y soportar la conducta tremenda de otros o reconoce circunstancias que no son

positivas. Por el contrario, implica que pierden su control sobre ti.

## **Gestión de los problemas**

Llevamos numerosas cargas en la psique. Tenemos la visión de las cosas que pueden suceder en el futuro. Cuando están llenos de problemas pasados y futuros, no hay espacio para nuevas soluciones. Podemos decidir deshacerse de este problema mediante la concentración en la única cosa que podemos hacer de inmediato, levantando. Hay dos tipos de celebración de:

### **1) a pequeña escala hasta la celebración de**

Esto incluye cosas como la afluencia de automóviles o la cola del supermercado, por ejemplo.

Estas son puertas abiertas extraordinarias para la atención plena, donde podemos ver las cosas y las personas nosotros, y nuestros propios sentimientos particulares alrededor, en lugar de cada vez más inquieto. La realidad es que estamos soportando, y tenemos que aguantar.

### **2) a gran escala hasta la celebración de**

Se está a la espera de una casa mayor, una relación convincente, logro, o el siguiente aumento de sueldo. Algunas personas utilizan toda su vida hasta la celebración de la luz del hecho de que necesitan el futuro, no el presente. Éxito genuino está tolerando completamente nuestra actual realidad y apreciar lo que tenemos.

## **Gestión de confusión emocional**

Cuando no estamos al tanto de la actualidad, cada evento que induce dolor emocional abandona un depósito de tormento que vive en nosotros. Esta agonía acumulado es la vitalidad negativa que

involucra nuestro cuerpo y el cerebro. Puede ser que sea torpe, o podría ser dinámico. En algunos individuos, esta agonía pasado es dinámica hasta el 100% del tiempo, con el resultado de que viven completamente en el tormento. Otros individuos pueden simplemente encontrar agonía pasado en circunstancias específicas, conexiones, o cuando se inicia por un comentario sin mancha o un pensamiento. Estos momentos dolorosos pueden conducir a negativos, horribles, o auto-ruinosa musings, prácticas o sentimientos.

Lo mejor es controlar la evento pasado que causa confusión emocional en el minuto exacto en que se mueve desde su estado aletargado y sentir su vitalidad. Sé totalmente consciente de ello.

Al hacer esto, el tormento pierde su control sobre ti. En la remota posibilidad de que nos relacionamos con él, puede asumir el control sobre nosotros, llegar a ser algún pedazo de nosotros, y sobrevivir dentro de nosotros. No luchar contra esta agonía. Basta verlo y reconocerlo como lo que es en el momento. Las personas que buscan la salvación más tarde están tratando de escapar de algún tormento. En la remota posibilidad de que se concentran en el presente, que experimentan su agonía, que temen. Esta disuelve el dolor que afecta a partir del pasado.

## **La gestión de atormentar Relaciones**

Cuando nos encontramos con atormentar sentimientos al ver a alguien, por lo general vemos que esa persona sea la razón de esos sentimientos. Nos proyectamos nuestros sentimientos hacia el exterior y asalto del otro individuo. Las personas que dependen de conexiones, píldoras, el alimento, y el licor de ocultar su agonía. En el momento en que estas cosas no son accesibles o cuando dejan de estar a la altura de las expectativas, el dolor se descubrieron. En realidad, no es la persona que está causando dolor a nosotros, que somos nosotros. Hemos permitido que suceda a nosotros. Debemos enfrentar la agonía que está en nosotros en vez de intentar escapar de ella por acusar a otros. Exactamente a ese punto, nuestra agonía se descomponen en el pasado.

## **La gestión de Condiciones Físicas**

La enfermedad y el dolor físico son una parte integral de la vida de uno. Se propone no marcar dolencia en razón de que dispuesta para su realidad, la fuerza y la congruencia en el tiempo. Por defender a doler y la enfermedad, incluso desaparición, sólo en el presente, se disminuyó a uno o algunos de estos elementos: física tormento, deficiencia, inquietud o minusvalía. Ríndete a estas variables, no al pensamiento de la enfermedad. No hay que acusar a nosotros mismos, sentirse culpable, o acusar a nuestras vidas de su injusticia. La mayoría de los que es el sentimiento de resistencia.

En el caso de que lleguemos a ser realmente enfermo y sentimos furiosos con estas propuestas, es evidencia de que la enfermedad ha llegado a se han convertido en una parte de nuestro sentimiento: de sí mismo y que estamos protegiendo nuestro carácter y la enfermedad. Nuestros enfermedades tienen nada que ver con lo que realmente somos. Surrender al minuto y cambiará usted. El miedo y el tormento no esencialmente ser cambiados en la felicidad, sin embargo, serán cambiados en un reconocimiento profundo que supera los sentimientos sencillos.

## **Pasos para la Atención**

Este capítulo incluye algunos pasos para la atención plena y algunos consejos para vivir en el momento. Sin embargo, estos pasos deben ser incorporados con un sentimiento de gratitud.

Usted debe ser agradecido por todo lo que tienes. El hecho de que se puede comer, caminar, contemplar y concentrarse es la razón por la cual usted debe estar agradecido. La atención plena es un camino por el cual se puede conectar no sólo con su propio ser, pero con todo el mundo también. El acto de vivir en el presente se dejará más feliz y saludable.

## **Respiración**



Se dice que en la remota posibilidad de que usted necesita para ahorrarse miles de dólares en cargos psicólogo, entonces usted debe encontrar la manera de respirar correctamente. La respiración es un gran lugar para comenzar. Estamos respirando constantemente, si normalmente sin saberlo. Por sintonizar, podemos reunir, nuestro cerebro y el cuerpo, y apegarnos al momento presente.

Usted realmente puede sentir la tensión y la ansiedad por inercia sin fin. Siente el aliento que entra en su cuerpo a través de la punta de su nariz y después de salir de su cuerpo una vez más.

Tomar una puñalada en imaginar la respiración como un bucle. Imagine las respiraciones en rematando una gran parte del bucle y luego el streaming específicamente en las respiraciones a cabo. Es un movimiento persistente. En cualquier momento usted reconoce que su cerebro ha serpenteado, debe traer de nuevo a la respiración.

En el caso de que usted necesita para llevarlo encima y más allá, en tu respirar en imaginar la luz remiendos blancos entrar en su cuerpo y en su salida respirar-imaginar la tensión y la tensión salir de su cuerpo.

## **La conciencia de su Corporales Sensaciones**

Por lo general vivimos en nuestras cabezas y totalmente caso omiso de nuestro cuerpo a menos que estemos en el dolor. Nos imaginamos que nuestra psique es totalmente independiente de nuestro cuerpo físico. Para obtener consciente de su cuerpo, envíe la respiración a las diversas partes y reconocer esas partes del cuerpo. Observe el temblor en los dedos, descargar la ansiedad en el estómago, tener en cuenta el punto más alto de su cabeza, y sentir la presión en su cuello.

Obtener consciente de su cuerpo le traerá en el momento presente. Será ajustar sus facultades y calmar la psique. Un gran lugar para trabajar en sintonía con su cuerpo está en la ducha. Preste la debida

atención a la inclinación del agua en movimiento sobre cada parte de su cuerpo, las sensaciones y la temperatura. Traiga usted mismo en la atención física completa.

## **Concentración en tu Mindfulness**

La fijación es realmente la base de la práctica de la atención plena con éxito. Después de todo, sólo se puede practicar en la medida en que su psique es suave. Sin foco, su cerebro será similar a un océano desigual en una tormenta. Considere la posibilidad de centrarse, como la consideración constante en una cosa. Es la medida del tiempo que podemos permanecer centrado antes de que reconocemos que nuestra psique ha serpenteado. Sólo tienes que hacer una cosa a la vez. Poco a poco y deliberadamente, llevar la razón en sus actividades y obtener consciente de sus consideraciones, movimientos y en particular la respiración.

En la remota posibilidad de que usted está comprobando su correo electrónico, simplemente consultar su correo electrónico. Usted no debe iniciar sesión en Facebook en el ínterin. Por otro lado, si usted está consumiendo la cena, sólo tiene que consumir la cena, no marque el teléfono y ver las noticias también. Cada vez que usted percibe su enfoque ha serpenteado, traer de vuelta a concentrarse en la respiración. Esto no va a suceder durante la noche. Sin embargo, con la práctica, usted lo conseguirá. Cuanto más profunda es su enfoque es el más profundo se puede entrar en la atención y sus beneficios.

## **Comer Consciente**

Esto incluye tomar un asiento en una mesa y el consumo de una fiesta sin participar en cualquier otro ejercicio - no periódico, libro, la televisión, la radio, la música o hablar. Sólo consumir su cena, dando cuidadosa consideración a la que poco de comida que seleccione para consumir, cómo se ve, cómo huele, cómo se corta la alimentación, los músculos que utiliza para elevarla a la boca, la superficie y el sabor de la comida elemento como usted muerde gradualmente. Usted puede ser sorprendido en cómo distintivo

sabor de la comida cuando se consume en este sentido y cómo llenar una fiesta puede ser. Este método de alimentación también es útil para el proceso de digestión.

## **Consciente Caminar**

Mientras pasea, debe centrarse en la sensación de la tierra bajo sus pies y su respiración. Basta ver lo que está a su alrededor mientras camina y permanecer en el presente. Libere sus inhibiciones y eche un vistazo a el cielo, la perspectiva y otros caminantes. Siente el viento, la temperatura en la piel y sentir placer en el momento.

**Entendemos que ustedes no son sus pensamientos y emociones** Una clave para la atención plena es la comprensión de que su psique está encontrando numerosas influencias. Por lo general, ni siquiera somos conscientes de que se está produciendo. Cuando usted comprende que su cerebro parlotea de distancia, se puede evitar que cada pensamiento perturbe tu paz interior. Este es el lugar donde los enormes beneficios comienzan a suceder.

Ustedes no son sus sentimientos, y no son sus consideraciones.

Cuando dices: "Estoy perturbado", es lo que realmente implica que usted se siente? Si fuéramos nuestros sentimientos o consideraciones, cuando desaparecen, debemos desaparecer también.

Pero no lo hacemos. Pensamientos, emociones y sentimientos desdibujan distancia. Podemos evitar que, además, desde el avance cambiando nuestras consideraciones. Sus sentimientos son similares a un marco climático paso. Ellos no son tú.

## **Duerma lo suficiente**

Necesitamos sueño de revivir nuestros cerebros y cuerpos. Es tan simple como esto. Cuando estamos cansados, puede saltar erráticamente de diligencia a la asignación sin ninguna claridad genuina. Nos terminamos pisando un bucle agotador de diligencias

incesantes. Se trata de una ronda más interconectado, la vieja gallina o el huevo filosofar. Se requiere la atención plena a dormir, y necesitamos de pijamas para practicar la atención plena. Propensiones descanso Awful dañan nuestros cuerpos. Al igual que un motor sin un aceite transformar, empezamos a romper.

## **Meditación**

La meditación abre un mundo completamente nuevo. Usted tiene que apagar su psique. Tu mente hace un montón de considerar, y por lo general ni siquiera son conscientes de que se está produciendo. Al mismo tiempo, estas consideraciones son influyentes, y de vez en meditaciones pueden terminar en, contemplaciones negativos perturbadores y controlarnos. Al ver a su cerebro, puede evitar los impulsos y las consideraciones negativas, y se puede llevar una vida libre de estrés.

## **Paciencia**

Nuestro cerebro es extremadamente ansioso y displicente. Cuando empezamos un simulacro de atención plena, creamos la tolerancia cada vez que nos detenemos y práctica. Tenga en cuenta que todo lo que viene en su propio tiempo determinado. Es como cocinar un huevo. Si intenta prisa ella, la yema de huevo se romperá y hacer un lío enorme. Es especialmente importante tomar un vistazo a su propia quietud particular, cuando el resentimiento surge.

Darse cuenta de que la atención es una práctica que puede tardar años en el as. Al empezar y usted encontrará que su cerebro está rebotando de un pensamiento a otro, no ser excesivamente duro contigo mismo. Cree la persistencia para darse cuenta de que vendrá con el tiempo.

Conseguir ansiosos con una práctica de la atención es sólo va a retroceder su progresión.

## **La interconexión**

Todo está relacionado con todo lo demás. Sin la luz del día, no hay vida sin agua no hay vida, sin árboles no hay oxígeno. Se trata de una compleja red de interconexiones finamente ajustados. Es extremadamente peligroso imaginar que existimos por separado de todo lo demás. Nada es permanente y lo único constante es el cambio. Este es un hecho que le puede ayudar en la apreciación de sus circunstancias, las relaciones y pertenencias. Todos y cada cosa que entra en contacto con es su conexión con el mundo. Sin embargo, cada conexión es temporal. Por lo tanto, se debe apreciar por el tiempo que está allí. Mindfulness permite descubrir los diferentes hilos de interconexiones y le dará un panorama más amplio de la vida.

### **Otras Técnicas Mindfulness a la práctica**

La atención plena ha sido representado como un estado del ser en el presente, tolerar las cosas por lo que son, es decir, de una manera que no juzga. Inicialmente fue creado para ayudar en la regulación del temperamento y la aversión al retroceso y en el desaliento. Se ha encontrado que tienen beneficios de bienestar respetables.

Algunas de las actividades del día a día que pueden ser útiles para lograr la atención son: Un Minuto Ejercicio:

Observar un reloj o ver. Su empresa es centrar toda su consideración en su respiración, y nada más, por el momento. Tener un ir - hacerlo ahora.

Ejercicio para De desestresante:

Usted debe elegir una postura erguida y en ese momento te preguntas: "¿Qué está pasando conmigo en este momento" Usted esencialmente permites a ti mismo para ver lo que sucede.

Nombre ningún contemplaciones que usted tiene y después permiten que se sienten, no tocado.

Simplemente estar listos para darles una oportunidad a la boya de distancia. Respire en su entorno. En el momento en sentimientos o recuerdos de ocasiones terribles suceden, no permita que su propio ser, para cerrar. Proveer para ellos nombres cortos, por ejemplo, "que es un sentimiento triste", o "esto es un sentimiento furiosa", y después simplemente les permite flotar o boya de distancia. Estos recuerdos y emociones van poco a poco disminuir vigente y recurrencia.

Pronto comenzará a distinguirse como un testigo o testigos de destino en lugar de un individuo que está irritado por estas consideraciones y sentimientos.

Ejercicios de respiración:

Quédate con las reflexiones inquietantes para un par de minutos. Entonces, como se les da la oportunidad de boya de distancia, con ternura redirigir su atención a relajarse. Dar una cuidadosa consideración a cada respiración terminado y hecho a medida que musicalmente toman uno

después del otro. Esto le tierra en el presente y ayudar a que usted se mueva en un estado de atención y la conciencia de sí mismo.

## **Meditación Consciente**

La práctica de la meditación consciente es una promesa de que numerosos oponen, sin embargo, requiere mucho menos tiempo y esfuerzo que la mayoría de las personas creen que lo hace. La hora del día no es crítica; la práctica habitual es. En un mundo perfecto, que debe ser ensayado durante 20 a 30 minutos dos veces al día en una habitación tranquila con una entrada cerrada sin preocupaciones. Es posible que desee comenzar por hacer 5 a 10 minutos una vez al día en lugar de señalar a la "perfecta" objetivo y después sentirse abrumado por ella y errar el blanco.

Utilice un reloj para garantizar que rumiar siempre que arreglar. Mientras tanto, es beneficioso para buscar un lugar de paz y

tranquilidad, por ejemplo, tomando asiento en su oficina o sentado en su auto, siendo preparado para conducir a casa desde el centro de ejercicios después de su entrenamiento diario. Una vez más, elegir un período en que los desvíos serán insignificantes.

Este capítulo ilustra uno de los métodos más populares de la realización de esta forma de meditación.

## **Paso 1**

El primer paso para cualquier forma de meditación es entrar en la postura correcta. Usted debe sentarse de una manera tal que sus piernas están cruzadas. Además de esto, debe utilizar un cojín de meditación para una sesión de una mejor y más conveniente meditación. También puede optar por sentarse con las piernas ampliadas hacia afuera o para sentarse en un asiento con una firma de espalda, manteniendo los pies en el suelo y la columna recta, y metiendo en el botón marginalmente para mantener su vértebras adecuadamente ajustada. En la remota posibilidad de que usted tiene cualquier dolor de espalda, la pelvis o el cuello, la espalda ayuda es fundamental.

De hecho, puede que tenga que descansar, con la cabeza apoyada en un ángulo de 45 grados. En caso de que esté sentado, cierra los ojos. Si está acostado, mantén los ojos medio abiertos a mantenerse de cabeceando.

## **Paso 2**

Enfoque sus ojos. Con los ojos cerrados, centrarlos en un solo lugar, posiblemente alrededor de la punta de la nariz o en su "tercer ojo" (el chakra o punto de vitalidad en medio de la ceja). Por otro lado, gire hacia el frente hacia la parte interna de los párpados. Como alternativa, también se puede optar por rodar sus ojos hacia arriba. Sea cual sea la posición de los ojos que elija, asegúrese de que se siente bien y que sus músculos oculares están sueltos. En el caso de que haya elevado la inquietud o razones para la alarma, es posible que tenga que abrir los ojos parcialmente o incluso

completamente, girando hacia adelante hacia un lugar en el divisor o por la ventana a un elemento estacionario, con un objetivo final específico para suprimir esos sentimientos. Un pensamiento alternativo es cerrar los ojos y Envision estar en un lugar donde por lo general se siente suelto, protegido y seguro.

### **Paso 3**

Paga lo que respecta a su conveniencia. Con los ojos cerrados o parte de la forma abierta, enfocándolos en un solo lugar, respirar con la conciencia de sus pulmones y su estómago. Al inspirar, decirte a ti mismo, "In". Exhale de los pulmones y después de su región media, diciendo a ti mismo, "Out". Haga esto cada vez, mientras se relaja. Usted puede utilizar, además, las palabras "escalada" y "caen sin cesar," o "consuelo" y "darse por vencido," o "entrega" y

"descarga".

### **Etapas 4**

Coloque las manos en un mudra (posición de la mano) desenrollar y animación. En el budismo, el mudra, o la posición de las manos, en la meditación es imprescindible, sobre la base de que influye en el flujo de vitalidad en todo el cuerpo. Hay tres mudras habituales. Probablemente el más prevalente es tocar el pulgar y el dedo índice a los otros, y después de que mantenga las palmas hacia arriba, con sus diferentes dedos sueltos y rectas, y descansar el dorso de las manos sobre los muslos.

### **Paso 5**

¡Tener en cuenta! Al exhalar, tenga en cuenta de forma racional las reflexiones, sentimientos, sonidos, sabores, olores y sensaciones físicas, como hormigueo, temperatura, tormento o inquietud, o las emociones de la grandeza y la suavidad que te encuentres. No trate de examinar cualquiera de lo que estás observando. Esencialmente estar disponible, abierta y vigilante. Ver la naturaleza de la



sensibilidad en el caso de que lo tiene, y disponer que: "la grandeza en los hombros", "sabor astringente", "patio de corte afuera", "atormentar niño contemplado", etc. No investigar este pensamiento o sentimiento a menos de que suceda más del doble, en cuyo caso, preguntar si usted tiene que manejar ahora o después de su meditación. En la remota posibilidad de que necesita ser tendido a inmediato, permitir a ti mismo para estar disponible con esa sensación, sentimiento o pensamiento redundante sin juicio, ya que difumina distancia o disminuye en el poder. Posteriormente exponer en él en un diario, pensar en ello, o conversar con un compañero o abogado al respecto.

## **Paso 6**

Lentamente regrese a conocimiento convencional. Tomar tres respiraciones largas, moderados, llenos, tomando por la nariz y exhalando por la boca. Frote las palmas de las manos juntas para producir picor, y coloque las palmas de las manos sobre los ojos y la cara. Abre los ojos y poco a poco levantar las manos lejos de su cara como usted vuelve a la atención plena. Respire profundamente y estire los brazos por encima de su cabeza, con las manos entrelazadas. Curva gradualmente hacia la derecha y después hacia la izquierda. Haga esto un par de veces, y después de que se curvan hacia adelante a sus pies. Considere si nada de vitalidad destapó ante ti. En tal caso, exponer en él en su diario, reflexionar sobre ella, o simplemente seguir adelante.

En caso de que estés visualizando una circunstancia penosa en la que estará tratando de permanecer no reactivo, o usted tiene que tener la capacidad de llegar a su capacidad de innovación más que ordinario, intenta al calendario una sesión de meditación rápidamente.

## **Conclusión**

Positivamente que vive en su "ahora" no es simple, pero es muy compensador. El enfoque más ideal para levantarse e ir en su propio camino ", sin dudar un momento," es comprender los elementos de

disuasión potenciales y planificar de antemano sobre cómo va a gestionar ellos.

### **Mindfulness requiere avanzar esfuerzo.**

Mindfulness necesita una gran cantidad de trabajo. Sin embargo, lo afortunado es que cuanto más tiempo se profundiza, menos exigente se vuelve, y cuanto más alegre tu vida llega a ser.

Desde el principio, sus pensamientos estarán en caos, y todo va a parecer una locura. Su circunstancia se sentirá vulnerable. Pero cuanto más se concentre en estar donde estás completamente, más fácil será descubrir la verdadera serenidad en el momento y tiempo determinados. La atención plena se logra mejor cuando se practica durante todo el día. No es sólo para cuando usted toma un asiento y contemplar. Concéntrate en ser consciente de sus contemplaciones cuando estás haciendo las asignaciones ordinarias y será más sencillo permanecer consciente cuando las cosas se ponen extrema.

### **Habrá desvíos.**

Cuando usted está en su excursión a conseguir más conscientes de su propio ser, que parece ser como si el universo comienza lanzando cosas en simplemente para ofrecerle desafíos. Las preocupaciones podrían ser cuestiones a lo largo de su vida, muestran en sus conexiones, o viejas convicciones negativas surgiendo de su pasado. Estas son puertas abiertas increíbles para la práctica de la vida en el momento. Ellos le ayudarán a convertirse en más fuerte, mejor, y aún más en sintonía con uno mismo. Los problemas y dificultades que enfrentamos son, en realidad, los educadores ,.

### **Avance por lo general no vienen rápidamente.**

Avance puede parecer que ser disminuido terriblemente. Habrá momentos cuando se une a las cosas y las circunstancias que usted necesita, lo que hará que sea molesto para estar completamente en

el momento. Es difícil tener cuidado cuando usted está en su defecto para mover o fijarse en lo que está por venir.

### **Es posible que deba rendirse.**

Al igual que con cualquier aventura beneficiosa, tendrá un deseo de rendirse y renunciar en numerosas ocasiones. Es a través de estos tiempos que se siente más desconcertado que son casi un salto hacia adelante. Nuestras vidas son muy similares a las estaciones. Experimentamos frío, inviernos aburridos, y optimista, que se extiende veranos. Todo va y viene. Es el movimiento rítmico de la vida. Cuando usted entiende que los tiempos de las pruebas están ahí para ayudarle a desarrollar, que, naturalmente, se sienten más tranquilo y suelto.

### **Sus objetivos pueden desafiar su atención.**

Tener objetivos es fenomenal, llave, incluso, sin embargo, cuando se llega a ser excesivamente conectado con ellos, algo terrible sucede. Te das cuenta de que estás sobre-adjunto cuando se empieza sentirse desconcertado, furioso, y negativo.

Conexión enreda nuestra claridad. Usted está buscando después de sus objetivos sobre la base de que usted acepta que le hará eufórico. Tenga esto en cuenta a la hora de empezar a dejar que sus objetivos que tiran en un estado inquietante de la psique. En la remota posibilidad de que usted se concentra en las grandes cosas que te rodean, te sentirás que la satisfacción que creo que hay que seguir. Esto le hará mucho más contenido en el largo plazo, y, obviamente, en este momento.

### **Usted puede pasar por alto que el viaje es la meta.**

La mayoría de las personas pierden el hecho de que la diversión de un viaje no está en el destino, pero en el viaje en sí. ¿Alguna vez ha percibido que cuando usted alcanza un objetivo, que no es tan energizante como usted pensaba que sería? Por supuesto, se siente increíble para golpear un punto de inflexión, pero en el caso de que

usted no suplantando ese objetivo con otro, pronto llegar a sentirse insatisfecho. La gente tiene objetivos para que puedan tener una sensación de la razón y la satisfacción. Es durante la aventura que podemos aprender, desarrollar y mejorar.

Cuando usted está perfeccionando la atención, recordar que no hay lugar para tocar la base. En el caso de que usted se concentra en lo que está pasando en este momento, el resto se ocupará de sí mismo. De hecho, los expertos más educados en la tierra necesitan gestionar circunstancias problemáticas y reflexiones desorganizadas. La distinción es que han descubierto la manera de reconocer el minuto de lo que es. Al hacer esto, te convertirá en el guardián de su espacio interno, que es la mejor manera de sentirse bien por dentro y por descubrir la serenidad significativa en este momento.

## POSITIVO PENSANDO

*20 Consejos prácticos para superar pensamientos negativos y lograr la verdadera felicidad y el éxito para la vida!*

*Ella Marie*

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## Introducción

Algunas personas podrían pensar que el pensamiento positivo sólo viene fácilmente cuando usted es feliz, saludable y exitoso en su carrera profesional, social, y la vida familiar, pero la verdad es que el pensamiento positivo es el ingrediente más importante para ser feliz, y no sólo en el futuro, pero en este momento también.

Con demasiada frecuencia, la gente sólo ponen de relieve sus carencias y sus experiencias negativas en la vida. No es de extrañar, pues es parte de la naturaleza humana para recordar la información negativa con mayor intensidad.

Según los psicólogos, la mente humana se ocupa de las emociones positivas y negativas usando diferentes partes del cerebro. Desde pensamientos negativos requieren a pensar más profundamente (como problemas), es más probable que los recuerde. Por ejemplo, si alguien le dice que usted es amable, pero sin sentido del humor, que son más propensos a pensar, ¿por qué crees que soy sin sentido del humor? Usted seguramente reflexionar sobre la parte negativa de la observación y tomar la retroalimentación positiva por sentado.

Entonces, ¿qué dice esto sobre el pensamiento positivo? Si usted ha estado construyendo el hábito de concentrarse demasiado en la negatividad y el perfeccionismo, esto podría llegar a ser todo un reto, pero sólo en el principio, porque hay que desaprender el hábito de pensamiento negativo y reemplazarlo con los hábitos que le llevará a pensar positivamente con más frecuencia.

El pensamiento positivo se centra en las emociones y rasgos positivos, tales como; la alegría, el entusiasmo, la creatividad, el humor, el amor, el coraje, la sabiduría, el conocimiento y la inspiración. El pensamiento positivo es la base de la Psicología Positiva, que tiene tres aspectos principales:

El aspecto subjetivo que tiene que ver con sentirse bien, como la satisfacción, la felicidad y el bienestar

El aspecto individual que se concentra en su definición de cómo ser una buena persona, como su fuerza, los valores, la capacidad de amar, perdonar, e interactuar con los demás.

El aspecto comunitario, que se concentra en sus responsabilidades sociales, el altruismo, y otras cualidades que le permitirán ir más allá de su propio ser y llegar a los demás a través de acciones positivas.

Propio pensamiento positivo no es una meta que uno debe aspirar a alcanzar. De hecho, si así lo desea, puede pensar de manera positiva en este momento. Recordemos la escena de Peter Pan, donde le dijo a los niños a pensar en cualquier pequeños pensamientos felices para que pudieran volar (por supuesto, polvo de hadas fue una condición previa fundamental para volar). Los niños empezaron a pensar en los recuerdos y las cosas que hicieron que se sientan felices, como la Navidad, las campanas del trineo y la nieve. Tú también puedes probarlo ahora mismo: pensar en un pensamiento feliz del pasado, aunque sólo sea un simple recuerdo feliz del pasado. Habitar en ella y déjate reír en voz alta si la memoria fue particularmente divertido.

Si viven demasiado en la negatividad en su vida, puede que le resulte difícil recordar recuerdos felices al principio. Sin embargo, no se preocupe porque todo lo que tiene que hacer es practicar todo el tiempo. Al practicar el pensamiento positivo cada día, tu mente será capaz de recordar los buenos recuerdos más fácilmente, resolver los problemas de manera más eficiente, y hacer frente a situaciones difíciles con mayor eficacia. En última instancia, el pensamiento positivo hace que la vida vale la pena vivir y que te da el poder para ampliar su conocimiento y utilizar sus fortalezas y talentos para traer lo mejor de ti mismo.

Cuando se aprende a pensar de manera positiva, no importa la edad que tengas o qué tipo de habilidades que tienen en este momento. Todo el mundo tiene el potencial de mejorar cambiando la forma de mirar las cosas y de sí mismos. Tómese su tiempo para sentirse agradecido por tener la capacidad de entender lo que está leyendo aquí en este momento, porque si usted es capaz de hacer esto,

entonces su cerebro es ciertamente capaz de aprender a centrarse en lo positivo.

## **¿Qué se necesita para ser un pensador positivo**

Cualquier persona puede llegar a ser una persona optimista, siempre y cuando se hace de forma proactiva la decisión de elegir el pensamiento positivo. Esa es la belleza de ser un ser humano: siempre tienes la libertad de elección. Si bien es cierto que no siempre se puede optar por cambiar su situación en la vida, todavía se puede siempre elegir sus pensamientos acerca de ellos. Observe lo que sucede en el siguiente escenario:

Es su cumpleaños, y un ser querido decidió darle un regalo. Al ver la caja envuelta, no se puede dejar de adivinar cuanto a lo que contiene dentro. Una imagen de algo que usted ha estado deseando en el centro comercial aparece inmediatamente en su mente; usted no puede dejar de esperar que es lo que hay dentro de la caja.

Usted emocionado apagado el papel de envolver y ¿Qué nos revela? No se puede dejar de pensar que debe ser el jarrón más fea que jamás hayas visto. Inmediatamente se siente decepcionado, pero intenta ocultarlo porque no quiere herir los sentimientos del donante. Ahora, hay muchas posibilidades en cuanto a lo que podría ser el siguiente paso para usted.

Si usted era una persona decente, pero tiende a detenerse en lo negativo, probablemente gracias al donante y al menos tratar de fingir como el actual, pero secretamente moras en los pensamientos como lo fea que el jarrón es y sobre cómo deshacerse de él tan pronto como todo el mundo se va a casa.

Por otro lado, si usted era un pensador positivo, se daría cuenta de inmediato una buena cualidad de ese jarrón (tales como su color o forma) y se centran en ella. Al hacerlo, usted puede realmente estar agradecido por ello y podrá decir honestamente el dador de que te gusta el color de este jarrón. Sus pensamientos positivos serían luego considerar la mejor manera de hacer uso de la vasija, no

porque desea agradar al que da, sino porque a reconocer las buenas cualidades de ese jarrón.

Con base en este pequeño escenario, se puede ver que el pensamiento positivo tiene que ver con ser selectivos con el lugar donde usted se centra su atención. Al elegir a prestar atención a lo bueno, usted será más tranquila, feliz y contenido. Esto no significa que usted está siendo ciego a

las faltas de los demás; sólo significa que son conscientes de la negatividad, sin embargo, usted decide hacer el mejor partido de la situación.

La gente por lo general basan sus pensamientos sobre sus emociones. Algunos incluso tienen el hábito de actuar inmediatamente sobre ellos. La lucha o huida respuesta es un claro ejemplo de esto. Por ejemplo, cuando usted ve un león que estaba justo en frente de usted, explota terror en su mente y le obliga a elegir entre luchar espalda o huir tan rápido como sus piernas se pueden llevar a usted. Su instinto de supervivencia continúa hiper-drive e inunda su cuerpo con adrenalina, lo que le permite tomar medidas inmediatas.

Sin embargo, el mundo moderno no requiere necesariamente una a traducir inmediatamente emociones en acción todo el tiempo. La lucha de los seres humanos o la respuesta de vuelo ahora ha evolucionado para permitir una para hacer frente a situaciones contemporáneas, como frente a un jefe enojado, socio de engaño, o una cuenta bancaria vacía. Hay muchas más situaciones que ahora permiten a uno dar un paso atrás y pensar antes de actuar. Las emociones negativas son, sin embargo, la forma natural del cuerpo de decirle que algo no está bien. Pero cuando se experimentan crónica, que daría lugar a efectos más desastrosos, como el estrés, la ansiedad y la depresión. Es por esta razón que la gente, en particular los psicólogos prestan tanta atención a las emociones negativas y cómo lidiar con ellos. Es por esta razón que las emociones positivas tienen un asiento trasero en la mente de la mayoría de la gente. Las emociones positivas no parecen estar



asociados directamente con cualquier forma de acción para salvar la vida de uno de la destrucción, por eso es fácil dar por sentado.

## **Apreciar Emociones Positivas**

Barbara Fredrickson, profesora de psicología, destacó la importancia de prestar atención a las emociones positivas, y esto la ha llevado a conceptualizar la Teoría Ampliar-and-Build. Esta teoría describe por qué las emociones positivas son importantes y por qué usted debe apreciarlos: Mejoran su atención y pensamiento habilidades. En otras palabras, es probable que ser más creativos y de mente abierta cuando usted está experimentando ellos.

Se le exime de las emociones negativas. Por ejemplo, el estrés crónico se alivia al infundir alegría y placer.

Ellos aumentar su capacidad para resolver problemas y hacer frente a situaciones difíciles. Las emociones positivas le impiden caer en la depresión, ya que permite encontrar satisfacción y comodidad con los demás y dentro de ti mismo.

Alzan su, el bienestar intelectual, físico y psicológico social. Por ejemplo, las emociones positivas de pasar momentos de diversión con los amigos aumenta sus habilidades interpersonales, las endorfinas de ejercicio que animan a mejorar su destreza física, y la sensación de satisfacción después de aprender algo nuevo aumenta su deseo de ampliar su conocimiento.

Las emociones positivas, de acuerdo con la teoría, conducen a una vida mejor porque promueven su desarrollo integral saludable.

## **22 Consejos sobre el pensamiento positivo**

### **Administre sus emociones negativas**

Para administrar sus emociones negativas, debe desarrollar su inteligencia emocional o EQ. Para desarrollar esto, usted puede hacer lo siguiente: siempre que experimente una cierta emoción, ya

sea positivo o negativo, el primer paso es reconocer la causa principal que desencadenó esta emoción. A continuación, considere las creencias que le hacen sentir la forma de hacer. Después de eso, usted puede calificar en una escala de 1 a 10 la intensidad de esa emoción. Por último, pregúntese si la emoción es digno de su tiempo y energía. Una vez que haya tomado estas medidas, puede considerar el mejor curso de acción para tratar con él.

Por ejemplo, digamos que un amigo hace caso omiso de sus mensajes y que te hace sentir ansioso. Antes de llegar a todo tipo de conjeturas en cuanto a por qué su amigo no está respondiendo, hacer lo mejor para observar la emoción primera. ¿Es realmente causado por su amigo de no responder a usted, o hay un problema subyacente más serio? ¿La emoción causa malestar físico (como un ritmo cardíaco rápido y palmas sudorosas)? ¿Qué tan intenso es? ¿Es la situación vale la pena preocuparse más? Por preocuparse por ello, va a ser capaz de llegar a una solución? Si no, ¿cuál debería ser la solución adecuada?

He aquí algunas sugerencias sobre cómo transformar sus emociones negativas en acción de una manera positiva:

Gastar toda esa energía. Si usted está enojado o ansioso, dar un paseo, ir a correr, nadar, o cualquier otra forma saludable de ejercicio.

Hable hacia fuera. Enfrentate a ti mismo en el espejo y hablar de ello. Deje que sus pensamientos fluyan en forma de palabras que sólo usted puede oír. Deje todo en privado hasta que se agota a sí mismo. A continuación, pasar a la búsqueda de una solución lógica.

Relax. Si se siente abrumado, tomar un respiro al escuchar música relajante o tomar una siesta corta. Usted no tiene que estar en una prisa todo el tiempo.

Socializar. Hable con un amigo o con su mascota sobre el problema. Deje que la emoción salvaje desvanecen al participar con los demás por un tiempo.

Haga algo agradable. Si te gusta ir de compras de la ventana, y luego ir al centro comercial y echar un vistazo a algunas cosas. Si te gusta la pintura o la escritura de poemas, traducir la emoción a través de su arte. Si se encuentra fuera de las ideas, recoger un trapeador o una escoba y limpiar su casa; haciendo sus tareas es en realidad una forma barata de terapia.

Tenga cuidado, sin embargo, de formas ineficaces de hacer frente a las emociones negativas. Si bien puede parecer eficaz, que en realidad desencadenar una espiral descendente que puede llevar a peores situaciones y emociones en el futuro. El más común de estos son: recurrir a las drogas y el alcohol, evitando deliberadamente el problema, hacer las cosas pasivas, tales como exceso de sueño y viendo demasiada televisión, y evitar la socialización.

### **Entrenar a su cerebro**

El cerebro es un órgano poderoso, controlando todas las funciones vitales del cuerpo, incluyendo todas las emociones humanas. La mente tiene tal control sobre el cuerpo que la tensión mental, tales como estar estresado o sentirse presionado, puede provocar respuestas físicas en el cuerpo, tales como náuseas, dolores de cabeza y mareos. Pero otro aspecto sorprendente del cerebro es su capacidad para aprender, cambiar y adaptarse. Esto significa que puede cambiar la forma de pensar y la forma de responder a las cosas que le rodean. Puede condicionar su cerebro para ser más positivo.

El cerebro humano continúa aprendiendo y creciendo, y ciertas partes del cerebro que se ejerce más, como los responsables de la memoria o la cognición, crecer más grande, es por eso que la gente aún más antiguas todavía pueden aprender nuevas habilidades, o tomar un nuevo trabajo que es muy diferente de lo que habían hecho en el pasado. En el mismo sentido, usted puede enseñar nuevas maneras de reaccionar o responder a las circunstancias negativas. Tal como en los casos de la decepción, en lugar de aferrarse a la pena por un largo tiempo, o incluso tirar la culpa hacia los demás, puede elegir conscientemente a dejar ir estos pesares, y

a medida que continúe para perfeccionar esta nueva mentalidad, se hace más fácil hasta que es prácticamente una segunda naturaleza. De hecho, al ser más optimista y positivo, el cerebro puede resolver los problemas más rápida y eficiente, en comparación con los tiempos en que la mente se inunda con las emociones negativas y el pesimismo hacia los posibles resultados.

## **Calma la Mente**

Para que usted tenga pensamientos positivos, usted tiene que comenzar en la zona neutral, con estar en paz y consciente, sin ser crítico de lo que eres, lo que haces, y lo que ocurre a tu alrededor. Antes de entrar en pánico, preocuparse, o caer en la desesperación, tome un momento para reflexionar: ¿es realmente tan desesperada? ¿Realmente hay nada que puedas hacer? ¿Es realmente la gran cosa? Una vez que haga estas preguntas con calma, también puede responder con calma. Por ahora, usted tiene una opción, a ser un pesimista o un optimista, y la elección consciente es muy importante en el deseo de ser un pensador positivo.

Una de las formas más comunes para encontrar la paz o la tranquilidad es la meditación consciente, que es una rama de la meditación budista tradicional. Aquí, usted tomará un tiempo lejos, encontrar un lugar tranquilo, cómodo, y reflexionar sobre sus pensamientos y acciones actuales sin ser críticos con ellos. En este ejercicio, usted debe centrarse sólo en el presente, sin prestar atención a los remordimientos del pasado o los temores sobre el futuro. Sólo ven lo que está pasando, sólo aquellas cosas que están en el aquí y ahora, y usted se sentirá sus preocupaciones y problemas se derriten, usted será capaz de disfrutar y apreciar su vida sin que sea confusa por las preocupaciones triviales. Usted será capaz de encontrar el centro de tu ser que usted define y cuál debe ser su felicidad, ya no se somete a las dificultades o temores externos.

Esto aliviará el estrés y dar paso a un estado sano y positivo de la mente. Junto con esto, hay beneficios físicos, así, como la inmunidad más fuerte y mejores patrones de sueño.

## **Concéntrese en las cosas buenas**

Lo feliz que está con tu forma de ser también afecta a la forma de responder al mundo. Las personas a menudo tienen la tendencia a ser más críticos de sí mismos y, a menudo se centran en lo que ellos piensan que no tienen o no tienen suficiente. Esta tendencia hace que los pensamientos negativos para inundar el cerebro, lo que hace más estresado y desalentado. Es por esto que es tan importante centrarse en las cosas positivas en la vida en vez de lo malo, lo que falta, o de la que carece.

Al reflexionar sobre su vida, su trabajo, o incluso su apariencia, siempre recordar las cosas buenas primero y estar satisfecho con lo que encuentre. Aceptar que esto es cómo es y apreciar lo que tienes. Las cosas sólo parecen la forma en que están de acuerdo con la forma en que usted elija para verlos, hay muchos aspectos de la vida que no puedes controlar, sobre todo lo que es externo a ti, pero lo que usted tiene el control completo sobre es cómo usted decide ver las cosas y lo que usted elija para llevar al primer plano. Por ejemplo, al obtener una transferencia en el trabajo, usted puede elegir a pensar que su trabajo era insatisfactoria a su supervisor, o que usted no es esencial para el equipo, pero también se puede optar por verlo como un reto porque su confianza sus superiores usted puede hacer frente a un nuevo puesto de trabajo, o como una oportunidad para que usted pueda afinar más habilidades y mejor a ti mismo. Usted puede agonizar y dudar de ti mismo sobre el primero, o puede venir a trabajar con entusiasmo y optimismo en las nuevas posibilidades a causa de este último.

## **Usa el poder de las afirmaciones**

Como ya se ha establecido, la mente es algo muy poderoso, pero a veces, usted podría encontrarse el pensar de una manera que usted considere poco saludable. Aquí es donde las afirmaciones vienen en. Las afirmaciones pueden ser una manera para que usted se comuniquen con usted mismo profunda y concretamente, para que se den cuenta qué es lo que realmente quiere en la vida, y lo que es verdaderamente importante para ti. Hay algunos folletos publicados

de las afirmaciones que se pueden utilizar que se centran en un determinado tema, como conseguir más de angustia o estar motivado, pero también se puede escribir sus propias afirmaciones de acuerdo a lo que quiere lograr.

Al escribir sus propias afirmaciones, asegúrese de mantener una actitud positiva, en el presente, centrado, y profundamente personal, esto se trata de ti, después de todo. Trate de concentrarse en un objetivo determinado, como ser más paciente con los demás si usted tiene un temperamento, entonces usted puede hacer afirmaciones que le ayudarán con su objetivo, pero también recuerde que debe mantener creíble para su subconsciente. En lugar de "Nunca voy a perder los estribos", se puede decir: "Voy a ser más tolerante y tranquilo en una situación difícil" y se da la oportunidad de crecer.

Las afirmaciones son herramientas sencillas y útiles en el cambio de la forma de actuar y sentir, lo que le permite convertirse en el tipo de persona que quieres ser.

### **Mantener una imagen corporal positiva**

Estándares de la sociedad de la belleza puede ser alto, casi inalcanzable, tanto para hombres como para mujeres. Las personas son bombardeados con imágenes de la "cuerpo perfecto" o el

"rostro perfecto", y sentimientos de inadecuación o incluso de ser indeseable puede consumir cualquier persona.

De ninguna manera se ha definido por su apariencia. Usted es mucho más que su tipo de cuerpo, tamaño, o apariencia, y eso es algo que hay que reconocer. Sin embargo, la forma en que perciben su cuerpo puede cambiar la forma en que usted percibe su ser interior. Si usted es crítico de su cuerpo, o piensa que usted es poco atractivo, se podría pensar que usted no es digno de amor, respeto y aprecio, incluso de ti mismo. Pero si usted aprende a ver su cuerpo con la generosidad y el amor, así que usted mirar a su ser interior

con generosidad y amor. Su concepto de la autoestima no es externo a ti, ¿cómo te ven los demás es secundario a cómo te ves.

Comience por centrarse en las cosas buenas de su cuerpo en lugar de las cosas negativas. En lugar de obsesionarse con las arrugas y manchas, mira las partes de su cuerpo que son orgullosos, como la forma en que su cabello se cae sobre su rostro, o cómo tus pestañas son especialmente larga. Si encuentras esta difícil, sólo tiene en cuenta la complejidad y notable el cuerpo humano es, cómo millones de células están trabajando para mantenerlo vivo y saludable, cómo se coordinan todos los músculos y los huesos sólo para que pueda bailar o correr. Usted nunca se quedará sin cosas que apreciar en su cuerpo.

## **Ejercicio**

El ejercicio regular mantener nuestro cuerpo en plena forma, y también beneficiará a nuestras mentes. La actividad física es una parte importante de ser un pensador positivo, estar alerta y listo para tomar acción significa un poder-hacer mentalidad de que es muy valiosa si usted quiere tener éxito. El ejercicio puede hacer que usted tenga mejores patrones del estado de ánimo, ser más enérgico y prevenir muchas enfermedades prevalentes causadas por el sedentarismo mayoría de la gente hoy en día. El ejercicio es conocido por impulsar la liberación de endorfinas que también pueden aumentar los sentimientos de felicidad.

Antes de comenzar un régimen de ejercicios sin embargo, asegúrese de estar al tanto de las capacidades y limitaciones de su cuerpo. Esforzarse en exceso en el primer día en que podría desalentar de seguir hacia arriba; tratar de hacerlo lentamente y con seguridad. También es aconsejable para disipar cualquier expectativas poco razonables de ejercicio. Usted no será capaz de correr una media milla en su primer intento de correr, ni va a conseguir el ABS después de una semana de abdominales, trate de no centrarse en cómo quieres mirar a través de ejercicio, pero más de la cantidad saludable será, cómo beneficiará a su mente, y cuánto más feliz ejercicio de su cuerpo puede hacer usted.

## **Come sano**

Amar tu cuerpo es igual que le da la nutrición que necesita y mantenerse alejado de los alimentos que pueden tener efectos adversos en su salud. La comida rápida y comida basura puede el buen gusto, pero estos son muy poco saludables y pueden causar aumento de peso rápido, especialmente si se combina con poco o nada de ejercicio, lo que lleva a la obesidad, la diabetes y problemas del corazón.

Como regla general, recuerde que debe comer más verduras de hoja verde, frutas, granos enteros y pescado en sus comidas básicas. Reduzca o simplemente en general evitar los dulces, procesados, productos horneados, y comida rápida frito, así como los azúcares refinados tales como bebidas carbonatadas no alcohólicas, dulces y panes azucarados.

Junto con una buena alimentación, los hábitos alimenticios saludables son también una necesidad. Comer adecuadamente, no se atiborra y no morirse de hambre. Comer muy poco puede ralentizar su metabolismo e incluso causar aumento de peso más rápido. Trate de dejar de comer cuando usted comienza a sentirse lleno, no espere hasta que se rellena, disminuyendo la ingesta diaria de calorías.

Recuerde, usted puede controlar su peso simplemente comiendo saludable y algo de ejercicio ligero. Pero no se desanime si no obtiene los resultados que quería, que lo haga por el bien de su salud y la perspectiva, no para una talla de ropa.

## **Tener sueño adecuada**

La adecuación de su sueño es tan importante como su nivel de actividad. Tener sueño deficiente puede afectar los niveles de hormonas del estrés, la inmunidad, e incluso aumentar los riesgos de enfermedades del corazón, por no hablar de que sin duda puede afectar nuestro estado de ánimo también. Tiendes a ser gruñón después de una falta de sueño la noche inquieto.



Para tener un sueño adecuado, es importante conocer la cantidad de sueño que usted necesita y tienen patrones de sueño regulares. Si tiene sueño después de dormir 7 horas, trate de ir a la cama 30 minutos más temprano la próxima vez y así sucesivamente, hasta encontrar la longitud óptima de sueño que usted necesita, cuando usted se despierta sintiéndose más descansado. Además, trate de ir a la cama a la misma hora todas las noches y regularizar su sueño y los tiempos de vigilia. Esto establecerá su reloj interno y permitirá tener menos problemas al tratar de dormir.

### **Centrarse en el presente!**

Preocuparse sobre el pasado o agonizando sobre el futuro es agotador y no ayuda a nadie. Tener enfoque es crucial para ser feliz. Sin foco, nuestra mente tiende a divagar, y más a menudo que no, que vaga hacia las cosas negativas en lugar de las cosas buenas. ¿No es cierto que a menudo se piensa de la renta más cuando se piensa que puede ser corto para el mes que cuando usted ha pagado su renta a tiempo?

Al estar centrado en el presente le permite ver de una manera práctica y le permite ser capaz de tomar decisiones conscientes sobre cómo se debería sentir las cosas. Usted puede optar por disfrutar de las cosas buenas de la empresa en lugar de lo que no satisface. Cuando te encuentres pensando negativamente hacia sí mismo o a otros, trate de tomar de nuevo con un cumplido, o centrarse en un aspecto positivo. Enfoque a la presente le permite tomar medidas oportunas y le mantiene lejos de preocupaciones innecesarias. Los estudios han demostrado que las personas que se centran en sus tareas tienden a ser personas más felices en lugar de los que a menudo tienen sus mentes vagan lejos. ¿Se centran eso hace que la gente más feliz, o son personas infelices apenas más propensos a ser perdido en sus pensamientos porque encuentran la actual aburrido o poco satisfactoria? De cualquier manera, la mejora de su enfoque puede conducir a ser más productivos, y por lo tanto, más satisfechos, con uno mismo y hacer

más productivo, alerta y lleno de energía en la consecución de sus metas.

## **Encuentra, Simple Pleasures sustanciales**

Aunque la felicidad es un concepto más largo plazo que el placer, se puede derivar felicidad a largo plazo mediante la búsqueda de los placeres simples en medio de la rutina diaria. Es un error pensar que la búsqueda de placer en las cosas pequeñas es una cualidad infantil. Es importante obtener placer de las pequeñas cosas para que nuestra felicidad no se basa en un aspecto clave que, si sale mal, puede interrumpir el todo, como sólo se centra en el trabajo, la apariencia, o la reputación de uno.

Usted puede encontrar placer en una sonrisa de alguien amado, la confianza de un amigo cercano, o incluso una nube con forma de un elefante. Si usted aprende a reconocer estos placeres simples, usted puede hacer la felicidad crecer y fortalecer a diario. Recuerde que la felicidad es un estado del ser que elija para estar, no los dólares en una cuenta bancaria o una gran promoción al final del día. ¿De qué sirve hacer todo éstos si usted no disfruta de su día a día?

También están aquellos que creen que Permitirse placeres pueden causar que usted sea menos productivo, y el placer puede ser razón para que alguien se escape de la realidad que encuentran intolerable, pero los placeres sencillos y saludables pueden mantener feliz y en realidad hacer más productivo. Esta es la razón por la que la mayoría de los lugares de trabajo invierten mucho dinero en los gimnasios, vacaciones y salidas de diversión.

## **Tienen un significado en su vida**

Una vida sin propósito es una vida vacía, y una vida frívola es una vida superficial, como un castillo de naipes con destino a desmoronarse con el tiempo. Es importante encontrar la plenitud y significado en lo que sea que haga. Gran éxito se puede derivar de la insaciable deseo de crecer, madurar y mejorar cuando la gente

está haciendo cosas que les apasiona. Usted puede encontrar el éxito en algo que realmente no se preocupan por, pero no es el éxito en un campo que amas tanto más satisfactorio? Y si usted lo ama un determinado campo, o usted cree que lo que haces las cosas, ¿no es así aún más obligados a tener éxito?

Llevar una vida significativa con el trabajo duro y la virtud no puede ser divertido y fácil, pero sabiendo que tiene la integridad y que usted está haciendo algo que vale la pena le dará una sensación de bienestar y que puede conducir a la búsqueda de la verdadera felicidad y la alegría.

Hacer algo significativo para usted y perseguir con vigor le ayudará a encontrar su verdadero potencial, en lugar de hacer tareas que usted realmente no cuida mecánicamente. Perseguir significado en su vida le permitirá crecer como persona, te hacen más seguro de ti mismo, reforzar la confianza en sí mismo, y le dará una sensación de plenitud que en última instancia conduce a la felicidad a largo plazo.

## **Darse cuenta de la Autodeterminación**

La teoría de la autodeterminación sostiene que para ser feliz y motivado, hay tres, necesidades universales básicas que la gente tiene que darse cuenta; a saber, la autonomía, la competencia, y la relación. Estas tres necesidades deben ser fomentado y apoyado para que usted alcance la máxima productividad, la creatividad, y el funcionamiento. Por otro lado, si estas necesidades son ignorados o restringidos, también hay efectos negativos en su bienestar.

La autonomía es la necesidad de cada persona a decidir sobre su vida, su dirección, su trabajo, o sus amores. En cierto sentido, significa la libertad, que es una parte vital de la vida de nadie. Si usted tiene la capacidad de decidir qué es lo que quiere hacer en su vida, usted se sentirá más motivado para alcanzar sus metas, lo que llevaría a un mayor éxito, y sabiendo que usted es libre de vivir la vida que quieres que te permite llevar una vida más feliz.

La competencia es la necesidad de una persona a sentirse capaz y confiado en lo que sea que hacen. Conseguir un complemento alentar o elogios por un trabajo bien hecho hará que una persona se sienta más motivado en hacer su trabajo, incluso el aumento de la productividad y el bienestar general. Por otro lado, sintiendo inepto en una determinada tarea puede desalentar la creatividad y el crecimiento.

La relación es la necesidad de una persona para hacer las conexiones profundas y genuinas a otros a su alrededor. Tener relaciones significativas, sin embargo, autónomas y capaces es una necesidad básica para cualquier persona para ser verdaderamente feliz.

**Pon a punto tus talentos y desarrollar sus habilidades** La creencia de que el fin de sobresalir en un determinado campo requiere "genio" es un error pensar que puede reducir su deseo de desarrollar nuevas habilidades y perfeccionar talentos es posible que ya poseen. También ignora el hecho de que las personas que se destacan en su oficio no nacieron con la excelencia, es probable que trabajaron muy duro en ello, dedicando su tiempo y energía en convertirse en los maestros que se han convertido.

Los hombres y las mujeres que son expertos o maestros en su oficio se han ganado el título a través de la sangre, sudor y lágrimas, y esto significa que se puede ser un experto en algo también, si usted conscientemente decide desarrollar sus habilidades o perfeccionar sus talentos.

Pero recuerde siempre que esto tomará el trabajo duro, la disciplina y las motivaciones correctas de su parte. Perseguir y dedicarte al aprendizaje o el desarrollo de una habilidad o talento es su propia recompensa final. Libérate de la creencia de que sólo las personas con talento innato pueden esperar para tener éxito. Nadie nace un experto, incluso Mozart, considerado un genio en una edad joven, se convirtió en tan buena como lo fue porque él persiguió su amor por la música y ganó la formación como un niño. Así que si eres un apasionado de algo, hazlo, seguir haciéndolo, y trabajar duro.

## **Fortalecer y desarrollar tu personaje**

Tu personaje es un reflejo de su moral, y lo que se tiene en cuenta el comportamiento bueno y malo. La moral también establece sus motivaciones, si usted está haciendo algo por las razones equivocadas o correctas. Básicamente, significa hacer lo correcto, aunque sea más difícil o incluso peligroso, simplemente porque es lo correcto.

Sabiendo que usted tiene un buen carácter, que no ha hecho daño a nadie, y que su conciencia está limpia le dará la paz de la mente, mejores oportunidades, y los amigos de calidad. Tener un carácter fuerte, moral no es algo que se ve obligado a nadie, se trata de una elección. Usted puede optar por hacer lo correcto por las razones correctas y vivir una vida virtuosa que, según Aristóteles, es lo que constituye la felicidad, o puede optar por vivir de acuerdo con sus deseos bajos y vivir una vida de degradación moral que sólo puede conducir arruinar. La elección es uno cada uno hace en la vida diaria, y se puede elegir para fortalecer su carácter cotidiano de su vida.

Conscientemente tratar de desarrollar tu personaje tiene un valor incalculable cuando se trata de la autoestima y el éxito. Usted será capaz de amar a tu yo interior más si usted sabe que tiene la conciencia tranquila, al igual que será difícil amarte a ti mismo si no está orgulloso o incluso avergonzados de cosas que has hecho. Elija a hacer lo correcto, y están detrás de su elección, si usted está haciendo algo que usted puede ni siquiera defender al ser interrogado por ti mismo, entonces usted está haciendo un flaco favor.

La moral y la fuerza de carácter también es constante. No hay descansos de tener un carácter fuerte. Puede ocultar lo males que han hecho de los demás, pero nunca de ti mismo.

## **Encontrar la motivación**

La motivación es la fuerza detrás de nuestro coche para vivir una vida plena. Motivación le permite sobresalir, te empuja a sus límites y alimenta su deseo de crecer y mejorar. Con el fin de hacer algo creativo, y bueno, usted necesita su motivación.

Hay dos tipos básicos de motivaciones intrínsecas y extrínsecas. La motivación intrínseca se refiere al deseo natural del ser humano a ser cuestionada, para estirar los límites, y para desarrollar el potencial innato. Cuando estás motivado intrínsecamente, usted está haciendo algo porque quieres, porque es un desafío, o una causa digna en su mente, o porque desea realizar su pleno potencial. Por otra parte, la motivación extrínseca se refiere a las cosas que hacemos en aras de conseguir algo más, o evitar un cierto castigo. Lo hacemos porque tenemos que hacerlo, para ganar algo, (es decir, dinero), o para evitar algo, (es decir, de sentirse culpable, o de ser degradado).

Cuanto más cerca se mueve hacia motivaciones más intrínsecas, cuanto más cerca esté a vivir una vida más feliz, más plena. Esto significa que usted ya no tendrá que forzarse a despertar en la mañana o de mala gana hacer una tarea; usted se sentirá motivado a hacerlo porque quieres hacerlo o porque crees que es una cosa que vale la pena hacer, y este tipo de motivación es vital para el éxito. La elección es también un factor muy importante en el aumento de la motivación intrínseca. Si usted es libre de elegir su curso de acción, usted será más agradecido de por qué tienes que hacerlo, usted no se sentirá obligado a hacer algo. Esto significa que usted será capaz de hacer el trabajo con entusiasmo y optimismo, en lugar de sólo hacerlo porque no tienes otra opción. Afán y optimismo también es importante si quieres ser capaz de tomar riesgos positivos, como la toma de riesgos es la única manera que usted puede darse cuenta de su verdadero potencial.

## **Bondad Fomento**

Los seres humanos son criaturas sociales. Crecemos sólo en las proximidades de los demás. Nos necesitamos unos a otros para

sobrevivir, pero lo más importante, tenemos que tener buenas relaciones con el fin de ser feliz.

Esta necesidad humana básica es qué tipo bienestar, generoso y noble es tan importante para la verdadera felicidad. La bondad le permite conectar a las personas y hacerlas abiertas para usted.

Recuerde que en las interacciones sociales, a menudo se tiene la espalda lo que das, por lo que cuando tratas a los demás mal, los puso abajo, o abusar de ellos, ellos, por supuesto, evitar, te ignoran, o incluso ser media vuelta. Hay que fomentar la bondad dentro de ti, hacer un esfuerzo para conectar, o al menos ser más considerado con la forma en que otros pueden sentir.

Gente amable y virtuosos son más apreciados y valorados por los que les rodean, al igual que ciertas virtudes se felicitaron por la sociedad.

Aquí hay algunas preguntas que puede hacer a ti mismo en las interacciones sociales:

¿Está siendo considerado?

¿Le diste la otra persona el tiempo suficiente para expresar sus / sus opiniones?

¿Escuchaste y pensar sobre sus ideas?

¿Fue su interacción centrada en lo positivo (es decir, los cumplidos, evaluaciones generosos?)

¿Estabas animando?

¿Sabía usted hace un esfuerzo en el desarrollo de una relación con esa persona?

Una vez que obtiene la esencia de ser más amable, más generoso, y todo-en torno a la persona más agradable, se encuentra rodeado de sentimiento positivo, y buena gente.

## **Aprender a Escuchar**

Escuchar es una habilidad importante si queremos fomentar relaciones sustanciales. Escuchar nos permite aprender, comprender y empatizar, haciéndonos más socialmente inteligente.

Una de las técnicas utilizadas por los maestros para ayudar a los estudiantes a aprender es la técnica HEAR. Esta técnica también es aplicable en las interacciones sociales.

**HALT** - Deja de lo que está haciendo y dar toda su atención a la quien habla. Disipar los debates internos o pensamientos que tienes.

**ENGAGE** - Enfoca tu atención, frente al orador, o moviendo la cabeza para mostrar que está escuchando.

**ANTICIPAR** - Espere que lo que la persona está a punto de decir, por la espera de los altavoces apuntan o pensamiento, también están permitiendo a sí mismo para centrarse más en lo que se está diciendo.

**REPLAY** - Ahora es el momento de analizar lo que se dijo. Intercambiar ideas sobre lo que se dijo, discutirlo en profundidad, Hacer esto le permite una mayor comprensión de la situación.

Escuchar no es sólo importante para las interacciones sociales personales, pero para los profesionales, así, como la comprensión de las necesidades de un cliente o resolver cualquier contradicción entre los compañeros de trabajo.

## **Encontrar y Mantener Amor**

Hay dos grandes conceptos de amor, pasión y amor compasivo.

El amor apasionado se puede equiparar a la infatuación, o el deseo de alguien. Sentir amor apasionado suele ir acompañada de júbilo, emoción, conectividad, incluso euforia, pero también trae celos,



cambios de humor, e incluso la desesperación junto con él. El amor apasionado es a menudo temporal, como a menudo se desencadena por conceptos idealizados de amor o de la otra persona, y tarde o temprano, la realidad pone al día con estos conceptos idealizados.

Amor compasivo es la ternura profunda que la gente siente por el otro. Cuando el amor apasionado sobrevive a la montaña rusa de emociones que vienen con él, la sensación que rabia a menudo suavizar en un sentimiento de un amor compasivo más duradero. Se dice que contiene cuatro elementos.

Estar con alguien significa aceptar, cuidar y respetar a su pareja.

Hacerlo con alguien significa compartir experiencias, actividades e intereses con su pareja.

Mantenerse pertenece al compromiso de invertir en la otra.

Creer es la capacidad y la voluntad de cambiar y adaptarse para su pareja.

Estas son las directrices en mantener una relación sana basada en el amor.

### **Diga algo bueno para usted todos los días**

Este es un buen ejercicio para mantener una actitud positiva y fomentar el amor propio. Usted puede hacer esto cuando se despierta o antes de ir a dormir. Sólo recordar las cosas buenas de ti que te gusta o que usted piensa que es un punto fuerte de los suyos.

Usted puede también reflexionar sobre las cosas buenas que pasaron en su día y cómo usted había trabajado o celebran un papel en eso. Tales declaraciones positivas pueden aumentar su sensación de felicidad y satisfacción, y también recordarle sus capacidades y el control sobre las cosas buenas que suceden en su

vida. Por ejemplo, después de una reunión particularmente satisfactorio, reflexionar sobre su papel, si usted entregó una charla entusiasta, o si fueras adicional de apoyo de un colega, y los aspectos positivos del incidente, si se le acercó a sus compañeros de trabajo o ayudaste mostrarles lo que podría hacer.

### **Encuentra algo que agradecer**

Ser agradecido por lo que tienes en lugar de desesperación sobre lo que usted no puede conseguir siempre un buen consejo, y en la vida de una persona, siempre hay mucho que agradecer, aunque la gente suele olvidar cuáles son.

Uno podría quejan de que su vida ha terminado después de perder un trabajo, olvidando que él o ella tiene un esposo amoroso, los niños de apoyo, amigos leales y buena salud.

Recordando a nosotros mismos de nuestras bendiciones hará que la rutina diaria mucho más fácil!

### **Saborear y disfrutar del día**

Hay dos maneras de ir sobre el consumo de vino fino, puede tirarlo por la garganta y tragar hacia abajo mientras distraerse con una hoja de cálculo o de un determinado cliente molesto, o puede oler, saborear, y saborearlo, y la leche que de todos el disfrute de una actividad de este tipo puede darle.

Ser consciente y disfrutar de las cosas buenas de la vida es una forma segura para que usted sea feliz. Se trata de despejar su mente y permitiéndose solamente la sensación de que está delante de ti, sumergirse en la sensación, si se trata de comida, la música, o simplemente un baño caliente.

Una de las mejores maneras de saborear algo es por compartirlo con alguien que usted ama y se preocupa.

Conclusión

Espero que este libro fue capaz de ayudarle a ser un pensador más positiva, un optimista que nunca se apagará y le traen éxito.

El siguiente paso es aplicar las cosas que ha aprendido a su vida. Ir por ahí, tener confianza, y cuidar de su mente y cuerpo. Sé valiente en la búsqueda de amor y felicidad ahora que usted sabe que el cielo es el límite a lo que puede hacer.

Fruta infusión de agua

*60 orgánicos de frutas infundido Recetas de agua para bajar de peso, desintoxicación, y un metabolismo rápido Saludable*

*Ella Marie*

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**Introducción**

Todos hemos oído el bombo sobre beber 8 vasos de agua todos los días. Se nos dice que tenemos que estar tomando vitaminas y minerales para mantener (o para obtener) una salud óptima.

Además de esto, nadie puede ir un día sin escuchar algo acerca de la importancia de los antioxidantes.

Entonces, ¿qué es todo este alboroto? Bebemos mucho líquido, ¿verdad? Compramos las cosas que se supone que es bueno para nosotros. Tratamos de comer bien y ejercer la forma en que debería. Así que ¿por qué hay dolencias que nos azota desde el día en que nacimos? Nos hacemos mayores todos los días ... ¿hay alguna manera de revertir o frenar el proceso de envejecimiento? ¿A dónde fue nuestra energía juvenil? ¿Y qué hacer todas estas cosas tienen que ver con el título de este libro hablando y haciendo fruta agua infundida?

Para responder a la última pregunta, tenemos que saber qué es necesario para nosotros para aumentar nuestra ingesta de agua, y lo que sucede cuando no lo hacemos. Muchos de nosotros no beben suficiente agua, y eso es un hecho difícil de realizar. No nos damos cuenta de que muchos de los líquidos que bebemos en realidad utilizamos más agua de digerir que reponer. Además, no bebemos los fluidos adecuados que realmente puede beneficiar a nuestros cuerpos. El bombo tiene que ver con el agua.

¿Agua? Yuck. No tiene sabor (o regusto desagradable). Por lo general, consideramos simplemente agua para ser aburrida y monótona. ¿Y cuánto necesitamos? Yo personalmente no puedo tragar más de una o dos copas por día. Y lo hago beber otra cosa hecha con agua. Pero, la mayoría de que el agua no es aún utilizable a mi cuerpo. ¿Por qué?

Bueno, primero, tenemos que analizar por qué tenemos que beber más agua. No es fácil conseguir la cantidad recomendada abajo, y voy a conceder ese punto. Pero, nuestros cuerpos son entre 50% y 70% de agua y requieren la reposición constante. El problema es que no nos reponemos lo suficiente y la mayoría de los

estadounidenses se mantienen en varios estados de deshidratación. Sí, es probable que estemos sedientos, pero hay más que eso. La deshidratación es un gremlin oculta que puede sabotear la buena salud más rápido que la intoxicación

alimentaria, y muchas veces, el verdadero culpable nunca se identifica.

La deshidratación es un problema importante en todo el mundo. Causa una increíble variedad de problemas de salud que están nunca, nunca atribuyen a un déficit sencilla en agua. Cuando la concentración de agua en el cuerpo es muy baja, incluso por un poco, muchas funciones corporales se ven afectados. Causa un efecto dominó de las cuestiones que en última instancia puede conducir a la muerte. Mientras que la mayoría de nosotros no estamos en peligro de desplomarse de insuficiencia renal aguda por deshidratación severa, me atrevería a decir que la mayoría de nosotros sufre algunos problemas que muy bien podría ser causadas o exacerbadas, por la deshidratación. Nuestras dietas son generalmente menos que estelar y nuestros hábitos de consumo no son mejores. Por lo tanto, las enfermedades de salud continúan como resultado de nuestro deshidratación.

¿Quién está en riesgo? Si usted es uno de los millones que está en un estado de deshidratación (me pareció que yo era), a continuación, hay formas de combatirla. No vaya guzzle el agua como un camello ... nuestros cuerpos no están diseñados para manejar ese tipo de ingesta de agua repentina. Pero, si somos capaces de "arreglar" el agua para hacer que funcione para nosotros, entonces podemos revertir estas enfermedades desagradables que muy bien podría ser causada por la deshidratación. Este libro está diseñado para darle los conocimientos y las herramientas para salir y tomar el control de su propia salud. Esto de ninguna manera es una panacea, pero sin duda es un paso en la dirección correcta.

En este libro, usted aprenderá acerca de la deshidratación y la forma de detenerlo. Debido al hecho de que el agua no es sólo

diversión para beber y no ofrece ningún valor nutricional aparte de la hidratación, es difícil de beber. Pero, eso se puede remediar. Hay un montón de maneras de jazz y darle vida a su agua para darle gusto, sí, pero también para darse un impulso nutricional que no está disponible en el agua corriente. Mediante el uso de los conocimientos de las frutas, verduras, hierbas y especias de este libro, puede crear agua emocionante y potable que saciar su sed, hidratar tu cuerpo, y ofrecen una gran cantidad de vitaminas, minerales y otras golosinas que compró en la tienda bebidas no pueden tocar. Usted puede beber a su salud y evitar muchas molestias comunes como la tarde se bloquea la energía y pesadez después de la sesión de ejercicios. Usted será capaz de aclarar su estado de ánimo y detener los antojos de comida chatarra que te hacen sentir peor. Y, todas las recetas son 100% personalizable! Usted puede hacer su propia bebida entrenamiento que hidratar mejor y más rápido e incluso ayudará a recuperarse más rápido! Está todo en este libro ... sigue leyendo para aprender acerca de las posibilidades increíbles que el agua vieja aburrida puede ofrecer!

## **Capítulo 1:**

### **¿Por qué debemos Infundir nuestra agua?**

En una sociedad ideal, la gente bebe mucha agua, comer sólo alimentos sanos, orgánicos, comer pescado fresco, y la gente nunca consumen alimentos procesados. No hay enfermedad. Ejercen diaria. Y todos viven felices para siempre, ¿no? Um, cuyo mundo de sueños es esto?

Vamos a hablar de la vida real. Comemos alimentos, comida rápida procesados y alimentos cargados con tantos conservantes que un cadáver puede durar semanas antes de descomponerse.

Bebemos gaseosas, el alcohol y las bebidas lleno de colores artificiales, sabores y edulcorantes artificiales (productos químicos que se promocionan como alternativas al azúcar y los edulcorantes

naturales, pero en realidad vienen con una lista de peligros que perturba la mente).

No ejercemos. Y la mayoría de nosotros no beber suficiente agua. Esa es la vida real.

Además, tenemos enfermedades que nos aquejan desde la infancia. Mientras que algunos se heredan o se desarrollan por causas ajenas a la nuestra, muchos están ya sea causados directamente por o se exacerban por nuestros malos hábitos alimenticios. Uno de los problemas a menudo oculto y no identificados que pueden causar una gran variedad de enfermedades aparentemente no relacionadas es la deshidratación. Se estima que tan alto como 75% de estadounidenses sufren de los efectos de la deshidratación crónica. 75%! Eso es terrible! Los ancianos y los niños corren un riesgo especialmente alto. También se estima que hasta un 28%

de las personas mayores que viven en las comunidades (incluyendo aquellos que residen en centros de atención de enfermería especializada) sufren de deshidratación crónica!

¿Por qué son estos números tan altos? Podemos beber agua para arreglarlo, ¿verdad? Es que no es así de simple. No ha habido mucha investigación sobre la cantidad de agua que realmente necesitamos. ¿Qué investigación tenemos ofertas conflictivas información. Todo esto lleva a los mitos y la desinformación.

Así que, ¿a quién creemos? ¿Necesitamos 64 onzas de agua al día o más de 90 onzas por día?

¿Cuenta cada bebida hacia la meta de agua? ¿Qué pasa con los alimentos? ¿Qué pasa con los

medicamentos? ¿Qué hay de reducción de la capacidad del cuerpo para retener el agua a medida que envejecemos? ¿Debemos beber agua directamente o debemos beber algo como Gatorade, que reemplaza los electrolitos, también? ¿Hay que comprar las cosas de la tienda o hacerla nosotros mismos? Y, en relación con las

estadísticas anteriores, lo que es la deshidratación crónica y soy uno de los 75%?

Todas estas preguntas son válidas. Las respuestas dependen de la persona y sus necesidades sanitarias específicas. Sin embargo, la investigación médica sobre la deshidratación nos muestra que necesitamos respuestas. La deshidratación es una grave contribuyente a minar nuestra salud en general, y sus efectos pueden ser fatales. Necesitamos una buena información, y cuanto antes lo conocemos esta información, el mejor!

### **Deshidratación: los hechos**

Muchas personas piensan que sólo necesitan beber más agua cuando sienten sed. En realidad, si se siente sed, ya está en un estado de deshidratación. Así que, ¿qué es y cómo podemos identificarlo?

En pocas palabras, la deshidratación ocurre cuando el cuerpo pierde más agua de lo que se necesita y los desequilibrios posteriores en sales, minerales y enzimas resultado. Los desequilibrios interfieren con la forma en que las funciones del cuerpo, desde el nivel del sistema de todo el camino hasta el nivel celular. Una deshidratación crónica de bajo grado en última instancia causar síntomas, pero más a menudo, la causa no está identificado. La deshidratación severa es fatal.

Deshidratación crónica afecta a todo el cuerpo como un fantasma insidioso. Es el culpable detrás de muchas enfermedades por lo general visto como molestias. Pero, una vez que esas molestias se convierten en un problema, vamos a ir al médico y el médico los trata. Sin embargo, la causa real del problema rara vez se identifica, por lo que sigue causando estragos en nuestro bienestar físico.

Mientras que la sensación de sed es ciertamente un signo de deshidratación, hay un montón de otros síntomas que pueden ser causados por la deshidratación. ¿Usted sufre de alguna de estas



enfermedades? En realidad podría ser la causa por la deshidratación crónica!

Acidez

Depresión

articulaciones adoloridas

Insomnio

Piel seca

Gastritis

Dolores de cabeza

aumento de peso / pérdida

La retención de agua

El envejecimiento prematuro

Presión arterial alta

El estreñimiento

Colesterol alto

Fatiga

¿Cuántos de los que sorprender? Yo personalmente tengo varios de ellos! Hmm. Hay otros síntomas directamente atribuidos a la deshidratación leve a moderada. Aquí está la lista.

Menos orina / oscuro

capacidad de atención

Impaciencia / irritabilidad

Mareos

Vejiga / infecciones renales

Roncar

Los cálculos renales

El fuerte deseo de café, refrescos o alcohol

La deshidratación severa en última instancia, puede conducir a la muerte. Pero, estos son algunos de los síntomas asociados con la deshidratación grave. Tenga en cuenta que los controles de agua todas las funciones corporales, por lo que, sin suficiente agua, el cuerpo se apagará funciones en un intento de conservar el agua.

Sed excesiva

El delirio o inconsciencia

Poca o ninguna producción de orina

Fiebre

Presión arterial baja

Ojos hundidos

pulso cardiaco rápido

piel arrugada

Insuficiencia renal y órgano

desequilibrios de la química de la sangre Extreme

**La deshidratación de marcha atrás**

Por lo tanto, si pensamos que estamos deshidratados, debemos simplemente engullir varias botellas de agua para una reposición rápida? ¡NO! Eso sobrecarga los riñones y el exceso repentino será inmediatamente expulsado del sistema antes de que pueda hacer nada para ayudar. Lo mejor que puedes hacer es beber un poco de agua durante todo el día. Esto proporciona constantemente agua y el sutil incremento no sorprenderá a los riñones. El agua permanece en el torrente sanguíneo más tiempo y será capaz de iniciar el proceso de hidratación del cuerpo en todos los niveles, desde el sistema celular.

Bueno. Así que, ¿qué podemos beber? Muchos de nosotros tomamos algo como el café, té o refresco. Todos ellos están hechos con agua, seguro. Pero, ellos pack una buena dosis de diuréticos (cafeína) y productos químicos que requieren más agua para procesarlos (azúcar, conservantes, etc). También nos agarramos bebidas como Gatorade u otra tienda de compra-agua saborizada. Sí, añadir electrolitos y tienen gusto. Pero, ellos también se suman fuertes dosis de conservantes, productos químicos, colorantes artificiales, edulcorantes artificiales, y grandes cantidades de azúcar!

Por lo tanto, estamos de vuelta al agua corriente. No sé de donde usted vive, pero el agua de la llave en mi área gustos asqueroso y es casi imposible de beber. ¡Qué asco! Hay sistemas de filtración que ayudan a eliminar algunas de las impurezas que mejoran el sabor. Pero el agua no se supone que tiene un gusto, ¿verdad? ¿Y cómo vamos a tragar más de lo mismo? Y está filtrando suficiente? Es nuestra agua del grifo incluso saludable para nosotros bebemos después de que se trata con más cócteles químicos como el cloro y agentes antimicrobianos fuertes? ¿Qué pasa con el contenido mineral ya en el agua? (Aquí, tenemos una gran cantidad de carbonato de calcio disuelto de piedra caliza).

La mayoría de los restaurantes saben que el agua sabe mejor cuando añaden una rodaja de limón o lima. Todos vemos cuando nos cenar fuera. Una rebanada de fruta añade mucho más agua de

la que sólo una pequeña muestra. También agrega vitaminas y minerales.

La fruta puede ser añadido a nuestra agua para agregar no sólo el gusto, sino también para agregar nutrientes. No tiene que ser sólo fruta. En los últimos años, la gente ha tomado

conciencia de los beneficios de los jugos de verduras, también. Podemos agregar las verduras y hierbas para nuestra agua también.

Muchas frutas y verduras tienen un alto contenido de agua: sandía y pepinos inmediatamente vienen a la mente. Una lista que muestra las frutas y verduras con alto contenido de agua pondrá esta información a su alcance. Además del agua potable infusión, puede agregar estas frutas y verduras a su dieta diaria como aperitivos enriquecida con el agua!

Verduras

Brócoli

Col (rojo y verde)

Zanahorias

Coliflor

Apio

Pepino

Guisantes

Berenjena Verde

lechuga Iceberg

Peppers (dulce o picante)

Rábanos

Espinacas

Tomates (rojo y verde)

Las papas blancas

Calabacín

Fruta

Manzanas

Albaricoques

Arándanos

Melón

Cerezas Cranberries

La toronja

Uvas

Limonas

Limas

Naranjas

Melocotones

Peras

Piñas

Ciruelas

Frambuesas

Fresas

Sandía

Además, el consumo de frutas o frutas / vegetales agua infundida después de hacer ejercicio se rehidrata usted más rápido que si usted bebe una bebida deportiva. Frutas y hortalizas frescas están cargados de nutrientes incluyendo azúcares y minerales que su cuerpo necesita, junto con el agua. Estos azúcares naturales y nutrientes no requieren las cargas pesadas digestivos como

aquellas sustancias que se encuentran en las bebidas deportivas. Además, comer frutas y verduras con un alto contenido de agua te hará sentir más plena.

Fruta agua infundida tiene también otras ventajas. Los azúcares naturales (y agua añadida) ayuda a mejorar su estado de ánimo y la energía de alimentación. Ellos pueden ayudar a su cuerpo a eliminar las toxinas de su sistema. Porque te hacen sentir llena, van a reducir la tentación de picar la comida chatarra. Le ayuda a su cuerpo a liberar de forma natural y segura las células de grasa.

Mantienen los alimentos que se mueven suavemente a través de su tracto gastrointestinal.

Ayudan a reducir la fatiga muscular durante los entrenamientos, pero luego ayudan a su cuerpo a recuperarse más rápido de su ejercicio. Y, ayudan a prevenir los accidentes de energía por la tarde.

## **Capítulo 2:**

**¿Qué debemos incluir?**

**Lo que debemos evitar?**

En el primer capítulo, usted aprendió sobre las frutas y verduras que son ricas en agua y por qué los necesitamos. Pero, ¿qué pasa con otras frutas y verduras? Podemos agregar hierbas y especias para el sabor, así como un impulso de nutrientes? La respuesta es un sí rotundo en voz alta!

Los mayores consideraciones para la toma de agua infusa son el sabor, pureza (sin productos químicos), y la frescura. El uso de frutas orgánicas, vegetales y hierbas se asegurará de que no va a agregar pesticidas y productos químicos en sus bebidas! Usted quiere que los ingredientes más frescos que usted puede encontrar. Si la fruta o verdura es demasiado blanda o contiene manchas marrones, no los utilice. Utilice, frutas y verduras firmes solamente brillantes. Evite el uso de cualquier cosa que parezca marchita o insignificante.

En cuanto al agua, el agua filtrada o purificada es el mejor. Si te gusta la carbonatación de refrescos, a continuación, puede añadir un poco de carbonatación, pero ten cuidado con la adición de productos químicos o azúcares! Mira las etiquetas de la carbonatación: el agua sólo debe contener dióxido de carbono.

Si desea agregar hierbas y especias, ser conscientes de que las especias de tierra flotarán en su bebida. Utilice el conjunto especias. El anís estrellado y canela son buenos ejemplos del uso de las formas naturales en lugar de las versiones básicas. Además, tenga cuidado de cualquier extracto de sabor, como la vainilla. Asegúrese de que es extracto puro y no un saborizante artificial (aka cóctel químico).

A veces, hay confusión sobre la adición de la piel o cáscara de las frutas. Cortezas de cítricos pueden impartir un sabor amargo a su bebida. Úsalos si te gusta el sabor, y como un bono adicional, los aceites esenciales ofrecen nutrientes adicionales. Si no te importa para el gusto, a continuación, pelar las frutas primero para eliminar los aceites amargos. Deje que sus papilas gustativas deciden.

## **Los Jugadores Estrella y por qué deben estar en la alineación**

En esta sección se describen los beneficios de salud de los diferentes tipos de ingredientes como frutas, hierbas, especias e ingredientes de la novedad. Se mostrará una lista de los beneficios, en muchos casos, de un grupo de ingredientes similares (como cítricos o bayas). Los ingredientes de la novedad también tendrán una explicación de por qué es posible que desee considerar la posibilidad de añadirlos a su agua infusa. Al igual que las frutas y hierbas, que ofrecen mucho más que el sabor de su agua. Y, ¿quién quiere beber exactamente lo mismo todos los días de todos modos? Ciertamente disfruto mucho de la variedad y las combinaciones de ingredientes son alucinante. No hay ninguna razón por qué no debe experimentar!

Debido a que la información de este capítulo se dará en grupos, primero voy a enumerar los ingredientes de tipo general. Muchos de ellos están incluidos en las recetas en el capítulo 4. El cielo es el límite. Esta lista no es en absoluto exhaustiva ... no es más que un punto de partida de las posibilidades. Esta lista contiene algunos de los temas que figuran en el primer capítulo y se orienta específicamente hacia esos ingredientes que son muy útiles en la toma de agua de infusión en una botella infusor.

### Fruta

Manzanas Moras Arándanos

Cerezas Cranberries Pomelo

Uvas mielada Kiwi

Limones Limas Mandarinas (mandarinas)

Mangos Meyer limón Naranjas

Maracuyá Duraznos Piñas

Granada Frambuesas Carambola



Fresas Sandía

Verduras, hierbas y flores

Albahaca Negro Té de manzanilla

Cilantro (Cilantro) Pepino

Té Eneldo Hinojo Verde

La flor del hibisco de la lavanda Lemongrass

Menta (Menta) Menta Romero

Pétalos de rosa Salvia Tomillo

Espicias e Ingredientes Novedad

Alcohol cardamomo canela

Clavos jengibre miel

Jarabe de arce Jalapeño (Grado A) Sal del Mar

Turbinado azúcar Vainilla

## **¿Qué son los antioxidantes, vitaminas del complejo B y minerales para?**

Esta parte describe los principales tipos de golosinas nuestros cuerpos necesitan para mantener el máximo de salud. Hay antioxidantes, vitaminas del complejo B y minerales. Pero, ¿qué función qué juegan y por qué debería importarnos?

Muchos de los ingredientes tienen un fuerte componente antioxidante. Los antioxidantes vienen en diversas formas. No todos los fruta tiene los mismos tipos de antioxidantes pero ellos se muestran con el principal componente similar: la vitamina C. La vitamina C se encuentra en un tipo diferente de grupo de los

antioxidantes de las vitaminas A y E. Yo no especificó si el tipo particular era antocianinas, flavonoides, antioxidantes polifenólicos, o antioxidantes fenólicos. Los únicos que hice la lista fueron los especiales que no se encuentran a menudo. Yo también no entrar en detalles acerca de qué específicamente las vitaminas del complejo B estuvieron presentes a menos que se enumeran por separado. La fibra es esencial en el movimiento adecuado de los alimentos a través del tracto gastrointestinal, y hay diferentes tipos de fibra.

Los antioxidantes se promociona como tener una serie de beneficios de salud, incluyendo la mejora de la salud cardiovascular, anti-envejecimiento, anti-cáncer, y que supuestamente luchan contra enfermedades crónicas como la artritis, degeneración macular y la enfermedad de Alzheimer, ayudando a neutralizar los radicales libres en el cuerpo. Si bien la investigación de antioxidantes específicos no han mostrado mucho beneficio (si los hay), deberíamos considerar la incorporación de ellos. La investigación, que yo sepa, no se ha hecho en los alimentos enteros o los antioxidantes en su estado natural. Esto es importante porque muchos nutrientes no funcionan solos, como se verá en este capítulo. Así, poniendo a prueba la eficacia de un antioxidante por sí sola es como tratar de determinar qué tan rápido un Corvette puede ir probando solamente los neumáticos. Pero, que la investigación está en curso.

Vitaminas del complejo B son un grupo de 11 vitaminas que son esenciales para una buena salud. Ayudan a regular la producción de energía, las funciones neurológicas y las funciones mentales superiores como la memoria de almacenamiento y recuperación. Causan la liberación

de ácido del estómago para asegurar una adecuada digestión y absorción de vitaminas y minerales. Regulan y mantener el crecimiento sano de las capas externas de la piel, incluyendo el cabello y las uñas. El folato se utiliza para frustrar defectos del tubo neural durante el embarazo.

Ellos prevenir y tratar ciertas formas de anemia. Protegen el sistema cardiovascular de los daños.

Ellos ayudan en la síntesis de ADN para un crecimiento y desarrollo adecuados. Ayudan a prevenir la mama, de pulmón y cáncer de hígado. Ayudan a mantener la salud mental óptima incluyendo la disminución de los riesgos de depresión, ansiedad, pérdida de memoria y deterioro cognitivo del proceso de envejecimiento. Ayudan a estabilizar y regular las hormonas para aliviar los síntomas del síndrome premenstrual y la enfermedad de la mañana. También pueden ayudar a prevenir la formación de cálculos renales. Muchas de las vitaminas del complejo B no trabajan solos: necesitan otras vitaminas, minerales y enzimas para trabajar su magia. Es un ballet muy coreografiado que puede ser lanzado con una deficiencia en cualquiera de estas vitaminas.

Los minerales también juegan un papel muy importante en el mantenimiento de una salud óptima y la lucha contra la enfermedad. Hay muchos minerales que se incluyen en los valores nutricionales, pero para qué sirven? Cada mineral tiene su propio conjunto único de funciones, pero al igual que las vitaminas y los antioxidantes del complejo B, que no trabajan solos. Muchas veces, los minerales individuales no funcionarán si se toma solo, sino que exige muchas otras sustancias. A continuación se muestra una lista de los minerales mencionados en los valores nutricionales de los ingredientes:

**Calcio:** esencial para la salud ósea y los dientes; alivia el insomnio, los calambres y los síntomas de la menopausia y PMS; trata la obesidad, la acidez, la enfermedad cardíaca, cáncer de colon, y la presión arterial alta

**Hierro:** componente principal en la formación de la sangre; asiste el metabolismo, la regulación de la temperatura corporal, la actividad muscular, las funciones del cerebro, y la respuesta inmune; combate el síndrome de insomnio y de piernas inquietas

**Magnesio:** se puede tratar la presión arterial alta, ataques al corazón, los calambres, la diabetes, la menopausia, y el asma; también se puede utilizar para el alcoholismo, la salud ósea, y el embarazo; debido a su papel en la regulación de las hormonas, se puede tratar el insomnio, la ansiedad y el estrés

**Fósforo:** mejora el metabolismo del cuerpo; mejora la función cerebral, la salud dental y el hueso; ayuda a la debilidad sexual y músculo regalo

**Manganeso:** realiza funciones críticas en el metabolismo, la reproducción y la función cerebral; lucha contra la osteoporosis, fatiga, esguinces, inflamación, y la epilepsia **Cobre:** Obras para mejorar el sistema circulatorio, la función del cerebro, y la respuesta inmune; ayuda a prevenir y tratar la deficiencia de hemoglobina; ofrece resistencia a las enfermedades del corazón; lucha contra la artritis, infecciones de garganta y problemas de la piel **Potasio:** ayuda en la correcta función del sistema cardiovascular, la modulación de azúcar en sangre, la estabilización de la presión arterial, los músculos y el cerebro; combate las enfermedades del corazón, diabetes, trastornos renales, y la artritis **Selenio:** uno de los más poderosos antioxidantes minerales; reduce el peróxido (uno de los radicales libres) de concentración; asistencias en la salud ósea adecuada **Zinc:** esencial en muchas reacciones enzimáticas en el cuerpo que afectan la salud de la piel, cicatrización de heridas, la salud ocular, embarazo, pérdida de peso, la salud de la próstata, de reproducción, y el apetito

## **Información nutricional**

En esta sección se enumeran los ingredientes individuales y sus propiedades saludables, que muestra exactamente por qué deben ser incluidos en su rutina de agua infusa. No todo va a ser la lista, pero la mayoría de ellos será. Como se mencionó anteriormente, añaden algo más que el sabor de su agua. Esta sección explicará esa declaración.

Manzanas: alto contenido de fibra; ricos en antioxidantes como las vitaminas C y complejo B; minerales como el potasio, el fósforo y calcio

Moras: alto contenido de fibra; muy ricos en antioxidantes que también ayudan a estabilizar los niveles de azúcar en la sangre; ricos en vitaminas C, A y K; buenos niveles de vitaminas del complejo B; buenas cantidades de cobre, potasio, magnesio y manganeso Arándanos: contiene uno de los más altos niveles de antioxidantes en las frutas; alto contenido de fibra; los niveles de azúcar en sangre de ácidos clorogénicos moderados en la diabetes tipo II; pequeñas cantidades de vitamina C, A, E y complejo B; minerales como el manganeso, potasio, cobre, hierro y zinc

Melón: alto contenido de vitamina A y antioxidantes que también luchan contra la degeneración macular asociada a la edad; niveles moderados de potasio, manganeso, vitamina C y complejo B

Cerezas: propiedades anti-inflamatorias y antioxidantes; alta en melatonins que producen efecto calmante en las neuronas del cerebro; fuente leve de zinc; fuente moderada de hierro, potasio y manganeso; buena fuente de cobre

Arándanos: más altos en antioxidantes entre bayas comestibles, especialmente (proantocianidinas oligoméricas) de OPC que se están estudiando para bajar el colesterol LDL y aumentar el HDL y la salud cardiovascular; bloquea las bacterias como la E. coli se adhiera a la uretra y la vejiga; acidifica la orina y ayuda a prevenir los cálculos renales; bloques de bacterias en la boca desde que se pega a los dientes, lo que reduce la acumulación de placa; alto contenido de vitaminas C y A, ácido fólico, potasio y manganeso

Pomelo: alto contenido de fibra; alto contenido de vitaminas A y C y otros antioxidantes; buena fuente de potasio; variedades tintas son ricos en licopeno; cantidades moderadas de vitaminas del complejo B; fuente decente de cobre, hierro, calcio y fósforo

Uvas: uvas rojas / negras tienen de resveratrol y OPC (se cree que reducir la presión arterial mediante la reducción de la cantidad de angiotensina en el sistema vascular y el aumento de la cantidad de óxido nítrico en la sangre), ambos son considerados antioxidantes muy potentes; alto contenido de cobre, hierro y magnesio; más alto de hierro concentrar una pasas; buena fuente de potasio, vitaminas A, C, K y complejo B

Kiwi: alto contenido de fibra; altas vitaminas A y C y otros antioxidantes; productos químicos en el kiwi adelgazar la sangre de manera similar a la aspirina; semillas de kiwi son ricos en ácidos grasos Omega-3; muy alta en potasio; buena fuente de manganeso, hierro y magnesio Limón / lima: alto contenido de fibra; ácido cítrico ayuda a disolver los cálculos renales; rico en vitamina C; pequeña cantidad de vitamina A y antioxidantes; buena fuente de algunas vitaminas del complejo B; fuente decente de hierro, cobre, potasio, y calcio

Mango: alto contenido de fibra; ricas en vitamina A y antioxidantes relacionados; buena fuente de potasio, B-6, y vitaminas C y vitamina E; cantidades moderadas de cobre Las naranjas / mandarinas: alto contenido de fibra; muy alto en vitaminas C y A y antioxidantes; algunas vitaminas del complejo B; buena fuente de potasio y calcio

Maracuyá: alto contenido de fibra; alto contenido de vitaminas C y A y antioxidantes; muy alta en potasio; buena fuente de hierro, cobre, magnesio y fósforo

Melocotones: fuente moderada de vitaminas C y A y antioxidantes; buenos niveles de potasio, fluoruro, y el hierro

Peras: alto contenido de fibra; altas de vitamina C; buena fuente de antioxidantes, cobre, hierro, potasio, magnesio y vitaminas del complejo B; posiblemente una de las frutas menos alergénicas

Piñas: alto contenido de fibra; contiene una enzima, la bromelina, que descompone la proteína y la lucha contra los coágulos de sangre, inflamación, cáncer, trastornos digestivos y las infestaciones

de gusano; rico en vitamina C; pequeña cantidad de vitamina A y antioxidantes flavonoides; buena fuente de complejo B, manganeso, cobre y potasio

Granadas: alto contenido de fibra; ricos en antioxidantes; buena fuente de vitamina C; combate el cáncer de próstata, hiperplasia prostática benigna (HPB), la diabetes, y el linfoma; buena fuente de complejo B, vitamina K, calcio, cobre, potasio y manganeso

Frambuesas: muy alta en fibra; muy ricos en antioxidantes; sustituto de azúcar, xilitol, proviene de las frambuesas y puede ayudar a modular los niveles de azúcar en la sangre; ricos en vitaminas C, A y E y se ubica como uno de los más altos frutas para propiedades antioxidantes; buena fuente de potasio, manganeso, cobre, hierro y magnesio; también buena fuente de complejo B y la vitamina K

Fruta de estrella: buena fuente de fibra; alta vitamina C y antioxidantes; buena fuente de vitaminas del complejo B; pequeña cantidad de potasio, fósforo, zinc y hierro  
Fresas: Son muy ricos en antioxidantes con altos niveles de vitamina C; rica en vitaminas del complejo B; y una gran fuente de vitaminas E y A; También una buena fuente de minerales tales como manganeso, potasio, cobre, flúor, hierro y yodo

Sandía: muy alta en vitamina A; ricos en antioxidantes; contiene más licopeno que los tomates; alta en potasio, vitamina B-6, B-1 y C; excelente fuente de cobre, hierro, magnesio y manganeso

Pepino: pelar alta en fibra; muy alta en potasio; buena fuente de antioxidantes; tiene propiedades diuréticas suaves; alto contenido de vitamina K; También es una buena fuente de hierro, magnesio y manganeso

Hinojo: buena fuente de fibra; anís-como sabor suave; tiene propiedades antifúngicas y antibacterianas; buena cantidad de vitaminas del complejo B, como el ácido fólico y la vitamina C; alto contenido de potasio; pequeñas cantidades de cobre, hierro, calcio, magnesio, manganeso, zinc y selenio

Albahaca: compuestos de aceites esenciales tienen propiedades anti-inflamatorias y antibacterianas; muy rico en vitamina A y antioxidantes; alto contenido de vitamina K; muy alta en hierro; contiene buenas cantidades de potasio, manganeso, cobre, y magnesio Cilantro (Cilantro): ricos en antioxidantes; mejor fuente de hierbas de la vitamina K; muy alto en vitaminas A y C; buena fuente de vitaminas del complejo B, potasio, calcio, manganeso, hierro y magnesio

Dill: altas cantidades de aceite esencial que se pueden utilizar como un anestésico local, un antiséptico y, reduce los niveles de azúcar en sangre en los diabéticos; muy alto en vitaminas A y C; ricos en vitaminas del complejo B; muy alta en hierro; buena fuente de minerales de cobre, potasio, calcio, manganeso, y magnesio

El jengibre: propiedades anti-inflamatorio, analgésico, antimicrobiano, sedante, y la digestión ayudar; alto contenido de aceite esencial; muy alto en vitaminas B-5 y B-6; alto contenido de cobre, magnesio, manganeso, y potasio; buenas fuentes de vitamina C y fibra Lemongrass: fuerte antimicrobiano y buenas propiedades anti-hongos; también es alto en ácido fólico, vitaminas B1, B5, B6; pequeña cantidad de antioxidantes y vitaminas C y A, así; y una gran fuente de zinc, potasio, hierro, calcio, manganeso, cobre, y magnesio Menta / menta verde: muy alta en antioxidantes; alto contenido de fibra; tienen propiedades analgésicas y analgésicos; utilizado en el Síndrome del Intestino Irritable como agente antiespasmódico para calmar el tracto gastrointestinal; aceites esenciales contienen mentol, que es responsable del efecto de enfriamiento de las hierbas; alta en potasio, calcio, hierro, manganeso y magnesio; buenas fuentes de vitaminas A, C, E, K, y complejo B; menta verde muy altos en hierro.

Romero: alto contenido de antioxidantes; alta en fibra; muy alto en vitaminas y hierro del complejo B; alto contenido de vitamina A; buena fuente de vitamina C, potasio, calcio, manganeso, cobre, y magnesio



Sage: este aceite esencial tiene numerosos salud beneficiando propiedades; es alto en vitaminas

del complejo B, vitaminas C y A, y antioxidantes; También es una gran fuente de zinc, potasio, hierro, calcio, manganeso, magnesio y cobre

Tomillo: muy alto en antioxidantes (uno de los niveles más altos se encuentran en las hierbas); muy alta en hierro, vitaminas A, C, K, E, complejo B, B-6, y la fibra; alto contenido en potasio, manganeso, calcio, magnesio, y selenio

Semillas Anís: utilizado en muchas medicinas tradicionales; muy alta en vitaminas y minerales como el calcio, hierro, cobre, potasio, manganeso, zinc, y magnesio del complejo B; buena fuente de vitaminas A y C y antioxidantes

Cardamomo: muy alta en antioxidantes; utilizado ampliamente en la medicina tradicional; muy alta en potasio, hierro y manganeso; alto contenido de calcio, cobre, y magnesio; alto contenido de vitaminas A y C y antioxidantes

Cinnamon: más caros fuerza antioxidante de cualquier fuente de alimento en la naturaleza! El aceite esencial tiene una serie de propiedades saludables, incluyendo la prevención de la obstrucción de las plaquetas y ayudar a la digestión; muy alta en potasio, calcio, manganeso, hierro, zinc, y magnesio; buena fuente de vitamina A y algunas vitaminas del complejo B

Jalapeño: contiene capsaicina, que se utiliza para tratar y combatir muchas discordancias de salud, incluyendo la inflamación y la diabetes; muy alto en vitaminas A y C y antioxidantes; pequeña cantidad vitaminas del complejo B y vitaminas E y K; buena fuente de fibra  
Miel: se utiliza ampliamente en la medicina para el tratamiento de heridas, problemas de la tos y la garganta, alergias y reflujo ácido; contiene azúcares naturales y es rica en hierro, calcio, fósforo, sal, potasio y magnesio

Turbinado azúcar:-procesa menos azúcar natural que conserva algo de la melaza originales, lo que le da un sabor débil de la melaza

La sal del mar: contiene trazas de minerales del agua, incluyendo el magnesio, potasio y calcio; Sal rosa del Himalaya se dice que es la sal más pura en el planeta y es de la mejor calidad

(también contiene los 84 elementos que también se encuentran en el cuerpo humano)

### **Capítulo 3:**

#### **¿Cómo ha hecho! Hacer su propia fruta**

##### **infundida Agua**

Este capítulo trata sobre los aspectos básicos de la creación de su propia fruta agua infundida.

Estoy haciendo algunas suposiciones

aquí: que usted ya tiene una botella de infusión y de que usted tiene una idea de lo que hacer. Sin embargo, hay algunos consejos útiles que voy a proporcionar a fin de que usted puede utilizar su sistema de infusión al máximo.

##### **Consejos útiles**

En primer lugar, están los ingredientes. Como se mencionó antes, los cítricos están llenos de aceites esenciales y pueden impartir sabor fuerte de la corteza. Personalmente, me gusta el sabor, así que la mayoría dejo la cáscara intacta ... mi hijo no se preocupa por la intensidad, por lo que pone en peligro: Dejo la corteza en quizás 1 o 2 rodajas y pelar el resto. Siempre se puede pelar las frutas cítricas antes de añadirlos a la botella infusor.

Si usted está utilizando las frutas más densas como las manzanas o peras, debe cortarlas en rodajas muy finamente. Esto proporcionará una superficie máxima para la calidad saludable se salga. Además,

las manzanas y las peras toman más tiempo para infundir de muchas frutas debido a su carne densa. Puede ayudar a colocar el grupo de infusión en el refrigerador durante el tiempo de infusión para activar todo el sabor antes de servir. Apple y sabores de infusión de pera parecen intensificarse en agua a temperatura ambiente.

Además, se puede volver a utilizar la fruta después de la primera infusión, pero el sabor no será tan fuerte. Una forma de combatir esto es agregar más agua cuando aproximadamente la mitad de agua infundida del primer lote se ha ido. Esto se mezcla el agua dulce con el agua infundida y el fruto será añadir un poco más de sabor. Esto tendrá un sabor mucho mejor que si se trató de hacer una nueva hornada de la infusión de la misma fruta. Todo el sabor y golosinas en la fruta ya han infundido en el primer lote.

Algunas personas pueden querer comer la fruta después de la infusión. Esto generalmente no es una buena idea porque el fruto será blanda y suave. Lo mejor es tirarlo a la basura, a menos que se indique en la receta. Si utiliza la infusión para una fiesta o picnic, retire la fruta pasado justo antes de servir y añadir fruta fresca y hierbas. Se verá bonito y sabor maravilloso!

Si va a usar las bayas, como las frambuesas, arándanos y moras, que puede ser mejor o menos hombre manejarlos (a confusión, como se le llama en el comercio) para liberar todos los jugos y sabores posibles. Las hierbas son a veces también el mejor si desgarrado por la mitad con la mano. Se dará a conocer sus sabores y aceites también. Flores a veces pueden necesitar este tratamiento para liberar sus sabores si tiene intención de utilizarlos. Las instrucciones específicas se darán en las recetas.

Muchas veces cuando se agrega el agua después de que la fruta está en el grupo de infusión, los frutos comienzan a desintegrarse. Esto dejará su agua turbia con trozos de material en el mismo.

Es una buena práctica para llenar su botella infusor con agua primero, y luego añadir la canasta con la fruta. Se evitará la

nubosidad y los bits flotando alrededor. Algunas recetas, sin embargo, tendrán que ser tensas de todos modos. Estos incluyen recetas con las bayas y algunas hierbas y especias. Además, recuerde utilizar las especias enteras, no las formas en polvo. Un filtro de acero inoxidable o de uno con una malla muy fina manejarán el trabajo muy bien.

Aquí hay algunos consejos más:

Fresas: cortar las hojas verdes y cortarlas en rodajas por la mitad longitudinalmente.

Tés: sólo se utilizará suficiente para el gusto. El té negro añadirá una pequeña cantidad de cafeína (mucho menos que el té o el café preparado)

Casa de la Moneda: Nos referimos a la menta verde, pero si su preferencia personal es para hierbabuena, entonces usamos.

Cítricos: mientras que los cítricos es notoriamente ácida, se hace alcalina cuando se digiere, que ayuda en el mantenimiento de una salud óptima

Cuando la infusión, asegúrese de cubrir el frasco de infusión

## **Capítulo 4:**

### **Recetas para Frutas infusión de agua**

#### **UVA naranjada**

½ naranja, rodajas (cortar cada rebanada por la mitad)

12 uvas, cortados por la mitad longitudinalmente

Llene su infusor con agua primero. Añadir la fruta a la canasta, capas de naranjas y uvas.

Infundir de 30 minutos a 1 hora a temperatura ambiente o, infundir durante la noche en la nevera.

Retire la fruta antes de beber.

### **POMELO hierbas**

½ toronja, pelado y cortado en rodajas horizontales

½ ramita de romero

Llena la botella con agua primero, y luego añadir la canasta llena de frutas y romero. Usted puede infundir esto durante 24 horas, pero por favor, quitar el romero después de 4 horas para evitar que dominar el pomelo. Esta agua se sirve mejor frío.

### **FRESA Y UVA Limeade**

6 uvas, rodajas por la mitad longitudinalmente

1/3 limón, pelado y en rodajas

1 fresa, cortada por la mitad a lo largo

Llena la botella infusor con agua primero. Infundir hasta 8 horas a temperatura ambiente o hasta 24 horas en la nevera.

### **SANDÍA ENTRENAMIENTO extintor**

1 taza de sandía cortada en trozos (o lo suficiente para llenar su cesta) Llena la botella infusor con agua. Infundir durante 2-4 horas en la nevera. Puede comer la sandía después de la infusión.

\* Sugerencia: Puede agregar 1/8 cucharadita de sal marina de alta calidad (Himalaya o Mar Muerto serían buenas opciones). Esto ayudará a reponer los electrolitos y minerales durante un entrenamiento!

### **ORGÁNICA TÉ VERDE Y CÍTRICOS COOLER**

1/3 limón, cortado en cubos de 1 pulgada

1/3 pomelo, cortado en trozos de 1 ½ pulgadas

1 cucharadita de jarabe de arce grado A

1 bolsa de té verde orgánico, cuerda y etiqueta removidos

En la botella infusor vacía, añadir el jarabe de arce y ½ taza de agua. Revuelva para mezclar bien. Añadir la bolsa de té a la mezcla y permitir que el té reposar a temperatura ambiente durante 2-3 horas. Retire la bolsa de té. Capa de la fruta en la canasta y el paquete también.

Llenar el sistema de infusión con agua. Añadir la cesta de fruta llena. Infundir durante 2-4 horas en la nevera. Esta agua se puede almacenar hasta por 2 días en la nevera.

## **PIÑA GRAPEADE**

12 uvas rojas, cortadas por la mitad longitudinalmente

2 cuñas de piña, cerca de 3-4 pulgadas de largo

Llena la botella infusor con agua. Capa de las uvas y la piña en la canasta, y luego añadir la canasta a la botella. Infundir hasta 8 horas en la nevera. Usted puede comer las uvas después de la infusión.

## **AGUA MANGO MENTA**

7-8 pequeñas hojas de menta, desgarradas por la mitad

½ mango, pelado y en cubos

Llena la botella infusor con agua primero. Añadir la fruta a la canasta y más en el agua. Infundir durante 3-4 horas a temperatura ambiente o durante 12 horas en la nevera. Usted puede comer los mangos después de la infusión.

## **PEPINOS Kickin 'Y REFRIGERADOR MENTA**

3 "de un pepino en rodajas

½ jalapeño, sin semillas y cortado por la mitad longitudinalmente (puede utilizar menos si es demasiado picante)

1 ramita de menta

Use agua fría !! Añadir el agua en el infusor primero. Infundir durante 4-24 horas en la nevera.

Cuanto más larga sea la mezcla infunde, más intenso será el sabor será.

## **SIPPER FRESA PICANTE**

3 fresas, cortadas por la mitad

¼ - ½ jalapeño, sin semillas y cortado por la mitad longitudinalmente  
Llena la botella infusor con agua fría. Añadir frutas y pimientos a la cesta y añadir al infusor.

Infundir en la nevera durante 3-12 horas. Cuanto más tiempo se infunde, más intenso será el sabor.

## **MANDARINA Y ALBAHACA TEA**

3 mandarinas, peladas y cortadas a la mitad

4 hojas de albahaca, desgarrado

1 bolsa de té negro orgánico

Llenar el sistema de infusión con agua. Añadir todos los ingredientes a la canasta y en infusión durante 2-3 horas a temperatura ambiente.

## **MANDARINA HIBISCUS COOLER**

3 mandarinas, peladas y cortadas a la mitad

1 cucharada de flores de hibisco

Llenar el sistema de infusión con agua primero. Coloque las mandarinas y flores de hibisco en la cesta. Infundir en la nevera durante 3-5 horas. Colar antes de servir.

### **AGUA DULCE MANDARINA Y LIMÓN**

2 limones Meyer, con extremos retirados y en rodajas

4 mandarinas, peladas y cortadas a la mitad

Añadir agua para el sistema de infusión primero. Paquete de la fruta en la canasta y lo baja en el agua. Infundir durante 2-6 horas a temperatura ambiente.

\* Si el sabor es demasiado agrio, añadir una cucharadita de grado A de jarabe de arce o miel para endulzar

### **FRESA LIMÓN COOLER**

3-4 fresas, reducido a la mitad

1/3 a 1/2 limón, pelado y cortado en rodajas

Añadir el agua para el sistema de infusión. Capa de la fruta en la canasta y en infusión durante 4

horas a temperatura ambiente.

### **SPICED SIPPER SIDRA**

1/4 de manzana Red Delicious o Gala, en rodajas finas

Canela 1 barra



Añadir agua fría para la botella infusor. Añadir la fruta y la canela a la canasta y en infusión durante 4-24 horas en la nevera.

\* Si prefiere un sabor más agrio, utilizar Braeburn o manzanas Granny Smith. Además, cuando el agua es 2/3 del camino hacia abajo (vacío), llenarlo de nuevo con agua fría. El segundo lote será tan bueno como el primero!

## **AGUA DE HIERBAS SPA**

3 hojas de albahaca, desgarrado

1 ramita de romero pequeña (o menos si el romero es demasiado abrumador) 2 ramitas de eneldo

4 hasta 5 enero "Verbena de limón hoja, rasgado

Agregue el agua de la botella infusor. Coloque las hierbas en la canasta y en infusión durante 6

horas o más en la nevera. Colar antes de servir, si las hojas están flotando en el agua.

## **PINO-NARANJA COOLER**

¼ de naranja, pelada y en rodajas

2 cuñas de piña (alrededor de 1 "de grosor), cortado en trozos

Añadir agua para el sistema de infusión primero. Añadir la fruta a la canasta e infundir en el refrigerador durante 2 horas.

\* Después de la mitad del agua se ha ido, usted puede llenar la botella infusor una copia de seguridad. Puede utilizar la fruta para 3 recargas en el punto medio de estirar el uso del fruto en la receta.

## **MINTY PIÑA DE ACTUALIZACIÓN**

6-8 hojas de menta, desgarrados

2 cuñas de piña, cortadas en trozos

Añadir agua para el sistema de infusión. Mezclar la piña y menta en la canasta y en infusión durante 8 horas en la nevera. Colar antes de servir.

### **RAZZMATAZZ LIME**

8-10 frambuesas, machacadas con muddler o aplastados por la mano

1 pequeña lima, pelado y en rodajas

Añadir agua para el sistema de infusión primero. Capa de la cal y frambuesas en la cesta.

Infundir a temperatura ambiente durante 1-12 horas. Colar antes de servir.

### **DILLY PEPINO MINT COOLER**

1/3 pepino, pelado y en rodajas

½ - 1 ramita de eneldo

2-3 hojas de menta, desgarrados

Añadir agua para el sistema de infusión. Capa de los ingredientes en la canasta e infundir 6 horas o toda la noche en la nevera.

\* El eneldo es muy fuerte. Puede que tenga que experimentar para encontrar la cantidad que se adapte a su gusto.

### **CILANTRO SANDÍA COOLER**

4 trozos de sandía

5-6 hojas de cilantro (culantro), rota por la mitad

Llena la botella con agua. Añadir la fruta y hierbas a la canasta y en infusión durante 2-4 horas en la nevera. Colar antes de servir. No reinfundir esta receta.

### **SAGE LIGAMAZA SIPPER**

5 trozos de mielada

4 hojas de salvia, desgarrado

Llena la botella con agua primero. Añadir el melón y la salvia de la canasta e infundir a temperatura ambiente durante 1 hora (muy rápido!). Añadir hielo y deje reposar en la nevera durante 4 horas. Colar antes de servir.

### **LIMÓN COOLER**

½ limón, en rodajas (si demasiado amargo, reducir a unas pocas rebanadas) Llena la botella con agua. Añadir los limones y la infusión durante 1-2 horas en la nevera. Si es demasiado amargo, pelar los limones antes de la infusión.

### **JUST IN TOMILLO DE PIÑA**

2 cuñas de piña, 1 "de espesor y cortar en trozos grandes

5 ramitas de tomillo fresco, Rasgado

Llenar el sistema de infusión con agua. Capa del tomillo y piñas e infundir en el refrigerador durante 24 horas. Colar antes de servir.

### **ORANGE, STARFRUIT, Y té de hibisco**

1 bolsa (o 1 cucharadita) de hibisco suelta té, cuerda y etiqueta eliminado 3 rodajas de naranja

4 rebanadas de carambola

Llena la botella infusor con agua. Capa de la fruta en la canasta y en infusión durante 4-12 horas en el refrigerador. Colar si utiliza hojas de té sueltas.

## **CÍTRICOS BLACKBERRY BREW**

10 moras, confusas o aplastadas ligeramente con la mano

3 rodajas de limón

2 rebanadas de naranja

Llena la botella infusor con agua primero. Capa de las frutas en la canasta e infundir en la nevera durante 4-8 horas. Colar antes de servir.

## **MINTY BLACKBERRY DE AGUA**

10 moras, trituradas

10 hojas de menta, desgarradas por la mitad

Llenar el sistema de infusión con agua. Añadir las moras y menta a la canasta y en infusión durante 5-10 minutos a temperatura ambiente (muy rápido!). Colar antes de servir.

\* Si a usted le gustaría ser más aventureros, para un partido ponche adulto, infundir la mezcla durante 4 horas. Cuele la mezcla. Será muy fuerte. Utilizarlo como un jarabe para el vodka sabor!

## **ESTRELLADO FRESA SIPPER**

1 fresa grande, en rodajas

3 rodajas de carambola

Añadir agua a la botella infusor primero. Coloque las frutas en la canasta e infundir en la nevera durante 4-24 horas.

## **CÍTRICOS ARÁNDANO Y ALBAHACA COOLER**

5-7 arándanos, ligeramente aplastado

1 rebanada de naranja

2-3 hojas de albahaca, desgarrados

Después de llenar la botella infusor con agua, la capa de los frutos y la albahaca en la cesta.

Infundir durante 4-12 horas a temperatura ambiente. Si hay trozos de arándanos flotantes, luego colar antes de servir.

Dulce y agrio COOLER

1/3 a 1/2 limón, pelado y en rodajas

2 fresas, reducido a la mitad

Llena la botella infusor con agua. Llenar la cesta infusor con la fruta y en infusión durante 4+

horas en la nevera.

## **CÍTRICOS BERRY MANZANILLA CHILLER**

Té de manzanilla 1 bolsa, cuerda y etiqueta eliminada

1 fresa, cortado por la mitad

1/2 rodaja de naranja, reducido a la mitad

Llena la botella infusor con agua. Coloque todos los ingredientes en la canasta de infusión y en infusión durante 1-4 horas en la nevera. Si desea infundir más de 4 horas, retire la bolsita de té o manzanilla dominará la fruta.

## **ACTUALIZACIÓN DEL PEPINO**

1/3 de un pepino pequeño, en rodajas finas

Añadir agua a la botella infusor. Coloque todas las rodajas de pepino en la cesta y de infundir hasta 12 horas en la nevera.

\* Puede dejar la cáscara de pepino: no va a hacer la bebida amarga. Sólo asegúrese de lavarlo bien (o utilice orgánica!) Antes de rebanar.

## **BLUEBERRY CÍTRICOS COOLER**

8-10 arándanos, ligeramente mooshed

2 rebanadas de naranja

1 rodaja de limón

Llena la botella infusor con agua. Capa de las frutas en la canasta y en infusión durante 4-8 horas en el refrigerador, hasta 24 horas. Colar antes de servir, si es necesario.

\* Si la bebida es demasiado amargo, retire la cáscara del limón. Si la bebida es demasiado amargo, use sólo ½ rodaja de limón pelado.

## **Té de frambuesa**

1 bolsa de té negro, cuerda y etiqueta removidos

7 frambuesas, confusos (o triturados)

Llena la botella infusor con agua. Coloque la bolsa de té y las frambuesas en la cesta e infundir a temperatura ambiente durante 2-4 horas, o durante 12-24 horas en el refrigerador. Colar antes de servir.

## **AGUA DE HIERBAS MENTA**

4 "lemongrass pieza, reducido a la mitad

8 hojas de menta, desgarrados

Después de llenar la botella infusor con agua, coloque las hierbas en la canasta e infundir en la nevera durante 24 horas. Colar antes de servir.

### **ALBAHACA NARANJA SUNSHINE**

2 rebanadas de naranja

6 hojas de albahaca, desgarrado

Llena la botella con agua primero. Añadir la naranja y la albahaca a la canasta. Infundir a temperatura ambiente durante 30 minutos (muy rápido!) O en infusión durante un máximo de 2

horas en la nevera.

### **LIMÓN POMPOM**

25-30 semillas de granada, ligeramente confuso

2 rodajas de limón

Llena la botella infusor con agua primero. Añadir las semillas y el limón a la cesta. Infundir durante 4 horas en la nevera y la tensión antes de servir.

### **LEMONBERRY COOLER**

10 frambuesas, trituradas

2-3 rodajas de limón, dependiendo de los gustos

Después de llenar la botella infusor con agua, colocar el limón y frambuesas en la cesta infusor.

Infundir durante 1 hora a temperatura ambiente o hasta por 3 horas en el refrigerador. Colar antes de servir.

## **AGUA HELADA ULTIMATE MENTA**

10 hojas de menta, desgarrados

8-10 hojas de menta, desgarrados

Llena la botella infusor con agua. Añadir todas las cosas de la moneda a la canasta y en infusión durante 1 hora a temperatura ambiente. Colar y servir con hielo.

## **LI-MON COOLER**

2 rodajas de limón, pelado

2 rodajas de limón, pelado

Añadir el agua a la botella de infusión primero. Añadir la fruta y de infundir hasta 24 horas en la nevera.

## **Hierbas AGUA PEPINO**

5 rebanadas de pepino

2 piezas tops de hinojo

1 ramita de romero

Llena la botella infusor con agua. Capa de los ingredientes en la canasta y en infusión durante hasta 24 horas en la nevera.

\* Esta agua tiene un sabor sorprendentemente muy suave, como un agua brillante de la primavera.

## **AGUA MINTY FRAMBUESA**

5-7 frambuesas, trituradas

6-8 hojas de menta, desgarrados



Llena la botella infusor con agua. Añadir las frambuesas y menta a la canasta y en infusión durante 4 horas a la noche en el refrigerador. Colar antes de servir.

## **LEMONY ROMERO DE ACTUALIZACIÓN**

1 limón pequeño, pelado y cortado en tres partes

1 ramita de romero

Después de llenar la botella infusor con agua, añadir el limón y romero a la cesta infusor e infundir de 2 horas a toda la noche en la nevera.

## **CARIBE COOLER**

1 piña de cuña, 1 "de grosor

2 rebanadas de naranja

¼ de mango, cortado en trozos

1 bolsa (o 1 cucharadita) té de hibisco, con una cuerda y etiqueta eliminado Llena la botella infusor con agua. Capa de las frutas y té en la cesta infusor. Infundir en el refrigerador durante 12-24 horas. Colar si usa hojas de té sueltas.

## **AGUA acañadas HINOJO**

5 "bulbo de hinojo rebanada

6 hojas de menta, desgarrados

Después de llenar la botella infusor con agua, añadir el hinojo y menta a la canasta. Infundir de 4-6 horas en la nevera. Colar antes de usar.

## **AGUA SANDÍA picante**

2 rebanadas de sandía, 1 "de espesor y de 1" x 4 "de largo

1 bolsa (o 1 cucharadita) té de hibisco, con una cuerda y etiqueta eliminado Llena la botella infusor con agua. Añadir la sandía y el té a la canasta y en infusión durante 1-4

horas en la nevera. Colar si usa hojas de té sueltas.

### **PEPINO-LIMÓN "empezar el día" AGUA**

3 rodajas de pepino

2 rodajas de limón

Después de llenar la botella infusor con agua, añadir el pepino y limón a la cesta. Infundir durante 4-12 horas a temperatura ambiente.

### **Agua de jengibre-LIMÓN DETOX**

½ limón, pelado y en rodajas

1 "pedazo de raíz de jengibre crudo, pelado

Llena la botella infusor con agua. Capa de limón y jengibre en la canasta e infundir 4 horas a la noche en la nevera.

### **ALBAHACA-FRESA COOLER**

4-5 pequeñas fresas, reducido a la mitad longitudinalmente

3 hojas de albahaca, desgarrados

Llena la botella infusor con agua. Añadir las fresas y albahaca a la canasta e infundir durante la noche en la nevera.

### **SOL INTENSO**

3 rodajas de naranja

3 rodaja de limón

Después de llenar la botella con agua, la capa de los frutos en la canasta y en infusión durante 2

horas en el refrigerador.

### **MELÓN AL MAXX**

3 trozos de mielada

2 trozos de melón

4-5 hojas de menta, desgarrados

Después de añadir agua a la botella infusor primero, la capa de los melones y menta en la cesta infusor. Infundir a temperatura ambiente durante 1-3 horas. Colar antes de servir.

### **CHERRY Limeade**

6 cerezas, cortados por la mitad

3 rodajas de limón

Llena la botella infusor con agua. Añadir la fruta a la canasta y en infusión durante 4-8 horas en la nevera.

### **GEORGIA CUMPLE LAS BAHAMAS**

½ durazno, en cuartos

½ mango, en cuartos

Llena la botella infusor con agua. Añadir la fruta y de infundir a partir de 1-3 horas a temperatura ambiente.

### **BRISA DE BRASIL**

3 rodajas de naranja

½ maracuyá, la pulpa y las semillas de la media

Después de llenar la botella infusor con agua, agregar las naranjas y la pulpa de maracuyá y semillas a la canasta. Infundir durante 2 horas en la nevera. Colar antes de servir.

### **MELOCOTÓN MELBA SIPPER**

½ durazno, en cuartos

½ a 1 rama de canela

½ vaina de vainilla, a lo largo en rodajas

Llena la botella infusor con agua. Agregue los ingredientes a la canasta e infundir a temperatura ambiente durante 1-3 horas o durante toda la noche en la nevera. Colar antes de servir.

### **TERROSO BLACKBERRY ROSE COOLER**

5-7 moras, trituradas

1 cucharadita de pétalos de rosa

½ vaina de vainilla, a lo largo en rodajas

Después de llenar la botella con agua, añadir las bayas y especias a la cesta infusor. Infundir durante 4 horas a temperatura ambiente o infundir durante la noche en la nevera. Colar antes de servir.

### **NARANJA dreamcicle AGUA CON UN GIRO**

3 rodajas de naranja

½ vaina de vainilla, a lo largo en rodajas

4-5 semillas de cardamomo

Llena la botella con agua. Agregue los ingredientes a la cesta y en infusión durante 2 horas en la nevera. Strain si es necesario.

### **TOMILLO DE LIMÓN**

2 rodajas de limón

1 ramita de tomillo

Después de añadir agua a la botella infusor, colocar el limón y tomillo en la cesta. Infundir por 2-12 horas en la nevera.

### **Star-Spangled SIPP**

3 fresas, reducido a la mitad

4-5 arándanos, trituradas

Llena la botella infusor con agua. Añadir las bayas a la canasta y en infusión durante 3-4 horas en la nevera. Colar antes de servir. Añadir unos arándanos frescos y fresas. Añadir hielo para completar el tema de color rojo, blanco y azul. Servir inmediatamente.

### **MANDARINA y anís estrellado extintor**

3 mandarinas (o mandarinas), reducido a la mitad

3-4 vainas de anís estrellado

Después de llenar la botella infusor con agua, agregar la fruta y anís a la canasta. Infundir durante la noche en la nevera.

### **KIWI FRESA KOOLER**

3 fresas, reducido a la mitad

½ kiwi, rodajas

Llena la botella infusor con agua. Añadir la fruta e infundir durante la noche en la nevera.

## **PURPLE PIZZAZZ PUNCH**

5-7 moras, trituradas

6-7 arándanos, ligeramente aplastado

1 cucharadita de flores de lavanda orgánica

Añadir agua a la botella infusor primero. A continuación, agregue todas las bayas y lavanda para la canasta. Infundir de 4 horas a la noche en la nevera. Colar antes de servir.

## **Recetas alcohólica sólo por diversión!**

### **FRAMBUESA ALBAHACA GIN**

8-10 frambuesas, trituradas

3 hojas de albahaca, desgarrados

Llena la botella infusor con ginebra. Añadir las frambuesas y la albahaca a la canasta e infundir de 4 horas a una noche en la nevera. Colar antes de servir con hielo.

### **MANGO LIME VODKA**

½ mango, cortado en trozos

1/3 limón, cortado en rodajas

Llena la botella infusor con vodka. Añadir la fruta a la canasta e infundir 4 a 12 horas en la nevera.

## **Capítulo 5:**

### **Recursos**

Este capítulo le dará una idea de dónde ubicar algunos de los ingredientes que figuran en las recetas. En algunos casos, frescos y locales será su mejor apuesta. En otros casos, el pedido de un minorista en línea puede ser lo que usted necesita. En un caso, recomiendo no, pero voy a explicar que en tan sólo un minuto.

Para las frutas y hortalizas frescas, lo recomiendo encarecidamente la utilización de su supermercado local para sus productos orgánicos o visitar el mercado de un granjero local, pero asegúrese de que el producto es orgánico: usted puede estar usando las cáscaras, pieles y cáscaras de algunas frutas y verduras, por lo que no quiere pesticidas, fertilizantes u otros productos químicos desagradables en su producto! Digo esto con una palabra de advertencia: no hay nada mejor cosecha propia.

Esto me lleva a las hierbas. Soy un firme creyente en el crecimiento de lo que pueda. Pero, como muchos de ustedes, yo no tengo el espacio o el tiempo para un huerto lleno y frutas tropicales no crecen en mi área. Sin embargo, las hierbas en macetas crecen muy bien en un alféizar de la ventana y pueden ser fácilmente cultivadas como 100% orgánico. A juzgar por el valor nutricional añadido de hierbas, algunas cajas ventana de hierba puede ser un gasto que vale la pena. Tenga en cuenta, sin embargo. Casas de Moneda de todo tipo son altamente invasivos y superarán a nada en maceta con él. Recomiendo menta cada vez más en sus propios recipientes separados. En el verano, después de cualquier amenaza de las heladas, coloque la menta fuera de las puertas y ventanas para hacer que su casa muy antipático a las arañas y otros insectos: el mentol les disuade de entrar.

Si necesita otra razón para comprar en su tienda, el mercado del granjero, o hacer crecer su propia, mirar el coste. Un paquete de semillas puede costar tan poco como \$ 0.05 / por paquete, y usted necesitaría tierra para macetas y ollas. Plantas de hierbas se pueden comprar bastante barato de viveros, algunos supermercados, tiendas como Lowes y Home Depot, y se ejecutarán unos pocos dólares para las plantas. Sí, es un gasto y

usted tendrá que quejarse con ellos. Pero, yo era perezoso recientemente y no quería crecer mi propia albahaca este año. Quería encontrar

un minorista en línea de albahaca orgánica. Encontré uno fácilmente, pero quedé asombrado al precio. Para 1-libra de hojas de albahaca orgánicas, este minorista en línea estaba cobrando \$ 61

!! Yo sé que no podía comer una libra de albahaca antes de que se pudrió, por lo que incluso si el precio no era exorbitante, no sería una buena inversión. Pero ese precio para la albahaca no incluye el envío ... y después de pagar \$ 61 / lb de albahaca, luego, no sería feliz si llegó la más mínima poco marchitas! Compré mis plantas de albahaca de la granja cerca de mi casa y estoy creciendo un pote delicioso en mi cocina. Todos vivimos y aprendemos.

Para algunos ingredientes, como he dicho, es perfectamente razonable y rentable para ir a un minorista en línea para cosas como té y especias. A continuación se muestra una lista de los sitios web de confianza que venden productos botánicos orgánicos, té y especias: MONTAÑA DE ROSA HIERBAS

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)



Este minorista vende hierbas orgánicas y granel, especias y sales; etiquetan claramente sus productos para que usted sepa exactamente lo que está recibiendo. También tienen fotos de sus productos y diferentes paquetes de tamaño (a la orden 2 onzas en lugar de una libra, por ejemplo) EL SPOT TEA

[www.theteaspot.com](http://www.theteaspot.com)

Esta tienda se especializa en tés de hierbas orgánicas

BOTÁNICOS Starwest

[www.starwest-botanicals.com](http://www.starwest-botanicals.com)

Se especializa en la hoja mayor floja y té en bolsas, y las especias; selecciones orgánicas SPICELY

[www.spicely.com](http://www.spicely.com)

Esta tienda es una tienda de especias y té orgánico de servicio completo

¿Qué pasa si usted quiere algo que es un poco más difícil de encontrar? O usted no quiere comprar en línea? ¿Qué opciones tiene, además de su tienda de comestibles y mercados de agricultores? Hay muchas tiendas de alimentos que venden cosas como palitos de canela orgánicos y té de hibisco. Hice una lista de dos lugares, sin incluir las tiendas naturistas, que se puede visitar. Ambos tienen sitios web, sino que están orientados más hacia sus tiendas minoristas repartidos por todo los Estados Unidos. Para encontrar la tienda más cercana a usted, usted puede utilizar la función de localizador de tiendas del sitio web.

Whole foods market

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

Tienda que vende alimentos totalmente orgánicos y cultivados de forma sostenible; tiendas físicas en la mayoría de los estados

COMERCIANTE JOE

[www.traderjoes.com](http://www.traderjoes.com)

Esta tienda vende una variedad de productos orgánicos y también se encuentran dispersos en todo Estados Unidos.

## **Conclusión**

Después de leer este libro y tratar las recetas, que han comenzado el camino hacia una mejor salud. Una vez que nuestra química del cuerpo se restaura, a partir de la concentración de agua adecuado, podemos comenzar a revertir muchas de las enfermedades que nos aquejan a diario.

Podemos arrojar luz sobre la importancia de los saldos de agua y electrolitos adecuados.

Si usted ha leído el libro y no está seguro si quieres probar las recetas, le insto a probarlos. Salir de tu zona de confort y hacer una de las recetas. No tienes nada que perder excepto sed. Y mira lo que vas a ganar! Casi todos los ingredientes en las recetas está cargado de vitaminas, minerales, antioxidantes y otros nutrientes en formas que nuestros cuerpos pueden utilizar fácilmente. Nos puede detener muchas enfermedades por el agua potable, sí, pero el agua es aburrido y soso. ¡Condíméntalo! Atrévete a ser valientes! Batir hasta que la mezcla que tiene en la parte de atrás de tu mente! ¡Nunca sabes! Podría ser la mejor cosa que jamás bebió!

Pero, con toda seriedad, este libro es sólo un comienzo. Sí, la deshidratación es un problema importante con la mayoría de las personas lo sepan o no, y sí, este libro puede mostrar maneras de agregar sabor y nutrientes a su agua para frustrar la jabberwocky de deshidratación. Es sólo un paso en la dirección correcta. Sé que una vez que empecé a reequilibrar mi agua y electrolitos, empecé a

sentir mejor. Yo tenía más energía y quería salir de la inclinación y ir a hacer algo.

Incluso me limpié mi casa ... y eso es algo!

Siguiendo la lista de ingredientes e incluso hacer su propia investigación, puede personalizar un plan para incluir frutas y hierbas que le dan a su cuerpo exactamente lo que necesita ... cuando las necesita. Puede incluir esos ingredientes que le ofrecen explosión más nutritiva de su inversión, en función de sus propias necesidades y gustos. No todo el mundo le gustan las mismas cosas, para estar seguro. Pero, algunas de las combinaciones podría darle otras ideas.

Una vez que comience rehidratar tu cuerpo, tu cuerpo y mente le ... gracias ya que muchos de los nutrientes en las aguas infundidas será de alguna manera beneficiar a su cerebro. Usted encontrará que tiene mejor memoria y más energía durante todo el día sin tener que llegar a tomar una taza de café o un refresco para sacudir a los ojos, aparte de la tarde. Usted dormirá mejor, porque las funciones corporales van a hacer lo que se supone que deben hacer y su motor,

por así decirlo, se le ronroneando como un gatito.

Aunque cambie nada más en su dieta, añadir el agua de fruta infundida. Va a ser muy feliz de haberlo hecho. Y cuando te das cuenta de lo bien que se siente, puede inspirarte a hacer otros cambios de estilo de vida saludables. Cuanto más podemos ayudarnos a nosotros mismos, mejor estaremos. Soy un firme creyente en el poder curativo de los alimentos y este libro es sólo una faceta de esa noción. Creo que la gente está overmedicated y problemas de salud no se "curan"

porque los médicos no entienden la causa básica para empezar. Ellos tratan los síntomas con medicamentos que son, en su mayor parte, las toxinas en sus propios derechos. El más saludable que puede llegar a ser, menos dependientes seremos en "medicina

moderna." Sabemos que nuestros propios cuerpos y sabemos cuando algo no está bien. Tal vez usted sólo necesita un poco más de agua o la vitamina C en su dieta? Comer más sano será un nuevo comienzo. Y si todo el mundo lo haría, apuesto a que podríamos poner grandes farmacéuticas a la quiebra.

Después de todo, Hipócrates dijo hace casi 2.400 años, "Que tu alimento sea medicina y la medicina sea tu alimento." La paz esté con ustedes y lo mejor de las suertes en su viaje hacia una mejor salud!



## Introduction

**\*\*\* Before you get started \*\*\***

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**MÉDITATION POUR DÉBUTANTS**

*20 conseils pratiques pour soulager votre stress et l'anxiété pour gagner le vrai bonheur et la paix intérieure*

*Ella Marie*

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## **introduction**

Vous avez peut être entendu parler de la méditation, et tous les avantages que vous pouvez tirer de lui. Mais exactement ce qui est, pourquoi est-il important, et ce type de prestations peut vous tirer de là? Plus important encore, comment faites-vous cela? Ce livre tente de répondre à toutes ces questions. Dans cette courte introduction, nous allons discuter ce que la méditation est, pourquoi il est important, et les avantages que vous pouvez obtenir à partir de méditer. Ce chapitre couvrira trois routines de méditation pour les débutants: la méditation de marche, de nouvelles expériences, et l'exercice de la gratitude. Le chapitre suivant donne quelques conseils pour méditer correctement et tirer le meilleur parti de votre pratique de la méditation, et ensuite nous allons terminer par une brève conclusion.

### **Qu'est-ce que la méditation?**

La méditation est simplement d'être en mesure de se reposer tranquillement et de se concentrer sur votre respiration, afin de bloquer toutes les pensées stressantes. Il est un moyen d'obtenir détendu et concentré.

### **Pourquoi est-il important?**

Méditation offre de nombreux avantages. Certains de ces avantages sont les suivants: je. Votre risque de développer une maladie cardiaque et d'AVC va baisser. Il a été montré que les personnes qui pratiquent la méditation ont un risque plus faible de maladie cardiaque et d'AVC.

Méditation renforce également différentes zones de votre cerveau, ce qui réduit votre risque de développer la maladie d'Alzheimer.

ii. Vous serez plus productif - La recherche montre que pratiquer la méditation rend régulièrement vous plus productif et créatif. Donc, si vous avez un moment difficile à venir avec une solution à un problème au travail, ou besoin d'impressionner votre patron avec une idée nouvelle, en prenant le temps de méditer chaque jour peut aider à éclaircir votre esprit de sorte que vous pouvez briser le mental difficile barrières.

iii. Ce sera plus facile pour vous de perdre du poids - Si vous avez eu un moment difficile de perdre du poids dans le passé, la méditation peut aider. Méditation diminue votre niveau de stress, de sorte que vous ne sera pas aussi tenté de manger sur le stress, et votre corps ne sera pas produire autant de cortisol. Cela rend plus facile de perdre du poids. La méditation peut aussi aider à équilibrer votre état mental et physique, ce qui peut aider à réduire les fringales. Vous serez plus en phase avec les besoins de votre corps, de sorte que vous ne serez pas aussi tenté d'atteindre pour des choses que vous savez que vous ne devriez pas manger. Vous serez également en mesure de faire la différence entre la faim et d'autres sentiments comme l'ennui et l'anxiété.

iv. Vos relations vont améliorer - La méditation peut vous aider à renforcer toutes vos relations, y compris vos relations avec vos parents, votre patron ou votre partenaire. La méditation augmente connexions synaptiques dans le cerveau, donc les gens qui méditent apprécient les autres plus que ceux qui ne le font pas. Renforcer ces connexions synaptiques nous aide également à être plus patient, être un meilleur auditeur, et de voir plus de valeur dans les autres et nos relations.

v. Vous pouvez vous sentir plus jeune - Méditation sera pas inverser le processus de

vieillesse, mais il peut aider votre corps à fonctionner à un niveau qui est plusieurs années plus jeune que votre âge chronologique. Par exemple, si vous êtes âgé de 50 ans et avez médité depuis plus de 5 ans, votre âge biologique pourrait être 12 ans plus jeune que votre âge chronologique.

vi. Il peut augmenter votre séance d'entraînement - Non seulement la méditation pratique vous donner régulièrement plus d'énergie, d'améliorer votre concentration et améliorer votre sommeil, il augmente également votre tolérance à la douleur; qui est toujours grande au cours d'une séance d'entraînement.

Ce ne sont que quelques-uns des bienfaits de la méditation. Dans la section suivante, nous allons discuter de certaines idées fausses sur la méditation.

### **Les idées fausses sur la méditation**

Il ya plusieurs idées fausses que les gens ont à propos de la méditation: je. Seules les personnes ayant certaines croyances ou de certaines cultures peuvent méditer - Bien qu'il soit plus répandue dans certaines cultures, tout le monde peut méditer, peu importe les croyances religieuses ou la culture.

ii. Toutes les techniques de méditation sont les mêmes - Comme vous le verrez dans les prochains chapitres, il ya plusieurs techniques de méditation différente - ils fournissent tous des avantages différents et peuvent être effectuées dans des situations différentes. Par exemple, vous pouvez faire une méditation assis si vous avez plus de temps et que vous êtes dans un cadre plus calme. Si vous êtes dans un endroit plus encombré et que vous voulez faire une méditation plus courte, vous pourriez les expériences roman ou Gratitude Meditation. Vous pouvez également faire une méditation de marche si vous êtes dans un cadre serein.



iii. La méditation est seulement pour certains types de personnes - Tout le monde peut bénéficier de la méditation, y compris les médecins, les avocats, les étudiants, les parents, et les retraités.

iv. Il faut plusieurs années pour atteindre un état de relaxation dans la méditation - Beaucoup de gens sont détendus après leur toute première séance de méditation.

v Les gens qui méditent parler, acte ou une robe d'une certaine manière -. Vous ne pouvez pas déterminer l'état interne d'une personne par quoi ils ressemblent à l'extérieur.

vi. Méditation décourage la créativité - Méditation en fait encourage la créativité car elle va profondément dans où se situe le source de créativité.

vii. Désirs doivent être contrôlés quand vous méditez - désirs font une personne plus heureuse.

Méditation donne l'énergie et l'équilibre que vous devez imaginer, travailler pour, et répondre à vos désirs.

viii. Le stress est mauvais - Nos corps peuvent gérer une certaine quantité de stress et toujours revenir à un état d'équilibre, cependant, trop de stress est mauvais. La méditation peut nous aider à composer avec l'anxiété qui vient de traiter avec trop de stress en nous donnant le temps de laisser aller de notre stress et détendez-vous - nous pouvons même trouver de nouvelles façons de traiter avec notre stress quand nous méditons.

ix. Vous pouvez atteindre l'équilibre avec la méditation seule - vous devez à la fois l'activité et la méditation pour atteindre l'équilibre.

Maintenant que vous savez ce qu'est la méditation, pourquoi il est important, les avantages de celui-ci, et certaines des idées fausses les gens ont à propos de la méditation, il est temps d'entrer dans la façon de faire différents types de méditation. Dans le reste de ce livre, nous allons parler de quelques routines de méditation pour les

débutants, y compris la méditation assise classique et la méditation en marchant, et quelques autres méditations courtes, Idées nouvelles et l'exercice Gratitude. Après cela, nous allons discuter de quelques conseils supplémentaires, puis conclure avec quelques réflexions sur la façon de savoir si vous êtes progressé dans votre méditation.

## **S'asseoir**

La position la plus commune d'être lorsque pratiquant la méditation est dans une position assise.

Vous pouvez vous asseoir sur une chaise, ou assis sur le sol avec les jambes croisées, dans ce qu'on appelle la position du lotus.

## **Comment asseoir dans la position du Lotus**

Pour asseoir dans la position du lotus, croiser les jambes et placez un pied sur le dessus de la cuisse opposée. Le fond de votre pied doit être orientée vers le haut et le talon devrait être proche de votre estomac. Soulevez votre autre pied lentement et placez-le sur le dessus de la cuisse opposée de la même manière. Vos genoux doivent toucher le sol, et il ne devrait pas prendre beaucoup d'efforts pour vous de soutenir votre colonne vertébrale. Reposez votre langue sur le toit de votre bouche, vos mains sur vos genoux, et pliez légèrement vos coudes. Vos yeux peuvent être fermés et votre corps devraient être assouplies. Si elle est détendue et sent à l'aise, vous êtes dans la bonne position. Si vous ressentez une gêne, puis ajustez la position jusqu'à ce que vous sentez à l'aise. Une fois que vous êtes dans la position, fermez les yeux et vous concentrer sur votre environnement. Videz votre esprit de toutes les autres pensées que vous pourriez avoir.

Si vous trouvez qu'il est difficile d'entrer dans cette position parce que vous avez des problèmes médicaux tels que la sciatique, les infections sacrés ou faibles genoux / blessés, il ya d'autres positions assises, vous pouvez essayer. Une chose que vous pouvez faire est assis sur une couverture ou un coussin dans la pose de cordonnier -

les fonds de vos pieds se touchent, et vous pouvez avoir des blocs de yoga sous vos jambes de soutien. Si il est difficile pour vous de plier vos genoux, essayez de vous asseoir sur une couverture ou un coussin avec le dos de toucher un mur avec vos jambes redressé à un grand angle, et roulé serviettes sous vos genoux pour le soutien.

Si aucune de ces positions assises travailler pour vous, vous pouvez également utiliser une chaise

- mais assurez-vous que vous n'êtes pas affalé dans le fauteuil. Vos os doivent être assis à l'avant du siège et vos pieds devraient être sous vos genoux. Vos cuisses doivent être appuyés légèrement dans le siège de la chaise et vos pieds doivent toucher le sol. Ce soulève naturellement votre poitrine et naturellement courbes et étend la colonne vertébrale.

Peu importe quelle position vous choisissiez, gardez la courbe de votre dos douce et naturelle.

### **Comment méditer**

Une fois que vous avez trouvé une position qui est confortable pour vous, il est temps de commencer à méditer. Fermez vos yeux et commencer à penser à se détendre chaque partie de votre corps. Commencez avec vos orteils, puis déplacez votre corps - rappelez-vous pour se détendre tous les endroits que nous détenons la tension, y compris vos épaules, le cou, les yeux, le visage, la mâchoire et de la langue. Une fois que vous êtes assis haut et détendue, juste être encore pendant quelques instants. Faites attention à votre environnement, votre corps et les bruits que vous entendez, mais ne répondent pas à eux de quelque façon ou avoir une sorte de réaction.

Assurez-vous que vos respirations sont calmes et profondes. Utilisez votre diaphragme pour respirer, et vous assurer que vos poumons obtiennent beaucoup d'air, mais respirer normalement.

Remarquez comment se sent votre souffle que vous respirez.

Une fois que vous avez commencé à respirer, venir avec un mantra - le mantra peut être un son, mot ou une phrase que vous répétez pendant votre méditation. Vous pouvez parler à haute voix ou de dire silencieusement à vous-même. Si vous ne pouvez pas venir avec un mantra, vous pouvez utiliser "Aum" ou "Om." Comme vous vous concentrez sur votre respiration ou votre mantra, votre esprit va commencer à calmer et devenir ciblée. Cela ne signifie pas pensées vont pas venir - si elles ne viennent reconnaissent eux, les mettre de côté et retourner votre attention à votre respiration ou votre mantra.

Il n'y a pas de temps spécifique, vous devriez finir votre méditation, mais dans le début de vos méditations doivent être courts. Vous pouvez faire vos méditations plus que votre pratique de la méditation améliore. Si vous ne pouvez vous asseoir pour un certain laps de temps, définir une alarme, ou de décider sur le nombre de respirations vous comptez avant la fin de votre pratique.

Si vous choisissez de compter respirations, vous pouvez utiliser un mala (de nenju) de garder une trace de vos respirations. Lorsque vous êtes prêt à mettre fin à votre pratique, commencez à remarquer lentement votre environnement. Reconnaissez votre présence dans l'espace autour de vous, et de commencer les parties de votre corps en mouvement.

Lorsque vous méditez, il est important de pratiquer souvent - vos séances de méditation ne doivent pas être long, mais vous avez besoin de méditer chaque jour. Pratiquer pour un court laps

de temps chaque jour est mieux que de pratiquer pendant une longue période de temps de quelques jours par semaine. Lorsque vous commencez à méditer il sera probablement plus facile pour vous de pratiquer un endroit dans votre maison où il est calme et vous pouvez avoir la vie privée, mais que vous devenez plus à l'aise, commencer à chercher dans différents endroits pour pratiquer votre méditation quotidienne. Faire une méditation en plein air peut être pacifique, et en méditant sur un bus ou dans votre bureau peut aider à soulager le stress de l'environnement.

Maintenant que vous savez comment faire la méditation assise de base, nous en parlerons une autre forme populaire de la méditation qui fait réellement avoir lieu en dehors - la méditation en marchant.

## **La méditation en marchant**

Un autre type de méditation, vous pouvez essayer est appelé méditation en marchant. Ce type de méditation est idéal pour les gens qui éprouvent beaucoup de stress. Il nous aide aussi à prendre conscience de choses en dehors de nous-mêmes, parce que vous devez prêter attention aux choses que vous pourriez trébucher, et d'autres obstacles, lorsque vous faites une méditation de marche.

Il est également plus facile d'être plus conscient de votre corps lorsque vous faites une méditation de marche. Ceci est parce que quand vous êtes assis encore, les sensations qui viennent sont beaucoup plus subtile et plus difficile à remarquer.

Vous pouvez également la méditation marche ajustement dans les lacunes dans votre vie très facilement - une fois que vous avez pris l'habitude de faire la méditation en marchant, vous pouvez même le faire pendant que vous êtes à pied à partir de votre voiture dans le supermarché.

## **Comment faire la méditation en marchant**

Commencez par debout sur un seul endroit, et remarquez comment votre poids est transféré à travers les fonds de vos pieds dans le sol, et qu'il ya beaucoup de petits mouvements qui vous permettent de rester debout et équilibré. Après vous avez debout sur une place pendant quelques minutes, commencer à marcher lentement, mais normalement. Alors que vous marchez, faites attention à la plante de vos pieds, et notez votre pied comme il frappe le sol, puis passe par le mouvement de roulement sur la boule de votre pied, puis en soulevant et en voyageant à travers l'air. Remarquez comment votre pied se sent - et pas seulement les fonds de vos pieds car ils touchent le sol. Comment vos orteils se sentent intérieur de vos chaussures? Comment l'intérieur de vos chaussures sentir Qu'est-ce

que le tissu de vos chaussettes envie? Détendez vos pieds autant que possible comme vous avez remarqué ces choses. Remarquez comment vos chevilles se sentent comme votre pied en contact avec le sol, puis passe par le mouvement de marche.

Notez vos tibias et mollets, vos vêtements toucher votre corps, la température de votre peau, et comment vos muscles contribuent à votre pied. Vous pouvez même marcher un peu différemment pour quelques étapes de sorte que vous pouvez sentir comment le rôle de vos muscles du mollet modifications, puis revenir à un rythme normal.

Détendez les muscles qui entourent vos articulations de la hanche. Détendez les muscles, et remarquez comment votre promenade change lorsque vous faites cela. Remarquez comment vos hanches se déplacent alternativement en avant dans votre bassin, et comment votre colonne vertébrale et le bassin se déplacent en même temps.

Soyez conscient de votre ventre, et comment vos vêtements sentent contre elle, et remarquez comment il est le centre de votre corps. Remarquez comment votre poitrine en contact avec vos vêtements. Remarquez comment vos épaules se déplacent au rythme de votre promenade.

Détendez-vous et les laisser communiquer le rythme vos armes. Laissez vos bras pendre à vos côtés et balancer naturellement. Comme vos bras balancer à travers l'air, notez tous les mouvements en eux et comment l'air se sent comme il coule sur vos mains et les doigts.

Portez une attention particulière à votre cou et sentir les muscles qui soutiennent votre tête.

Maintenant commencer à se détendre les muscles à l'arrière de votre cou. Comme vous faites cela, vous remarquerez que votre menton borde un peu et votre crâne commence à se sentir équilibré. Essayez de tenir votre tête à des angles différents et voir comment

cela modifie l'expérience. Vous remarquerez que quand vous avez votre tête et votre menton est plus vers votre poitrine, vous vous sentez plus tourné vers l'intérieur et sombre. Toutefois, si votre menton est en place, vous remarquez que le monde extérieur plus, et vous pouvez même devenir plus pris dans, ou plus conscients et pris dans vos pensées. Ensuite, mettre la tête en arrière vers une position où votre menton est légèrement rentré.

Notez vos sentiments - nous ne parlons pas de se sentir heureux ou triste, mais plutôt de savoir comment les choses se sentent à l'intérieur ou à l'extérieur de votre corps. Avez-vous remarqué des choses qui se sentent agréable ou désagréable dans votre corps ou à l'extérieur de vous? Si vous le faites, juste remarquer eux - ne s'y accrocher ou de les repousser. Juste les laisser dériver par - ne les suivez pas ou de prendre votre regard hors eux.

Notez vos émotions - comment vous sentez-vous? Êtes-vous heureux de faire ce que vous faites?

Également être conscients de la façon dont votre esprit se sent - il est clair, terne, occupé ou calme? Pensez-vous à des choses qui ont rien à voir avec votre méditation, ou êtes-vous pensez à ce que vous faites maintenant? Remarquez ces choses sans les juger. Notez également l'équilibre entre votre expérience avec le monde intérieur et extérieur.

Une fois que vous avez fait tout cela, arrêtez - l'expérience vous-même juste debout, et notez ce qu'on ressent quand on ne bouge plus. Remarquez ce que votre corps a à faire pour vous tenir debout. Sentez-vous le poids comme il descend à travers les fonds de vos pieds. Après que vous avez vécu cela pendant quelques minutes, terminer la méditation.

### **Les étapes de la méditation en marchant**

Il n'y a pas d'étapes formelles de la méditation en marchant, mais il ya une suite logique à la méditation comment marche se fait, et il vient de les Quatre fondements de l'attention - quatre niveaux

d'expérience que nous pouvons utiliser pour empêcher nos esprits d'être déconnecté et parsemé autour .

Les quatre niveaux sont:

Les sensations physiques

Sentiments

mentale et les états émotionnels

Les objets de la conscience

Ces quatre fondations permettent de décomposer la méditation en marchant afin que nous puissions concentrer sur une étape à la fois. Vous ne saurez pas quand vous avez progressé d'une étape à l'autre. Cependant, puisque chaque fondation est plus subtile que la précédente, nous allons travailler à travers eux dans l'ordre.

Avant de commencer votre marche méditation, juste tenir sur un seul endroit et de l'expérience vous-même. Vivez votre corps, et notez toutes les petites émotions qui prennent place pour garder votre équilibre et debout. Remarquez comment vous vous sentez - votre esprit est hyperactive ou calme? Cela vous donnera une expérience que vous pouvez utiliser comme un point de départ pour vérifier quel effet la pratique est d'avoir sur vous.

Maintenant il est temps de devenir plus conscient de votre corps - remarquez les parties de votre corps qui se touchent le sol - les pieds dans ce cas. Cela contribue à stabiliser et calmer l'esprit, ce qui le rend moins susceptibles de se promener. Une fois que vous avez pris conscience de vos pieds, se détendre chaque partie de votre corps que vous vous concentrez sur elle - aller de vos pieds jusqu'à vos jambes, puis à votre tour de taille, les épaules, les bras, le cou, le visage, et

enfin votre tête. Vous trouverez peut-être qu'il est plus facile d'être conscient de votre corps lors de la marche plutôt que de rester assis,



parce que vos muscles sont en mouvement.

Une fois que vous avez pris conscience de votre corps, commencer à devenir plus conscient de vos sentiments. Rappelez-vous, dans la méditation en marchant, le sentiment se réfère à un sens de base de aimer ou non, se sentant à l'aise ou mal à l'aise, l'expérience de plaisir ou de déplaisir.

Les sentiments sont des réponses au niveau de l'intestin qui ne sont pas aussi développés que les émotions comme la colère, l'amour, la joie ou la tristesse. Sentiments tiennent souvent entre les sensations et les émotions - par exemple si vous arrivez au bureau un jour et trouvez qu'un collègue porte un parfum très fort, et votre instinct vous dit que vous ne l'aimez le parfum, le niveau-gut réponse est le sentiment, et puis il ya les émotions que vous pouvez rencontrer en réponse à cela. Au cours de la méditation en marchant, nous pourrions éprouver des sentiments associés à notre corps, tels que la douleur ou une sensation agréable de détente. Nous aurons aussi des sentiments associés à ce que nous voyons et entendons, ainsi que les autres sens nous pourrions éprouver pendant que nous faisons notre marche méditation, y compris ceux qui sont imaginées. Lorsque prêter attention aux sentiments, juste remarquer eux - ne s'y accrocher ou de les repousser. Lorsque nous sommes pas au courant, il est très commun pour nos esprits commencent à saisir sur les expériences associées à des sensations agréables.

Une fois que vous avez pris conscience de vos sentiments, il est temps de commencer à devenir conscient de votre état émotionnel et mental. Comme vous marchez le long, notez vos émotions.

Ils vont probablement changer au cours de votre marche méditation - lorsque vous commencez à vous pourriez vous sentir ennuyé, alors vous pourriez devenir légèrement irritée que vous vous demandez ce que vous êtes censé être sortir de cette pratique. Ensuite, vous pourriez commencer à se sentir curieux et intéressés que vous remarquez que votre corps commence à se détendre, alors vous pourriez commencer à se sentir très heureux que votre pratique commence à se sentir plus épanouissante. Ensuite, vous pouvez

avoir une expérience qui vous fait vous sentir anxieux, mais une fois que l'expérience est terminée, vous commencerez à vous sentir joyeux et heureux à nouveau. Quand notre esprit est plus calme, nos pensées sont plus susceptibles d'être en contact avec nos expériences et à la méditation elle-même. Lorsque nous sommes conscients de nos états émotionnels pendant la méditation en marchant, nous essayons de rester dans le moment. Il ya moins de place pour la rêverie, lorsque nous remplissons notre esprit avec des pensées sur l'expérience de la marche, et qui devient de plus gratifiant que de toute rêverie.

La fondation est la prochaine objets de la conscience, aussi appelés dharma. Ici, nous ne sommes

pas seulement au courant de l'état général de nos émotions et nos esprits, mais aussi de ce que nous ressentons ou penser, et nous pouvons organiser nos émotions et les pensées de différentes manières. Être capable d'organiser vos pensées et vos émotions est important parce que plus vous pouvez faire cela, plus vous serez en mesure de changer votre expérience - penser comme le désherbage d'un jardin. Vous avez besoin de se débarrasser des mauvaises herbes (les pensées que vous ne voulez pas d'encourager) et de garder ceux que vous ne voulez encourager (les plantes que vous souhaitez développer). Par exemple imaginer quelqu'un vient à vous pendant que vous travaillez et souligne que vos épaules sont tendues. Vous vous rendez compte, ils ont raison, et vous ne l'aviez pas remarqué que vos épaules étaient autour de vos oreilles. Vous remarquerez également la tension dans votre cou et d'autres parties de votre corps. Donc, vous vous détendez vos épaules et le cou et se sentir plus à l'aise. Parce que vous avez remarqué la tension et saviez que vous ne voulez pas, vous pouvez faire ce que vous avez besoin de se débarrasser de lui. Vous avez aussi réalisé que vous étiez pas détendu, et vous saviez ce qu'il faut faire pour se détendre. Le plus vous méditez, plus vous vous rendrez compte que vous ne voulez pas vous sentir certaines sensations, et il ya quelques sentiments que vous voulez à se sentir plus souvent parce qu'ils se sentent bien.

Maintenant que nous savons sur les quatre fondations, il est temps de parler de l'équilibre de l'expérience intérieure et extérieure de la méditation en marchant. Lorsque nous ne la méditation en marchant, nous ne sommes pas seulement la connexion avec notre moi intérieur, nous sommes aussi la connexion avec le monde extérieur. Vous commencez à faire cela en remarquant la position de votre corps. Commencez par remarquer comment votre tête est positionnée, comme nous avons discuté dans la section sur la conscience du corps. Lorsque votre menton est trop près de votre poitrine, vous allez être pris dans votre état émotionnel trop. Toutefois, si votre menton pointe dans l'air, il est trop haut, et vous aurez soit trop attention à vos pensées, ou de payer trop d'attention au monde extérieur. Afin d'équilibrer le monde intérieur et à l'extérieur, votre tête doit être équilibré - votre menton doit être rentré en très légèrement. Cela rend beaucoup plus facile d'être conscient de vos pensées, émotions, et le monde extérieur d'une manière équilibrée. Vous savez que vous êtes dans la bonne position parce que les muscles à l'arrière de votre cou sont détendus et se sentent «droit». Votre crâne est également parfaitement équilibré dans cette position, et la couronne de votre tête ressemble à ça soutenir le ciel . L'arrière de votre cou se sentira ouverte. Vous devriez être à la recherche dans le milieu - pas directement au sol en face de vous, ou jusqu'à l'horizon - vous devriez regarder légèrement vers le bas, peut-

être en regardant le sol de 50 verges en face de vous.

Maintenant, il est temps de mettre fin à la méditation en marchant. Lorsque vous arrivez à un arrêt naturel et confortable, notez ce qui se passe. Il peut se sentir très puissant pour tenir tout nouveau - comparer comment vous vous sentez à la fin de votre marche de méditation à la façon dont vous avez ressenti lorsque vous étiez debout au début de votre marche méditation.

Remarquez les vibes que vous obtenez de toutes les parties de votre corps, et vos sentiments, les émotions et les pensées. Beaucoup de gens remarquent que leur sensibilité physique monte

après une méditation en marchant, et ils se sentent souvent comme ils sont des picotements. Cela est généralement accompagnée par un sentiment de joie ou de bonheur. Sentez-vous les effets de la pratique avant de vous rendre à une autre activité. Lorsque vous vous déplacez de votre marche séance de méditation dans une autre activité, garder une certaine connexion entre la méditation en marchant et votre prochaine activité, donc il ya toujours une attitude méditative dans ce que vous faites.

Il est assez fréquent de se sentir plus sensible que vous vous rendez compte, alors assurez-vous fin à la pratique gracieusement, et d'essayer de prendre le plus grand degré de prise de conscience dans la prochaine activité que vous faites. Vous ne pouvez pas être en mesure d'être aussi intensément conscient dans votre prochaine activité que vous étiez dans votre marche méditation, mais essayer d'être aussi attentifs que possible, et laisser tout le calme et le bonheur que vous avez connecté à affecter le reste de votre journée. Même si vous ne faites aucun effort conscient pour être conscient, vous pouvez constater que vous êtes un peu plus ensemble et un peu plus patient que vous êtes normalement.

### **Apprenez peu à peu**

Nous avons couvert beaucoup d'informations dans la dernière section, et tout cela peut sembler écrasante. Il est normal de pratiquer la méditation en marchant un peu à un moment où vous commencez. Quand vous commencez, le rendre facile sur vous-même, surtout si il est facile pour vous d'obtenir préoccupé. Pour vos premières promenades, commencez à remarquer votre corps -

vous pourriez les premières séances commencent à en ressentir vos pieds, puis ajoutez plus tard, les genoux, les cuisses et les hanches, et puis finalement être conscient de votre corps tout entier.

Une fois que vous avez maîtrisé être conscient de votre corps, en commençant à travailler sur remarquant vos sentiments et émotions. Lorsque vous avez maîtrisé remarquer votre corps et vos sentiments et les émotions, et vous êtes toujours en gardant votre esprit sur la

méditation, alors vous pouvez commencer à travailler sur des objets en étant conscient de la conscience, et en étant conscient des deux mondes intérieurs et extérieurs.

La première fois que vous ne la méditation en marchant, être sûr que vous avez au moins 20

minutes pour le faire, et d'aller à un endroit où vous pouvez vous promener tranquillement. Une fois que vous avez fait une marche de méditation de 20 minutes et maîtrisé, alors vous pouvez faire plus courtes méditations de marche.

### **Faire le vôtre**

Une fois que vous avez pris l'habitude de la méditation en marchant, il est normal de personnaliser la pratique. Vous voudrez peut-être passer plus de temps en étant conscient de vos émotions, ou de payer plus d'attention au monde autour de vous, surtout si vous êtes dans le pays.

Vous pouvez répéter une phrase ou une affirmation, ou de se rappeler un enseignement de Bouddha.

Vous pouvez également adapter les principes de la méditation en marchant en les appliquant à la course, le cyclisme, la planche à roulettes, ou même faire du sport. Si vous pratiquez être dans l'instant, et en étant conscient de votre expérience, au lieu de penser à combien vous voulez que le jeu soit terminé, vous pourrez profiter de la finition de vos jeux.

Lorsque vous adaptez la pratique à votre calendrier et vos intérêts, vous aurez plus de flexibilité.

Vous serez alors en mesure de faire de courtes méditations de marche tout en marchant d'un bureau à un autre, ou vous pouvez pratiquer la méditation en marchant pendant que vous êtes sur une randonnée de quatre heures dans le pays.

## **Méditation et Lovingkindness Marcher**

À l'époque du Bouddha, les moines et nonnes pratiquées bonté quand ils marchaient - ils partager de bons sentiments comme ils marchaient à travers les rues et à travers le marché. Ils seraient même partager bonté envers les animaux sauvages quand ils marchaient à travers les forêts et les jungles.

Même si vous n'êtes pas en marchant à travers les forêts et les jungles comme les moines ont été, vous pouvez toujours partager bonté quand vous faites votre marche méditation. Commencez votre marche méditation comme vous le faites habituellement, de devenir conscient de votre corps, les émotions et les objets de la conscience. Alors attention à vos émotions, et souhaiter à tous ainsi. Vous pouvez également parler de ce que vous faites si vous faites une méditation de marche et vous voyez quelqu'un que vous connaissez. Vous pouvez dire «salut» et continuer à aller si il semble que la bonne chose à faire, ou vous pouvez vous arrêter et de parler à l'autre personne - si vous faites cela, essayer d'être conscient pendant la conversation - ne pas penser à obtenir Retour à votre marche méditation. Si vous ne vous arrêtez et parlez à quelqu'un, puis revenir à votre marche méditation plus tard, et quand vous commencez le sauvegarder réfléchir à pourquoi vous avez décidé d'arrêter et de parler à cette personne.

Vous pouvez également adapter la pratique de la marche des activités de bonté à des activités comme le bus ou le train, ou conduire une voiture. Au lieu de laisser votre espace de l'esprit sur, ou se mettre en colère à d'autres pilotes, des pensées directes de bonté pour les autres passagers, les conducteurs ou les piétons. Ce genre d'activité peut améliorer notre expérience et nous laisser sentir plus heureux, parce que plutôt que les bras croisés rêverie et ayant rien à montrer pour elle, ou se mettre en colère quand les autres pilotes nous couper ou aller trop lent, nous pouvons nous sentir plus en paix avec le monde et avec nous-mêmes.

## **D'autres routines de méditation**

Il ya quelques autres routines de méditation qui sont plus courtes que vous pouvez intégrer dans votre vie quotidienne facilement - nous allons discuter de ceux dans ce chapitre.

Expériences nouvelles - Cette méditation est un peu différent, car il ne vous oblige pas à se concentrer pendant une longue période de temps, comme les méditations assise et font marche.

Cette méditation vous permet de regarder les choses que vous faites tous les jours d'une manière différente, en prétendant qu'il est votre premier temps de les faire. Par exemple, quand vous voyez un collègue, essayer d'agir comme vous les rencontrer pour la première fois, ou lorsque vous rentrez chez vous à votre famille après le travail, les saluer comme si vous ne les avez pas vu dans un temps long . Essayez de regarder les gens dans une lumière différente. Cette méditation est efficace parce qu'il est facile de commencer à regarder les gens de la même manière tout le temps - quand vous regardez différemment, il est plus facile de leur donner toute votre attention.

Une autre façon de faire cette méditation est d'accepter personnes ou des situations comme elles sont, et ne pas essayer de les changer. Vous pouvez le faire en essayant de ne pas améliorer ou changer quoi que ce soit pour une certaine période de temps - disons 10 minutes. Si vous pouvez faire cela, vous verrez que les gens à qui vous parlez sur une base régulière deviennent plus nouveau et significatif. Une autre façon que vous pouvez faire est de parler aux gens sur le téléphone d'une manière différente. Si vous parlez aux gens sur le téléphone toute la journée, même si vous les connaissez, essayer de parler avec eux d'une manière légèrement différente -

comme vous êtes juste de les rencontrer pour la première fois, ou comme vous ne les avez pas vu dans un Longtemps.

Gratitude exercice - Ceci est une autre méditation qui est un peu différent des deux autres. Il peut également être fait facilement dans presque toutes les situations. Pour cette méditation, pensez gens

que vous êtes heureux que vous avez dans votre vie. Imaginez leurs visages et les remercier silencieusement pour être dans votre vie. Vous pouvez aussi penser des aptitudes que vous sommes reconnaissants que vous avez - par exemple, la capacité de voir, la capacité de marcher, ou le fait que vous avez ce que vous avez quand tant de gens doivent aller sans ces choses. Vous

pouvez faire cet exercice le matin quand vous vous réveillez, le soir quand vous allez au lit, ou à tout moment vous avez quelques minutes pour penser aux gens, des capacités ou des choses que vous sommes reconnaissants que vous avez dans votre vie.

### **Conseils de méditation**

Peu importe la méditation, vous choisissez de le faire, il ya plusieurs trucs qui peuvent rendre votre pratique de la méditation beaucoup plus facile - nous allons discuter dans cette rubrique.

je. Ne pas le stress - Ceci est le conseil le plus important pour les débutants, et le plus difficile à mettre en œuvre. Peu importe ce qui se passe pendant votre méditation, ne stresse pas. Cela inclut d'être nerveux avant la méditation ou en colère après.

ii. Faites-en une pratique formelle - essayer de méditer au moins une fois par jour quand vous avez le temps de se concentrer pendant au moins 5 à 20 minutes. Idéal fois peut-être tôt le matin, avant de vous lever pour commencer votre journée, et à la fin de la journée, avant d'aller au lit. Si vous avez le temps pendant la journée, vous pouvez aussi pratique les idées roman ou Gratitude exercice.

iii. Commencez par la respiration profonde - La respiration profonde ralentit le rythme cardiaque, détend les muscles, et se concentre l'esprit.

iv. Stretch - Stretching délie les muscles et les tendons, ce qui permet de vous asseoir plus confortablement.



. v avoir un but à votre méditation - la méditation est un processus actif. Concentrant sur votre respiration, ou de se concentrer sur un certain point, pour une période de temps spécifique est un travail difficile, vous devez donc être résolument engagés pendant que vous méditez.

vi. Remarquez quand la frustration commence à glisser sur vous - Il est très fréquent pour les débutants à se sentir frustrés. Vous pourriez vous demander pourquoi vous ne pouvez pas calmer votre esprit, ou ce que vous faites ici. Lorsque cela se produit, se concentrer sur votre respiration et de laisser aller des sentiments de frustration.

vii. Expérience - Essayez les différentes formes de méditation mentionnés dans ce livre. Vous

voudrez peut-être à faire asseoir méditations cours de la semaine où vous avez moins de temps, et d'enregistrer les méditations de marche pour le week-end. Vous pouvez également essayer différentes positions, comme assis, couché, en marchant, ou en gardant les yeux ouverts ou fermés.

viii. Sentez-vous vos parties du corps - Remarquez comment votre corps se sent quand vous commencez à méditer. Une fois que votre esprit commence à calmer, mettre toute votre attention sur vos pieds et déplacer votre corps, y compris vos organes internes.

ix. Choisissez une pièce spécifique dans votre maison pour méditer - Assurez-vous qu'il est pas au même endroit que vous faites le travail, l'exercice ou de sommeil. Mettez des bougies ou d'autres choses spirituelles dans la salle pour aider à vous sentir plus à l'aise. Si vous avez un moment difficile de trouver un endroit dans votre maison où vous pouvez méditer, vous voudrez peut-être essayer de faire votre méditation à l'extérieur, tant qu'il ne pleut pas. Vous pouvez également trouver une section d'une pièce à utiliser comme un lieu de méditation.

X. Engager pour le long terme - Tout comme vous faites avec toute habitude saine, engager sur le long terme, pas seulement pour une période de temps spécifique. Ne pas se concentrer autant sur la façon dont vous vous sentez chaque jour, mais comment vous vous sentez au fil du temps.

xi. Écouter des cassettes et des CD pédagogiques - Ceux-ci peuvent être très utiles si vous êtes débutant et ne savez pas comment méditer correctement.

xii. Essayez d'avoir des moments de sensibilisation pendant la journée - Soyez au moment où vous faites certaines activités, telles que la conduite - ne pas laisser votre esprit vagabonder.

xiii. Assurez-vous que vous ne serez pas dérangé pendant votre méditation - une des plus grandes erreurs que les débutants font est qu'ils ne font pas en sorte qu'ils aient des conditions pacifiques pour pratiquer la méditation. Faites votre méditation quand les autres ne sont pas là, ou quand ils dorment, et d'éteindre tout ce qui pourrait être une distraction, comme votre téléphone ou réveil.

xiv. Remarquez petits ajustements - Pour les débutants, le mouvement physique moindre peut transformer une méditation à partir d'une expérience frustrante pour un acte pacifique. D'autres

peuvent ne pas remarquer ces ajustements, mais ils peuvent tout à votre pratique de la méditation signifie.

xv. Utilisez une bougie - Méditer avec vos yeux fermés peut être difficile au début. Avoir une bougie à se concentrer sur la méditation peut rendre votre beaucoup plus facile.

xvi. Faire ensemble - Méditer avec un partenaire peut avoir des avantages merveilleux et améliorer votre pratique.

xvii. Méditez quand il est plus pratique pour vous - Tôt le matin est généralement le meilleur moment, car il ya un calme magique pour le matin, et votre esprit est encombré de ne pas toutes les pensées

on obtient habituellement plus tard dans la journée. Vous pourriez également être moins perturbé par des facteurs externes à ce moment. Mais si tôt le matin est pas pratique pour vous, de méditer à un moment différent. La chose importante est de le faire.

xviii. Soyez reconnaissants à la fin - Une fois que vous avez terminé votre pratique de la méditation, passer 2 ou 3 minutes sentiment de reconnaissance que vous pouvez pratiquer la méditation, et que votre esprit peut se concentrer sur elle.

xix. Remarquez quand vous commencez à perdre de l'intérêt dans la méditation - la méditation est un travail difficile, et vous arriverez à un point où il commence à ne plus intégrer dans l'image. Ceci est quand vous avez besoin à elle pratiquer le plus. Retour aux livres ou des CD

que vous lisez ou écoutés pour devenir revigorée. Si vous êtes de perdre intérêt pour la méditation, vous pouvez être perdu l'intérêt dans d'autres domaines de votre vie aussi.

## **Conclusion**

Si vous avez pratiqué l'une des méditations abordés dans ce livre, vous avez probablement commencé à ressentir les bienfaits de la méditation. Comment savez-vous si vous êtes progresse avec votre méditation bien? Comme un wrap-up pour ce livre, je voudrais donner quelques façons de savoir que votre pratique de la méditation fonctionne.

Autres gens remarquent que vous décidez de changer - Parfois, il est difficile de remarquer que vous décidez de changer, mais d'autres personnes peuvent commencer à remarquer que vous êtes de plus en plus serein, réagir différemment à des situations qui se présentent, et vous êtes plus convivial .

Votre concentration est améliorée - Si vous avez essayé de compter vos respirations, tel que discuté dans la section "Comment méditer" du chapitre sur Sitting Down méditation, vous pouvez remarquer que

vous êtes en mesure de se concentrer pendant de longues périodes. Si vous avez été de compter jusqu'à dix constamment pendant un certain temps, lorsque vous ne pouviez compter jusqu'à cinq précédemment, puis essayez de compter jusqu'à 20, ou d'essayer de compter jusqu'à dix quelques fois dans une rangée. Si vous êtes en mesure de le faire, même si vous avez encore des pensées parasites rampante de temps à autre, qui est génial! Ne vous inquiétez pas sur le fait que vous rencontrez toujours des pensées parasites - le fait que vous êtes plus conscient signifie que vous faites des progrès.

Des choses intéressantes se produisent lors de vos méditations - vous remarquerez que différentes choses se produisent lors de vos méditations. Par exemple, vous remarquerez peut-être que vous développez différents modes de respiration, ou que votre corps se déplace dans le temps avec votre rythme cardiaque. Ne vous inquiétez pas trop sur ces expériences, ils signifient simplement que vous commencez à se concentrer davantage. Si vous vous inquiétez trop à leur sujet, ils vont devenir une distraction.

Vos problèmes de posture sont se corriger spontanément - Parfois, les gens remarquent certaines parties du corps relaxants spontanément - si vous aviez un problème avec votre posture, il peut disparaître une fois que vous commencez à

méditer régulièrement.

Vous commencez à remarquer les choses autour de vous - Il est un très bon signe quand vous commencez à ralentir et remarquer la beauté du monde autour de vous est.

Remarquant votre posture plus - Lorsque vous devenez plus conscient de votre corps, vous pouvez remarquer comment cette prise de conscience qui vous rend plus à la terre. Vous pouvez même commencer à réaliser votre posture affecte vos émotions et votre esprit.

Vous commencez à remarquer que vous avez le choix - Au lieu de réagir immédiatement à tout ce qui vous arrive, vous pouvez commencer à réaliser que vous pouvez choisir comment vous répondre à différentes situations. Vous pouvez être plus créatif et réfléchi à la façon dont vous répondez, plutôt que de répondre de la façon dont vous avez toujours par habitude.

Vous commencez à remarquer les choses que vous dites ou faites - La plupart des gens réagissent, puis se rendent compte de ce qu'ils ont dit ou fait par la suite.

Continuez à pratiquer la méditation, et vous remarquerez ces réponses plus tôt, et finalement vous serez en mesure de répondre de manière plus créative.

Vous commencerez à vous sentir plus calme - Vous vous sentirez plus calme pendant ou après votre méditation. Vous pouvez même pas envie de mettre fin à une séance de méditation parce que vous sentez si calme.

Vos rêves sont plus intéressante et vivante - Lorsque la méditation commence à prendre racine, les gens commencent souvent à avoir des rêves les plus intéressantes et significatives. Commencez à remarquer vos rêves et voyez ce que vous pouvez apprendre d'eux - les écrire si vous vous souvenez de.

Vous êtes trouver vous voulez vous-même ou d'autres choses changer dans votre vie

- Un effet secondaire de la méditation est que vous commencez à réaliser qu'il ya des choses sur vous-même ou votre vie que vous souhaitez modifier. Cette prise de conscience peut ne pas se sentir bien, mais il est utile - si vous ne remarquez des choses sur vous-même que vous voulez changer, vous ne serez jamais les changer.

Le temps passe vite - Lorsque vous êtes vraiment profiter de quelque chose, que ce

soit la méditation ou d'une autre passe-temps favori, le temps passe plus vite. Vous remarquerez peut-être que le temps passe plus vite au cours de certaines méditations.

Bicarbonate de soude CURE

*Découvrez les avantages incroyables de puissance et de la santé de bicarbonate de soude, de son histoire et utilise pour la cuisine, le nettoyage, et guérir les maladies*

*Ella Marie*

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## **introduction**

Le but de ce livre est d'ouvrir les yeux sur les avantages d'un environnement plus propre et plus sain une vie libre de toxines. Lors du nettoyage, de manger des aliments plus sains, et en prenant soin de notre corps certainement aider, il ne suffit pas si nous en tant que société continuons à utiliser des produits chimiques nocifs et de consommer des produits contaminés avec des pesticides et d'autres toxines. Dans ce livre, je verse un peu de lumière sur ces sujets tout en discutant de l'un des meilleurs produits que je connais en termes d'aider les gens à mener des vies plus saines et à éliminer les substances nocives de leur environnement.

Dans ce livre, je vais aborder un large éventail de sujets liés à du bicarbonate de soude, y compris ses utilisations et ses avantages pour notre santé et notre environnement. Le bicarbonate de soude est un produit étonnant, car il est non seulement extrêmement efficace, mais est également pas cher, facilement disponible, et la bio-dégradable. En plus de se concentrer sur l'histoire et les aspects scientifiques, je vais peser sur les comparaisons entre le bicarbonate de soude et d'autres produits d'entretien ménager, discuter longuement de la large gamme d'utilisations pour le bicarbonate de soude (tels que le traitement de l'érythème fessier, les piqûres d'insectes, et piqûres de méduses; extincteurs d'incendie; capacités de nettoyage puissants; produire de l'assainissement, et bien plus encore), ainsi que de fournir des conseils utiles et même quelques activités que vous pouvez essayer qui fournissent énorme plaisir pour les enfants.

**La science derrière tout ça**

Le terme technique pour le bicarbonate de soude est "bicarbonate de sodium." La formule chimique pour le bicarbonate de soude est  $\text{NaHCO}_3$  et est en fait assez simple. Le bicarbonate de soude a une capacité unique d'interagir avec les acides et d'autres bases pour neutraliser le pH de certaines substances. Cela peut être utile, comme la santé d'un organisme est influencée par le niveau de pH.

## Quel est le pH?

L'acronyme scientifique pH signifie "puissance de l'hydrogène." Le p est une abréviation de

"potenz», qui est «puissance» en allemand, et H est le symbole atomique de l'hydrogène. Le pH

d'une substance ou d'une solution est une mesure de son acidité ou d'alcalinité. L'échelle de pH

va de 0 à 14, avec 7 étant neutre. Tout ce qui a un pH inférieur à 7 est acide (acide), tandis que tout ce qui dépasse 7 est alcalin (base).

Lorsque le bicarbonate de soude est en contact avec des substances acides, tels que l'acide de l'estomac, il va les neutraliser et équilibrer les choses. Un parfait exemple d'un acide étant neutralisé est la consommation d'antiacides pour contrôler les brûlures d'estomac (acide de l'estomac), une pratique qui remonte à des milliers d'années lorsque les Sumériens première a commencé en tentant de prévenir les brûlures d'estomac et le reflux acide (bien que leurs méthodes étaient très différentes, comme il leur a fallu des années pour découvrir les bienfaits de l'alcalinité pour équilibrer l'acide). Afin de contrer un acide, la base doit être égale ou au moins près aussi forte. Par exemple, l'acide de l'estomac est estimé à environ 1,5 - 2 sur l'échelle de pH, de sorte qu'il exige une base forte, comme le lait de magnésie (hydroxyde de magnésium) qui est d'environ 10 sur l'échelle de pH, à la neutraliser.

Un fait intéressant est que ce que nous appelons «les brûlures d'estomac" n'a vraiment rien à voir avec le coeur. Au contraire, il est



plus sur les sucs gastriques qui sont sécrétées par l'estomac pour la digestion des aliments. La brûlure que nous ressentons est causée par cette sécrétion déséquilibrée de jus, ce qui est une conséquence directe de facteurs tels que le choix horribles alimentaires, modes de vie, et des niveaux toxiques aigus de stress.

Pour être honnête, la plupart des gens ne sont pas équilibrés en termes d'alcalinité contre l'acidité de ces jours, comme la majorité des individus de consommer des aliments malsains, qui a beaucoup à voir avec tout cela. L'alimentation humaine occidentalisé est très déséquilibrée, et cela doit changer si les gens sont vraiment à obtenir bien et rester de cette façon. En ce qui concerne l'échelle de pH va, les informations ci-dessous peut vous donner un meilleur aperçu de la façon dont cette échelle est aménagé, ainsi que quelques exemples de substances et de leurs niveaux de pH.



Battery Acid - 0

Acide sulfurique - 1

Le vinaigre, jus de citron - 2

Soda - 2.5

jus d'orange, pommes - 3

Acid Rain - 4

Tomates - 4.5

bananes, Black Coffee, Bee Stings - 5

Lait - 6.5

Eau Pure - 7 (totalement neutre si pur)

Sang humain - 7.4

Ocean Water - 8

Poudre à pâte - 8.3

Le bicarbonate de soude - 9

Hydroxyde de magnésium - 10

Ammoniac - 11

l'eau savonneuse - 12

Lyme - 12,4

Bleach - 13

une Lye - 13,5

Égoutter Cleaner, hydroxyde de sodium - 14

L'échelle de pH est une partie importante de la chimie en termes de comment le corps humain se développe et maintient sa santé et la fonctionnalité. Étant équilibrée dans le milieu semble être la meilleure position du point de vue de la santé. Toutefois, comme indiqué ci-dessus, qui est pas vraiment ce qui se passe avec la plupart des gens. Tout cela fait partie d'un puzzle géant qui est en place pour promouvoir la vie et de garder la balle en mouvement. De nombreux articles ont fait surface dans lequel des experts mettent en lumière les avantages de manger des fruits crus plus organiques et légumes. Je suis d'accord avec leurs conclusions et je crois ces efforts sont sûrs de garder le corps dans un état plus équilibré.

Juicing légumes est un moyen idéal pour aller sur l'augmentation de votre consommation si ce quelque chose que vous cherchez à faire - quelque chose que je recommande vivement! Si produite naturellement, les matières premières de bicarbonate de soude sont

exploités, donc pour la plupart tout commence au plus profond de la terre.

Selon mes recherches, il ya à peu près six étapes à faire de bicarbonate de soude. Ceci est le processus utilisé par la plupart des entreprises qui vendent dans les magasins. Voici les étapes impliquées dans la production:

1. Trona est extrait et ensuite transformé en carbonate de soude.
2. Le carbonate de soude est mécaniquement traitée à l'aide d'extraire les cristaux qui sont en son sein.
3. Les cristaux sont placés dans une solution de dissolution, qui est ensuite filtré, séparée, et en outre le long pompé à l'étape suivante.
4. Le dioxyde de carbone est utilisé pour réagir avec cette solution, il forme alors où bicarbonate de sodium (bicarbonate de soude) de cristaux.
5. Les cristaux de bicarbonate de soude sont rassemblées, lavées et séchées.
6. Ces cristaux sont ensuite séparés en fonction de leur taille et exportés vers les distributeurs pour être vendu.

Il est un processus assez incroyable, et comme vous pouvez le dire, il est pas une procédure complètement naturel. Toutefois, cela ne veut pas dire qu'il est tout à fait dangereuse soit. Il est assez évident que beaucoup de matériel, la main-d'œuvre, et le travail mécanique va dans la fabrication de bicarbonate de soude, mais sa sécurité semble être légitime. Plus respectueux de l'environnement des sociétés amicales et soucieux de leur santé produisent bicarbonate de soude le plus naturel de sa forme la plus naturelle, sans tous les équipements, additifs, etc. Certaines entreprises produisent en enlevant suspension de carbonate acide de sodium à partir d'une tour de carbonatation et en le chauffant à 300 ° C pour produire le carbonate de sodium.

Alors que se termine la leçon de la science d'aujourd'hui. Pour être honnête, tout peut aller beaucoup plus en profondeur, mais le point entier de ce livre est de vous aider à aller dès que possible sans vous ennuyer à mort.

## **Origines anciennes**

Le bicarbonate de soude a été effectivement beaucoup plus longtemps que la plupart des gens pensent, que son utilisation va tout le chemin du retour à l'antiquité égyptienne. Sa forme se produisant naturel est connu comme nahcolite, qui est un dérivé de ce que les scientifiques appellent "Natron." Les anciens Egyptiens utilisaient natron comme agent de nettoyage (savon pour la plupart), et comme l'histoire l'a suggéré, il était tout à fait efficace.

Quatre des cinq momies jurent que par elle

Les historiens ont également proposé que le natron a été utilisé pour préserver les morts, un processus connu sous le nom de la momification - quelque chose que les anciens Egyptiens avaient une science. Experts fois sel cru a été utilisé au cours de ce processus, qui a été le résultat d'une confusion sur la différence entre le sel et le natron.

Les embaumeurs seraient sortir le cerveau et les organes, qui sont les premiers à se décomposer, et les sécher. Ils seraient alors placer tous les organes internes dans des bocal caponic, sauf le cœur, qu'ils croyaient être sacré et une nécessité ou le défunt dans l'au-delà, et donc ils remplaceraient après la dessécher. Ensuite, l'intérieur du corps soit rincé dans du vin et d'épices.

Ils seraient alors couvrir le cadavre dans du natron pendant quarante jours, farcir le corps (généralement avec du linge ou de sable), puis continuer à laisser le cadavre tremper dans du natron pendant trente jours, après quoi ils seraient complètement envelopper le corps dans des bandages et lieu dans un sarcophage dans son dernier lieu de repos - ainsi, définitif, sauf ceux qui sont enlevés et expédié partout dans le monde pour l'affichage.

## **A Modern "Miracle" Poudre**

Avance rapide beaucoup - et je ne veux nombreuses années - les années 1840, et vous arriverez à l'époque où la production de masse de bicarbonate de soude à peu près a décollé! Church &

Dwight Co., la société qui produit Arm & Hammer, est toujours le leader dans la production de bicarbonate de soude à ce jour - ils ont fait ça depuis les années 1800! Une entreprise assez impressionnant.

Voyons pourquoi des millions de personnes utilisent le bicarbonate de soude pour autant d'applications différentes aujourd'hui.

### **Tout le monde fait ça!**

Honnêtement, qui ne l'utilise pas à un moment ou un autre? Même nos grands-mères utilisés pour prêcher à quel point il pourrait être pour tant de choses différentes autour de la maison. De un réfrigérateur puant à Spot-nettoyer le tapis, son multi-usage nature a été bien documentée et loué pendant des siècles. Ce que je trouve intéressant est que le bicarbonate de soude a récemment reçu beaucoup de battage médiatique au sein de la communauté de la santé. Il a, en un sens, renaît.

Le bicarbonate de soude a de nombreuses utilisations que la plupart des gens aujourd'hui sont tout simplement pas au courant de, et qui est exactement pourquoi je créé ce livre. Je suis sur le point d'ouvrir les yeux sur sa nature polyvalente, et tout sera fait de façon rapide et facile de faire tout cela très clairement. Je veux vraiment que vous soyez un expert de soude de cuisson au moment où vous aurez fini de lire ce livre! Et vous serez.

Tout ce que je suis vraiment en train de faire est d'ouvrir les yeux sur un sujet que plus de gens ont besoin d'être au courant, comme le bicarbonate de soude se révèle être de plus en plus d'une force dominante au sein de la santé et le bien-être mondial. Le bicarbonate de soude est extrêmement pratique! Alors prenez un

bloc-notes et un stylo; Je suis sur le point de vous donner quelques bonnes idées!

## **Qu'est ce qui se cuisine?**

Avez-vous mangé beaucoup de légumes? Qu'en jus - êtes-vous comme accro à elle que je suis?

Il est super si vous êtes, mais si vous n'êtes pas en utilisant des produits 100% bio pour vos séances à jus, vous allez avoir besoin d'un bon agent de nettoyage pour laver vos fruits et légumes. Les pesticides sont une menace réelle à la plupart des produits, et voilà pourquoi je ne l'achète pas si souvent que si je sais qu'il est issu de culture biologique.

Malheureusement, les produits conventionnels contiennent également des toxines dues à des produits chimiques dans le sol qui absorbe le produit. Certaines toxines peuvent être éliminées avec un bon lavage si le fruit a une peau épaisse. Toutefois, d'autres produits complètement absorbent des produits chimiques, mettant ainsi les consommateurs à risque de problèmes de santé. Pour ceux qui sont plus sûrs pour la consommation, suivez ces étapes simples de nettoyage:

Nettoyez et désinfectez l'évier à fond.

Remplir l'évier avec de l'eau froide.

Ajouter environ 1/8 tasse de bicarbonate de soude et mélanger.

Plonger produits.

Laisser produire tremper dans l'eau.

Prendre plaisir!

Simple et, comme tous les autres conseils, très efficace!

Un autre grand truc que le bicarbonate de soude est idéal pour se décollait œufs. Le niveau d'œufs de pH amène à accrocher à l'œuf. Si vous équilibrer le tout en ajoutant environ  $\frac{1}{4}$  de

cuillère à café de bicarbonate de soude à l'eau bouillante avant d'ajouter les oeufs, puis ils seront beaucoup plus faciles à peler.

## **Le Dirt arrête ici**

Dans cette section, je vais sauter dans quelques grandes façons vous pouvez aller sur l'incorporation de bicarbonate de soude dans vos routines de nettoyage de sorte que vous pouvez éviter l'allée toxique à l'épicerie. Moins de temps passé dans ces allées risqués peut correspondre à deux choses:

Moins de risques pour votre santé et votre corps en général.

Moins d'argent dépensé sur les nettoyeurs junk chaque mois.

Passons à quelques recettes faciles pour faire vos propres produits de nettoyage de sorte que vous pouvez commencer ce «nettoyage écologique» des affaires d'aujourd'hui!

## **Le bicarbonate de soude et de votre cuisine**

Les cuisines peuvent obtenir assez sale, et si vous cuisinez et jus en eux aussi souvent que je suis, vous aurez besoin d'un bon nettoyeur de qualité pour le garder en pleine forme. Un mélange de bicarbonate de soude, le vinaigre et un peu d'eau semble faire l'affaire assez bien. Ce que je recommande est d'obtenir un flacon pulvérisateur générique de tout mélanger en sorte que l'application de votre propre maison pour les comptoirs et les autres zones à haut trafic est simple et facile à faire.

Une bouteille de pulvérisation générale ne devrait pas coûter plus de quelques dollars à la plupart des quincailleries. La recette typique de bicarbonate de soude, je l'ai utilisé dans le passé est comme suit:

Dans votre bouteille, mélanger le suivant pour faire votre propre nettoyant ...

¼ - ½ tasse de vinaigre (vinaigre blanc est très bien)

¼ tasse de bicarbonate de soude

Toute l'huile essentielle que vous aimez pour le parfum (citronnelle est un bon choix)

Eau (remplir à ras bord)

Secouez pour mélanger

Facile, et sérieusement fait le travail! Maintenant, vous pouvez profiter de cette même bouteille et l'utiliser pour de nombreux autres domaines autour de la maison. Il est une combinaison du coffre qui peut aller nulle part. Je l'ai aussi entendu dire que certaines personnes achètent vodka pas cher à fabriquer nettoyeurs faits maison ainsi, mais personnellement, je ne fais pas cela. Il peut être un peu cher si vous êtes toujours l'achat d'une bouteille de vodka pour nettoyer la maison. Il est pas vraiment recommandé à mon avis, mais bon, je suppose que vous ne pouvez pas vraiment abattre l'idée jusqu'à l'essayer. Heureusement, vous pouvez acheter de la vodka

vraiment pas cher si cela est quelque chose que vous voulez expérimenter avec parfois. Après tout, l'alcool ne désinfecter assez bien.

**Attendez une seconde, ne sera pas ma maison**

**odeur comme le vinaigre?**

Non! Rappelez-vous, le bicarbonate de soude est un excellent désodorisant, donc une fois que le vinaigre frappe le bicarbonate de soude, le méchant, odeur âcre qui accompagne le vinaigre sera quasiment disparaître. De plus, comme indiqué dans la recette, vous



pouvez ajouter des huiles essentielles pour lui donner un parfum désiré. Sentez-vous libre de faire preuve de créativité et de mélanger ces jus jusqu'à ce que vous êtes satisfait de l'odeur. Il ya beaucoup de choix là-bas.

Donc, ne vous inquiétez pas, votre maison ne sera pas horrible odeur tout le temps.

Également à noter, comme beaucoup d'entre vous le savent déjà, lorsque cette combinaison est mise en jeu, il bulles et mousses en place assez rapidement, alors assurez-vous de laisser tout cela se résorbent avant plafonnement votre vaporisateur pour éviter de piéger toutes cette pression. Vous ne voulez certainement pas de mini-explosions qui se passe dans votre cuisine.

Je recommande d'avoir une bouteille de ce sous la main la plupart du temps (tout comme vous le feriez avec un nettoyeur commercial régulier). Le plus facile que vous faites sur vous-même à utiliser des produits plus sûrs de nettoyage, plus vous allez les utiliser - simple que cela.

Heureusement, les nettoyeurs faits maison sont extrêmement pas cher et facile à faire, donc il ne devrait pas être une chose difficile à obtenir acclimatés à toute façon. Acheter les quelques ingrédients nécessaires vous permet de faire de nombreuses bouteilles d'un nettoyeur puissant pour moins que vous auriez à payer pour quelques bouteilles de nettoyeur à la boutique. Une boîte de bicarbonate de soude est d'environ un dollar dans la plupart des magasins, donc il n'y a vraiment aucune raison de ne pas donner ce coup.

Ce mélange est capable de nettoyer le poêle, réfrigérateur, micro-ondes, le four, l'évier, le comptoir, et même le sol! Il désinfecte très bien et travaille à obtenir cette étincelle de retour dans le trafic élevé, les zones sales de la maison vraiment. La cuisine est probablement l'un des quartiers les plus durs de la maison pour garder constamment propre, donc je comprends la nécessité d'un bon

nettoyant polyvalent. Avec un désinfectant à base d' bicarbonate de soude, ne vous inquiétez pas.

Un autre avantage majeur à l'utilisation du bicarbonate de soude ...

Ce qui est aussi vraiment super est que un nettoyant maison qui utilise du bicarbonate de soude est parfaitement bien pour l'environnement aussi, donc, à mon avis, qui est une hausse importante! Aujourd'hui, il est tout au sujet de mode de vie durable, afin que les gens devraient veulent être très proactif en gardant nos produits naturels. Nous devons tous nous rappeler que nous sommes invités sur cette planète, nous devons donc être respectueux pendant notre séjour, et en utilisant des produits plus sûrs (comme le bicarbonate de soude) est un moyen idéal d'aller sur apprécier notre belle Terre Mère.

### **Conseils de nettoyage Vous ne pouvez jamais avez considéré**

Donc, avec tout cela désormais à l'air libre pour vous de lire et pesez conséquence, passons à d'autres utilisations de bicarbonate de soude qui sont également considérés comme très efficace, car une chose est sûre: si vous allez être rendant ces swaps très essentiels, vous avez besoin de savoir et d'évaluer les meilleures options qui sont disponibles.

Un produit de débouchage naturel qui fonctionne réellement!

Si fait correctement, le bicarbonate de soude peut fonctionner comme un nettoyant naturel, et bien que cette astuce a été autour pendant un certain temps, pas trop de gens sont l'essayer. Pour ce faire correctement, vous aurez besoin pour commencer avec un pot d'eau chaude brûlures que vous serez Verser dans le drain. La prochaine étape sera de prendre une bonne quantité de bicarbonate de soude (environ  $\frac{3}{4}$  de tasse ou presque) et aussi verser dans le drain. Ensuite, prenez une tasse de vinaigre mélangé avec de l'eau chaude et versez-le sur le dessus de la bicarbonate de soude qui est assis sur le drain bouché. Après tout cela est versé, branchez le drain si vous le pouvez. Une quinzaine de minutes plus tard, jeter un ou deux pots de l'eau bouillante dans le drain pour évacuer les

débris. Répétez le processus jusqu'à ce que le drain est débloqué. Habituellement, la première fois fait le travail, mais cela dépend vraiment de comment le mauvais vos drains sont.

Cela ne fonctionne vraiment si elle est faite correctement. Pourquoi faire cela? Parce que de déboucheurs traditionnels ont été prouvées pour être dangereux à bien des égards - en particulier pour l'environnement.

Nettoyage Vos Casseroles et poêles avec bicarbonate de soude

Bad pots et des casseroles? Pas de problème! Je comprends, surtout depuis que je l'utilise toujours des casseroles en acier parce sélections enrobés sont dangereux ces jours. Bien sûr, casseroles en acier sont beaucoup plus difficiles à nettoyer. Donc, si le vôtre ont tendance à obtenir mauvaise assez souvent, vous pouvez les garder en grande forme avec une combinaison très simple de bicarbonate de soude. Une fois de plus, il est le mélange de bicarbonate de soude /

eau qui vient à la rescousse pour cette astuce!

Les marches:

Remplir la casserole avec de l'eau.

Mettre le poêle en haut.

Porter à ébullition une belle pendant environ cinq minutes.

Retirez la casserole du brûleur et placez-le sur le dessus d'un brûleur froid.

Ajouter environ 1/8 tasse de bicarbonate de soude.

Remuer le mélange.

refroidir à une température tiède.

Maintenant frotter!

Tout devrait se détacher avec facilité après avoir fait cela, mais encore une fois, que tout dépendra de la gravité de la casserole est de commencer avec. Comme indiqué ci-dessus, certaines sélections en acier peuvent être un peu difficile.

Se débarrasser de la rouille avec bicarbonate de soude

Vous avez la rouille? Métal oxydé est jamais bon, et, dans certains cas, il peut être très dangereux - personne aime marcher sur un coin de métal rouillé. Heureusement, le bicarbonate de soude peut aider avec tout cela ainsi. Les seuls matériaux dont vous aurez besoin pour débarrasser certains métaux de rouille sont le bicarbonate de soude, de l'eau, et un bol dans lequel vous aurez tout mélanger. Votre but sera de faire une sorte de pâte qui peut être appliquée sur la zone rouillée du métal.

Après avoir appliqué cette pâte, je recommande alors l'aide d'une éponge métallique pour nettoyer la pâte dans la tache de rouille, comme un «métal sur métal" effet tend à travailler assez bien dans ces types de situations. Cela peut généralement être utilisée sur tout type de métal et devrait fonctionner assez bien presque à chaque fois. Juste ne vous attendez pas à travailler comme par magie sur vos '67 plancher de voitures classiques avec de la rouille des trous de la

taille de votre poing. En règle générale, il est bon pour les articles avec de la rouille de surface de lumière, mais rien de trop hors de contrôle.

Utilisez-vous personnellement de bicarbonate de soude pour tous vos besoins de nettoyage?

Pour être honnête avec vous, non. Je ne l'utilise du bicarbonate de soude pour tous mes travaux de nettoyage. Considérons tout d'une situation moitié-moitié-avec moi. La moitié du temps je le ferai, et la moitié du temps, je ne veux pas. Je vais à ce sujet de cette manière

parce que je suis toujours très conscients de mes choix lors du réapprovisionnement mes fournitures de nettoyage à domicile. En d'autres termes, je achète toujours d'origine naturelle, respectueuse de l'environnement (et des gens sympathiques) produits qui fonctionnent très bien, mais je sais aussi de nombreuses personnes qui prennent la route de bicarbonate de soude avec presque tout ce qu'ils nettoient. Cela dépend vraiment de la façon dont "Hardcore" vous voulez être. Pour moi, il va, et tout dépend de ce qui est à portée de main pour le moment. Si je manque de mes produits achetés en magasin, je vais le faire moi-même. Si je reçois à la fin de ma propre maison, je peux courir au magasin pour réapprovisionner. Il fluctue vraiment. Si vous voulez prendre la route comme moi 50/50, assurez-vous juste que vous utilisez sélections naturelles. Lire les étiquettes des produits et assurez-vous ce que vous achetez est pas toxique en aucune manière, la forme, ou la forme.

Dans la plupart des magasins d'aliments de santé, il ya généralement une allée de nettoyage avec des dizaines de produits légitimes de nettoyage à choisir, Whole Foods est un parfait exemple. Je achète beaucoup de mes produits dans les magasins de ce genre, et, pour la plupart, je ne trouve pas qu'ils soient trop cher - une différence de un dollar dans un grand nombre de cas. Dans ces allées sont également des produits de nettoyage qui sont "sous forme de concentré." En d'autres termes, ce sont des nettoyeurs naturels qui sont très denses, où seulement un peu est nécessaire pour mélanger avec de l'eau. Une grande cruche d'une quinzaine de dollars peut facilement durer une personne de six à huit mois. Ce que je fais est de prendre parfois un concentré de nettoyage naturel et faire mon propre produit, celui qui utilise également le bicarbonate de soude, de citron et de l'eau. Le bicarbonate de soude, si ajoutée correctement, peut être considéré comme une

"cerise sur le gâteau" d'un concentré déjà puissant.

Maintenant, nous voulons aussi souligner que si vous mélangez tous ces ingrédients ensemble, vous devez être conscient que vous mélangez et acides et bases correspondant. En termes plus

simples, il ya des actions et réactions à tout, si vous avez besoin d'être conscient de ce que vous êtes combinant. Juste être prudent et de la recherche tout avant de prendre toute décision, que vous ne voulez pas être mélangeant les mauvais ingrédients. La chimie peut être assez effrayant à certains moments, même si le mélange des ingrédients respectueux de l'environnement. Mais pour être honnête, si vous vous en tenez à des produits très naturels et / ou des éléments, vous devriez être très bien. A ce jour, je ne l'ai pas eu de problèmes.

Donc, maintenant que je suis devenu la plupart des informations à travers ce qui concerne le bicarbonate de soude, nous allons le souffle à travers un tas de grands (et rapides) façons que vous pouvez utiliser. Considérez cette section suivante un segment "référence rapide" que vous pouvez vous référer à pour beaucoup de vos besoins de nettoyage.

Comment nettoyer la baignoire avec du bicarbonate de soude

Celui-ci est très simple:

Premièrement, mouiller la baignoire avec une petite quantité d'eau.

Ensuite, prendre environ une tasse de bicarbonate de soude et saupoudrer le tout sur les côtés et le fond de la baignoire.

Laissez-le reposer pendant environ cinq minutes, puis prenez une éponge et aller à la ville!

Pas de nettoyants toxiques nécessaires!

Maintenant, en fonction de ce type de finition que vous avez sur votre baignoire, vous aurez besoin de voir si vous pouvez utiliser une éponge métallique ou non. Je recommande d'utiliser un métal

de lavage éponge, mais si vous ne pouvez pas utiliser quelque chose de cette nature en raison de la peur d'endommager votre baignoire, un régulier devrait fonctionner parfaitement.

Pourquoi utiliser le bicarbonate de soude pour le bain?

Le bicarbonate de soude est grand pour le bain parce que la salle de bain est toujours un combat

permanent pour la propreté. Si vous pensez à nettoyer la salle de bains, logiquement, être pris au piège dans un petit espace et de la respiration dans les charges de produits chimiques toxiques est pas une bonne situation pour être en pour personne. Le COV \* dans un tel environnement pose un danger très réel, celui que plus de gens devraient être conscients de si elles sont d'améliorer leur santé. Il ya rien de bon à l'inhalation de produits chimiques toxiques qui peuvent causer des ravages sur le corps, et lors du nettoyage de la salle de bains, ces menaces peuvent devenir très réel - même avec une ventilation adéquate. Bien que de nombreux «produits verts» ont vu le jour ces derniers temps, il ya encore de meilleures alternatives qui peuvent bien travailler et de toujours nettoyer efficacement, et ce est là bicarbonate de soude peut entrer en jeu. Bien sûr, la plupart des nettoyeurs font un très bon travail, mais nous sommes principalement concernés par la santé. Certains risques sont tout simplement pas la peine de prendre, et ce est le message que je suis en train de faire passer ici. La preuve est assez alarmant.

Quels sont les COV?

L'acronyme "COV" signifie "composés organiques volatils", et bien qu'il y ait beaucoup de débats sur la façon dont ils sont dangereux en vérité, je suis sûrement convaincus qu'ils doivent être évités autant que possible. Les composés organiques volatils sont des composites qui sont libérés dans un état gazeux à partir de certains objets. Ces types de gaz semblent être plus d'un problème à l'intérieur.

Vous pouvez les trouver dans:

Produits de nettoyage

peinture mur

meubles bon marché

Colles

Équipement de bureau

Cosmétiques qui utilisent des bouteilles de pulvérisation en aérosol

De nombreuses études et articles ont effectivement été publiés concernant les effets des COV sur

le corps humain, et pour la plupart, ils ont soulevé quelques drapeaux rouges assez graves. Le plus intéressant et troublant, je suis venu à travers sont énumérés ci-dessous. Je vous suggère fortement de donner à ces une bonne lecture.

Les composés organiques volatils et le cancer du poumon

Le formaldéhyde dans votre maison

Les composés organiques volatils comme facteurs explicatifs pour irritation sensorielle

La raison pour laquelle je mets cette information en face de vous est simple - COV sont un danger très réel. En ce qui concerne le bicarbonate de soude, en utilisant il peut aider à diminuer la consommation de COV dangereux si elle est utilisée sur une base régulière. Il est important de se rappeler aussi que chaque geste compte avec ces choses. En d'autres termes, sa santé ne doit pas être risqué pour quelque chose qui peut être facilement remplacée par une alternative plus saine (comme le bicarbonate de soude). Permutation un produit pour un autre est pas une étape difficile à prendre. De nettoyeurs à certains types de meubles, de COV doivent être abordées sur ces niveaux plus souvent si les gens sont de limiter les risques pour leur santé. C'est si simple.



**Comment nettoyer les toilettes avec bicarbonate de soude** Ceci est également très facile, sauf celui-ci doit être fait du jour au lendemain. Une fois que vous aurez terminé de se préparer pour le lit, prendre environ une tasse ou de bicarbonate de soude et laisser reposer sur les parois de la cuve et dans l'eau pendant une nuit. Au réveil, prenez un pinceau et lui donnent tous une belle gommage. Il assainit, il obtient toute la pourriture méchant off, et une fois encore, il est parfaitement sûr. Pour ce faire, une fois par semaine, et les toilettes se regarder et rester frais. Aussi, si vous ne voulez pas utiliser la méthode ci-dessus, vous pouvez utiliser un vaporisateur (comme je l'ai mentionné précédemment) pour appliquer une application pendant la nuit. Il est à peu près le même processus, juste une façon différente de l'application du bicarbonate de soude. Le bicarbonate de soude, l'eau, le vinaigre et de citron - un bol de toilette nettoyant parfait!

**Comment faire votre lessive avec bicarbonate de soude** Ce qui doit être fait en combinaison avec votre détergent ordinaire, mais je dois insister pour que vous la recherche de votre détergent courant pour vous assurer qu'il est sûr - vous pouvez le faire en cliquant ici. Je préconise fortement l'utilisation de détergents naturels pour la lessive parce que beaucoup de ceux traditionnels - oui, les meilleurs odeur - ont été prouvées pour être dangereux pour de nombreuses raisons. Les colorants, les parfums et ingrédients artificiels dans la plupart des sélections classiques posent certains risques alarmants que personne ne devrait être prêt à prendre.

**Alors, quel est un bon produit à utiliser?**

Ma société préférée? Seventh Generation fait une assez grande détergent naturel, comme beaucoup d'autres entreprises; alors assurez-vous attaquer en premier l'obstacle de détergent avant même de penser à propos de l'ajout de bicarbonate de soude pour vos lessives. La clé de tout cela est vraiment à comprendre les ingrédients qui se trouvent dans vos produits de nettoyage. Les ingrédients naturels ainsi que de faux, les produits chimiques toxiques sont faciles à repérer.

Je recommande que vous obtenez vraiment bon à la lecture de vos étiquettes de produits. Tout comme avec de la nourriture, vous devez comprendre ce que vous êtes manger et / ou l'utilisation. Une fois que vous avez une bonne et saine détergent ramassé sur, tout ce que vous avez à faire est d'ajouter environ ¼ de tasse de bicarbonate de soude à chaque cycle de lavage pour un nettoyage efficace. Il blanchit, désinfecte, désodorise et vêtements très bien. Je l'ai essayé sur ce derniers temps et peux honnêtement dire que je l'ai eu un peu assez bon succès en ce qui concerne l'obtention mes vêtements en regardant mieux - en particulier les maillots blancs.

Certains d'entre eux sont sortis de la rondelle à la recherche assez nouveau.

### **Comment repérer-vos vêtements avec du bicarbonate de soude**

Spaghetti, les côtes, les aliments grillés - ils sont tous assez salissante peu importe les précautions que vous essayez d'être. Si vous êtes comme moi, vous aurez tendance à gâcher vos chemises blanches impeccables de temps en temps, quand la consommation de ces types d'aliments. Si vous vous trouvez dans cette situation, il ya une solution facile qui peut obtenir les taches de façon relativement rapide. Tout comme avec la combinaison de déodorant ci-dessus, vous aurez envie d'avoir une pâte qui est prêt à aller de sorte qu'il peut être appliqué à la chemise immédiatement après vous découvrez la tache.

### **Étapes à suivre pour enlever les taches:**

1. Tamponnez la zone tachée avec un peu d'eau tiède pour déloger le particules alimentaires.
2. Frotter dans la pâte de bicarbonate de soude avec vos doigts, puis utilisez un chiffon pour vraiment tirer le bicarbonate de soude en profondeur dans le matériau.
3. Laissez vous reposer pendant environ dix minutes.
4. Répétez le processus une fois de plus.

5. Finir avec un peu plus d'eau chaude et laissez la zone sèche taché.

6. Stain devrait avoir disparu!

Cela fonctionne très bien, et qui est exactement pourquoi je garde une pâte de bicarbonate de soude sur la main la plupart du temps à la maison. Lorsque vraiment faim, je peux obtenir un peu brouillon!

Passons maintenant à ces odeurs gênantes car une chose est sûre: Le bicarbonate de soude est vraiment bon à se débarrasser de quelques odeurs très désagréables.

### **Neutraliser les odeurs**

Donc, vous avez eu une drôle d'odeur persistante dans ce réfrigérateur de la vôtre pendant des semaines, et vous ne pouvez pas comprendre où ça vient. Fais moi confiance; J'ai été là. Vous avez peut être entendu parler de l'utilisation de bicarbonate de soude pour aider à débarrasser la maison de ces odeurs, une tactique qui remonte à plusieurs générations.

### **Alors, comment ça fonctionne?**

Le bicarbonate de soude compteurs substances produisant des odeurs qui sont libérées dans l'air à partir d'aliments avariés, les rendant moins odorante en équilibrant le pH de ce qui a gâté. Encore une fois, cette échelle de pH étonnant est à la base de tout cela. A noter également, le moyen le plus efficace et évident d'éliminer clairement ces odeurs est de simplement les jeter sur la mauvaise nourriture, mais de nombreuses fois que mauvaise odeur se coller autour pendant un certain temps par la suite. Cela dépend vraiment de combien de temps tout cela a été assis là.

### **Alors, comment faites-vous cela?**

Il est extrêmement facile. Allez au magasin, dépenser un dollar sur une boîte de bicarbonate de soude, de l'ouvrir, et placez-le dans

vosre réfrigérateur. Fini! Rapide, pas cher, facile et très efficace! Je dois effectivement boîtes ouvertes dans mon frigo la plupart du temps, simplement parce qu'il est un tel succès dans la prévention des odeurs nauséabondes de jamais devenir un problème. Je dirais que le seul inconvéniént de cela est que si quelque chose butin, vous savez peut-être pas tout de suite car le bicarbonate de soude est bon à neutraliser les mauvaises odeurs.

Il suffit de faire un effort conscient pour garder votre réfrigérateur propre et organisé et vous ne devriez pas avoir un problème. Je le fais habituellement un nettoyage une fois toutes les deux semaines ou plus pour garder les choses en ordre.

Juste ce que le docteur à prescrit

La santé et l'hygiène

Passons maintenant à ce que la bouche de la vôtre ...

### **Le bicarbonate de soude pour la santé bucco-dentaire? Est-ce que ça marche?**

Nous avons tous entendu parler des autres en utilisant le bicarbonate de soude pour un sourire plus éclatant, mais est-ce vrai? Est-ce vraiment efficace? La réponse est absolument! Voici pourquoi:

Tout d'abord, des études ont montré que se brosser les dents avec du bicarbonate de soude a la capacité de vraiment nettoyer la bouche. Au Centre de recherche University Park, Fort Wayne, IN, les chercheurs ont constaté que, avec près de 270 participants, en utilisant Arm & Hammer bicarbonate de soude renforcée élimination de la plaque de manière significative.

Il ya une raison pour laquelle beaucoup de ces entreprises de dentifrice utiliser le bicarbonate de soude dans leurs produits, et tout cela a à voir avec son effet sur la mauvaise haleine, la plaque, et la propreté générale de la bouche. Rappelez-vous, le bicarbonate de

soude a des qualités abrasives, et cela vaut pour retirer le disque-à-obtenir-débarrasser-de ferraille dans la bouche.

Maintenant, vous pouvez aller à ce sujet quelques façons différentes ...

1. Vous pouvez acheter un produit de la pâte dentifrice qui utilise du bicarbonate de soude. Je pense que cela est une voie acceptable de prendre, mais seulement si le dentifrice est de bonne qualité - en d'autres termes, celui qui n'a pas l'utilisation du fluor, de produits chimiques ou de colorants artificiels dans leurs ingrédients. Fluorure, au cas où vous ne le saviez pas déjà, est mauvais pour plusieurs raisons; Heureusement, la science a jeté beaucoup de lumière sur sa composition toxique. Mon préféré dentifrice acheté en magasin est les Toms non fluorées du Maine menthe. Il n'y a pas de bicarbonate de soude dans cette sélection, mais vous pouvez ajouter un peu à chaque session brosser si nécessaire. Parfois, je vais juste Saupoudrer un peu de bicarbonate de soude sur le dessus de ma brosse à dents avant le brossage - une méthode très facile à employer.

2. Vous pouvez faire votre propre dentifrice. Maintenant, je vais être honnête, je ne fais pas cela, mais beaucoup de gens. Heureusement, il existe de nombreuses sources en ligne qui peuvent vous aider à aller dans cette voie.

3. Vous pouvez rincer / brosser les dents avec un mélange de bicarbonate de soude / eau quelques fois par semaine. La meilleure façon de le faire serait de mélanger le bicarbonate de soude à l'eau et à peu près juste gargariser ou une brosse avec la solution dans votre bouche.

Maintenant, je dis une fois quelques fois par semaine pour le simple fait que le bicarbonate de soude, comme indiqué précédemment, a des qualités abrasives - qui est pourquoi il est d'une telle nettoyant efficace. Je suis juste en train d'être prudent. La dernière chose que vous voulez faire est de porter votre émail de la dent, donc gardez cela à l'esprit si vous choisissez d'utiliser le bicarbonate de soude

dans vos routines quotidiennes orales. L'équilibre est la clé, il ne faut pas exagérer quoi que ce soit. Évaluer tout cela en conséquence, et à partir de là.

En plus de cela, si vous êtes parmi la génération plus âgée et ont des prothèses, les trempant dans une solution de bicarbonate de soude semble fonctionner assez bien. Beaucoup ont eu de la chance avec ce faire, donc si vous avez une paire de prothèses, je vous recommande de donner un coup de feu.

Cela résume assez bien la section orale concernant le bicarbonate de soude, mais je vais être énumérant quelques autres conseils vers la fin. Ma position? Donnez un coup de feu si vous ne l'avez pas encore tout à fait expérimenté avec cette avenue. Beaucoup de gens se porter garant de son efficacité en matière de santé bucco-dentaire, il ne faut pas avoir peur de lui donner un aller!

Passons maintenant sur un sujet que je trouve très intéressant.

Le bicarbonate de soude et la recherche de cancer ...

Le bicarbonate de soude pour aider les patients atteints de cancer - semble fou, non? Eh bien, il semble être une demande crédible, et je suis tombé sur quelques informations qui a versé beaucoup de lumière sur le sujet. Tout d'abord, je tiens à exprimer mon opinion sur la question entière du cancer. Il n'y a vraiment pas de réponse à la résolution de notre épidémie de cancer actuelle et très répandue. Au lieu de cela, il ya une combinaison de facteurs qui doivent être abordées si nous, en tant que société, sommes à piétiner cette maladie pour de bon!

De choix alimentaires à la sélection des produits, il ya plusieurs zones pour lutter contre, et il n'y a pas vraiment de débat ça. Je soulève la connexion de bicarbonate de soude / cancer pour la simple raison qu'il a été discuté à plusieurs reprises au sein de la communauté de la santé et bien-

être, et tout ce qui génère peu de buzz dans le monde de la santé est un jeu équitable pour moi d'évaluer et peser en conséquence . Regardons certains éléments de preuve, je l'ai trouvé. Je suggère fortement que vous donnez les articles fournis ci-dessous une lecture solide.

**Le bicarbonate de recherche sur le cancer de soude:** Le bicarbonate de soude, le cancer et les infections fongiques - est-il un lien?

Boire bicarbonate de soude pour éliminer la propagation du cancer du sein Contrôle de la croissance de la tumeur avec le bicarbonate de soude

Qu'est-ce que certains de ces articles disent que le cancer est, dans de nombreux cas, peut agir comme et / ou miroir certaines infections fongiques - certains ont même fait valoir que le cancer est un type de champignon dans certains cas. D'autres sources que nous avons trouvés ont déclaré que la nature acide de certaines formes de cancer peut être mieux contrôlée avec quelque chose d'aussi simple que le bicarbonate de soude. Donc, avec certains types de cancers peut agir comme un champignon et étant acide dans une certaine mesure, les chercheurs théoriser que le traitement d'un patient atteint de cancer avec du bicarbonate de soude peut avoir un effet positif sur le débarrasser du corps. Eh bien, le bicarbonate de soude peut fonctionner comme un traitement anti-fongique et anti-acide à bien des égards, de sorte que vous pouvez probablement voir où tout cela va.

Regarde ca comme ca:

Le cancer et les champignons peuvent agir très similaire.

Le cancer peut présenter des qualités acides.

Le bicarbonate de soude neutralise les champignons et les acides; par conséquent, il peut également neutraliser les cellules cancéreuses.

Lien intéressant, mais pas à 100% solide à mon avis. De toute façon, il est fascinant de lire. Je comprends que beaucoup de ces articles sont toujours l'objet de recherches et ne sont pas totalement concluante, mais je les vois toujours aussi bonnes trouvailles. Maintenant, je ne suis pas un spécialiste du cancer en aucune manière, la forme, ou la forme, mais je ne lis assez souvent à propos de ce qui se passe au sujet de la recherche. Il est certainement bon de rester au top de ce qui se passe avec recherche sur le cancer, si vous êtes à la recherche de l'éviter. Alors faites ce que vous voulez avec ces conclusions. Je les ai trouvé très encourageants. Il va prendre

un changement de géant dans de nombreuses formes de cancer  
Stomp Out pour de bon, et peut-

être le bicarbonate de soude peut aider dans la lutte. Seul le temps nous le dira. Il est certainement pas la seule réponse à la fixation d'une telle épidémie, mais il peut être une partie du puzzle géant. Espérons que je vous ai encouragé à la recherche tout un peu plus loin.

**Comment faire votre haleine plus fraîche avec bicarbonate de soude** La mauvaise haleine de temps en temps? Pas de problème! Il nous arrive à tous. Rappelez-vous plus tôt lorsque je discuté de la façon de bicarbonate de soude a un moyen très efficace de neutraliser les mauvaises odeurs? Eh bien, cela vaut aussi pour l'environnement de la bouche des bactéries en proie, et vous pouvez aller à ce sujet un couple de différentes façons.

1. La première technique (comme je l'ai brièvement parlé plus tôt) est de simplement ajouter un peu de bicarbonate de soude sur le dessus de votre dentifrice avant le brossage. C'est ce que je fais. Fondamentalement, vous venez d'appliquer la pâte dentifrice sur votre brosse et puis saupoudrer un peu de bicarbonate de soude sur le dessus pour donner un peu plus de tonicité.

2. L'autre technique consiste à se gargariser avec un type de combinaison de bicarbonate de soude / eau. Je vais le faire une fois



de temps en temps aussi, car il est un rafraîchisseur d'haleine parfait. Bien mieux que certains rince-bouche de la malbouffe.

3. Les deux techniques fonctionnent très bien. Si vous allez sur ce régulièrement, il ya de fortes chances vos dents plus blanches obtiendront, qui, comme nous le savons tous est une très bonne chose.

### **Comment faire un Déodorant bicarbonate de soude**

Beaucoup de gens le font, mais, pour être honnête, je ne le fais pas très souvent. Rappelez-vous, le bicarbonate de soude est un excellent désodorisant, et cela signifie qu'il peut garder ces aisselles agréable et frais ainsi. Je suis contre l'utilisation de produits antisudorifiques commerciaux pour des raisons de santé évidentes, mais je ne prennent pas toujours la voie de soude de cuisson soit. Pour la plupart, je achète déodorants sûrs que je recherche toujours la première à droite ici.

### **De-skunkification!**

Avez-vous été la proie de l'insaisissable, la mouffette ignoble qui vit pour répandre son funk?

Beaucoup de gens et les animaux ont, et il est pas agréable. Diverses rumeurs ont circulé revendications du meilleur remède pour skunk odeur. Bien que beaucoup ont leurs mérites, la meilleure (et seule méthode confirmée par Mythbusters) est un mélange de peroxyde d'hydrogène, le bicarbonate de soude et de savon à vaisselle. La raison de cette fonctionne si bien est que les obligations de solution avec les thiols, le produit chimique trouvé en spray skunk, pour neutraliser l'odeur. Cette méthode est certainement préférable de se baigner dans la pâte de tomate ou du jus, et il est beaucoup moins cher aussi.

### **Le bicarbonate de soude pour les piqûres d'insectes, piqûres d'abeilles, et Burns**

Tous sont aussi détesté, et si vous êtes comme moi, vous ne serez pas atteindre pour que brûlure conventionnelle ou de la crème de morsure comme les autres. Alors, voici ce que vous faites: 1. Placez simplement sur une cuillère à soupe ou deux de bicarbonate de soude dans un peu d'eau et mélanger.

2. Dab et frotter sur les zones irritées et laisser reposer pendant environ vingt minutes, mais vous pouvez laisser plus longtemps si vous sentez qu'il a besoin de plus de temps.

3. Environ une heure plus tard, frotter l'huile de noix de coco sur la zone irritée. Je recommande l'huile de noix de coco pour une variété de raisons, et beaucoup d'elle a aussi à voir avec sa nature polyvalente de guérison.

Les piqûres de moustiques, les piqûres d'araignées, des piqûres d'abeilles, les brûlures, les éruptions cutanées - vous pouvez trouver un soulagement avec chacun d'eux en utilisant la méthode de l'huile de bicarbonate de soude / noix de coco. Maintenant, je tiens également à noter que cela ne fonctionne pas pour tout le monde, que les corps de certaines personnes sont plus réceptifs à ce type de traitement que d'autres. De toute façon, il n'a pas de mal à faire un essai.

### **Arrêter de fumer avec bicarbonate de soude**

Semble fou, non? Eh bien, ce ne sont pas, et pour beaucoup, cette tactique a fonctionné!

Maintenant, je vais être honnête, je ne suis pas complètement sûr de comment cela fonctionne, mais je théoriser ce qu'il a à faire avec alcalinisant le corps. Comme indiqué précédemment, il a été noté que le bicarbonate de soude peut alkalize acides et équilibrer les choses. Il est possible que les acides de l'estomac, l'acidité globale du corps, et certaines fringales (comme le tabagisme) peuvent tous être liés avec l'autre.

Vous voyez, si la chimie du corps est plus équilibrée, je crois qu'il peut faire face à de mauvaises choses, comme les fringales et les toxines nicotine, plus efficacement. Il a été difficile de trouver des recherches pour soutenir cette affirmation, mais je ne trouve qu'il a travaillé pour beaucoup de gens, donc il vaut vraiment le coup. Il suffit de garder à l'esprit que ceci est probablement pas quelque chose que vous devez faire pour un temps très long, car je ne pense pas que la consommation de bicarbonate de soude chaque jour pendant trop longtemps peut être tout ce que bon pour vous. Une fois de plus, l'équilibre est la clé. Tout ce que vous avez à faire est de mélanger une cuillère à thé dans environ huit onces d'eau et avaler le bas.

### **Utilise plus impressionnants pour le bicarbonate de soude**

Certains des plus intéressants utilise beaucoup de gens ne pensent pas à comprendre ce qui suit: 1. Le bicarbonate de soude et de l'eau font une excellente solution pour nettoyer une litière et l'élimination des odeurs.

2. Faites tremper vos pieds dans une solution composée d'eau, de bicarbonate de soude et les huiles essentielles. Très relaxant!

3. Un mélange de pâte dentifrice et du bicarbonate de soude est grande pour le plâtrage trous dans les murs - au moins les plus petits, tels que ceux causés par des clous, punaises, etc.

4. Mélanger le bicarbonate de soude avec un quelconque d'un certain nombre d'ingrédients (comme le gruau) afin de créer étonnantes exfoliants pour le visage et le corps.

5. Un peu dans l'eau du bain de bébé va un long chemin à soulager l'érythème fessier.

6. Le bicarbonate de soude est grande pour le traitement de piqûres de méduses. Appliquer une pâte composée de bicarbonate de soude et d'eau de mer à la piqûre (s) offre un énorme soulagement.

7. Un mélange de bicarbonate de soude et de cidre de pomme fait pour un bain de désintoxication incroyable.

8. Saupoudrer le bicarbonate de soude sur une éponge humide. Puis frottez très attentivement le mur d'enlever vos peintures murales mini-moi murales. Soyez doux, mais, si vous ne pas frotter accidentellement au large de la peinture ou le papier peint.

9. accidents animal de compagnie? Utilisez le club soda pour nettoyer le désordre, puis couvrir avec du bicarbonate de soude et laisser tremper pendant quinze minutes. Passez l'aspirateur vers

le haut, et le tour est joué!

### **Risques et avantages: bicarbonate de soude vs autres nettoyeurs** Faits à considérer:

L'EPA considère la pollution de l'air intérieur de nos préoccupations de l'heure d'aujourd'hui la santé les plus remarquables et les plus dangereuses, et beaucoup de cela a à voir avec l'utilisation de produits de nettoyage toxiques qui sont chargés avec des produits chimiques.

En dehors d'être toxiques pour l'environnement, de nombreux produits de nettoyage sont également liés au cancer et à d'autres problèmes comme des malformations congénitales.

Des centaines de produits chimiques toxiques ont été découverts dans le tissu adipeux humain.

Les cellules adipeuses peuvent stocker des matières toxiques, et beaucoup d'elle provient de l'utilisation de produits de nettoyage dangereux.

Des milliers de produits chimiques toxiques sont maintenant utilisés dans la production commerciale. Il est tout à fait possible que ces produits chimiques sont dans les produits de nettoyage qui sont dans votre maison sous votre évier de cuisine.

Donc, comme vous pouvez le voir, il ya deux risques humains et environnementaux à évaluer ici.

Il est assez effrayant, et qui est seulement la pointe de l'iceberg. Tout va beaucoup plus loin en ce qui concerne les effets sur la santé humaine. Pensez à nos enfants et les générations futures qui seront héritant du monde que nous laissons derrière. Quels types de messages que nous allons laisser dans les livres d'histoire? Quel est votre point de vue sur tout cela? Où vous situez-vous?

La meilleure partie de l'aide d'un nettoyeur maison est que vous, votre famille, et la terre sont totalement sûrs.

**Nettoyeurs toxiques Mainstream vs bicarbonate de soude** La bataille entre ceux qui utilisent les nettoyeurs conventionnels et ceux qui utilisent les naturels se poursuit encore à ce jour. Certaines personnes ne veulent pas abandonner leurs produits préférés, et je l'obtenir. Pour être honnête avec vous, la plupart de ces produits nettoyeurs traditionnels aujourd'hui ne travaillent en fait assez bien, donc je ne vais pas rester assis ici et vous dire qu'ils ne le font pas. En fait, ils sont très efficaces pour garder la maison propre, mais, comme indiqué précédemment, il ya quelques inconvénients majeurs à l'utilisation de ces produits chimiques chargé. Les risques sont tout simplement pas la peine à mon avis.

### **Votre corps et la planète sont en danger!**

Votre santé et la santé de notre planète sont en danger chaque fois que l'un de ces produits de nettoyage toxiques est utilisé, et très peu réalisent effectivement les dangers associés à ces types de produits. Tout est assez effrayant! Et cela est une grande raison pour laquelle je suis tout sur l'utilisation du bicarbonate de soude pour de telles applications.

Heureusement, plus a été mis en lumière au cours des dix dernières années ou sur ce sujet, mais pour une raison quelconque, il n'a pas encore atteint un niveau qui est digne de faire quelques changements énormes! Nous avons besoin d'une plus grande

sensibilisation, et il est tout en prenant un peu trop long pour que les masses voient ainsi.

Vous voyez, le problème avec la plupart des nettoyants commerciaux est le fait qu'ils sont chargés de ce que je tiens à appeler ingrédients drapeau rouge, et ils peuvent causer des problèmes de santé réels si ils sont utilisés trop fréquemment. Beaucoup de combinaisons de ces types de produits de nettoyage ont été prouvés dangereux, et, heureusement, la science a jeté beaucoup de lumière sur l'ensemble de la situation. Je fais certainement beaucoup de recherches personnelles sur ce sujet tout simplement à être plus conscients, mais je fais aussi pour aider les autres à être plus conscients des dangers ainsi.

### **Produits chimiques comme:**

Triclosan - Dans de nombreux produits pour la maison. Au Canada, il a été identifié comme un produit chimique toxique et, par conséquent, a été interdite dans de nombreux produits. Toxicité du système d'organes est également une menace très réelle avec le triclosan.

2-butoxyéthanol - Possible cancérogène chimique. Neurotoxicité possible et irritant ainsi. De nombreuses études ont mis en lumière les effets toxiques du 2-butoxyéthanol. Tous sont tout aussi troublant.

Les phénols chlorés - Jolie mauvaises choses qui a été théorisé pour causer divers problèmes de santé. Des études ont montré que les phénols chlorés peuvent influencer négativement sur l'immunité chez les sujets de test de rongeurs ainsi.

Formaldéhyde - Du cancer à la toxicité immunitaire, la preuve est là en ce qui concerne le formaldéhyde. Le National Cancer Institute a assez bien montré à quel point il peut être dangereux, que tout cela a été documenté depuis quelque temps maintenant.

perchloroéthylène - Sources ont trouvé que cela peut causer des lésions hépatiques et rénales avec une possibilité de cancer ainsi.

Comme vous pouvez le voir, il ya quelques inquiétudes notables soient au courant de là - le cancer étant une évidence dans les nombreuses sélections je l'ai évalués dans ma recherche. Et il ya beaucoup plus là-bas. Avec la menace du cancer étant un danger très réel dans le monde d'aujourd'hui, nous devrions tous vouloir prendre des mesures de précaution dans l'éviter. La plupart des gens peuvent et doivent commencer par les produits de nettoyage qu'ils utilisent pour nettoyer leurs maisons. Et je dis cela parce qu'il est un aspect très facile de vivre qui est facile à corriger.

Avec tout cela dit, je ne dis pas que vous êtes à risque majeur dès maintenant si vous êtes en utilisant ces types de produits; la dernière chose que je veux faire est de vous effrayer delà de la croyance! Vous devez comprendre qu'il est pas trop tard pour faire quelques changements faciles. Si vous vous souciez vraiment de votre santé et celle de vos proches, vous devriez

vouloir faire ces ajustements très simples. Tout est assez facile à faire, comme vous le verrez bientôt.

## **Impact sur l'environnement**

Le bicarbonate de soude est respectueuse de l'environnement?

Rien d'autre sur cette planète est plus beau que ce que Mère Nature a créé, donc je suis plus que disposé à faire ma part pour préserver autant que je peux. Pour être honnête, je ne l'ai pas vraiment trouvé un produit sur le marché qui est parfait à 100% pour la planète, mais certains sont très proches. Et comme je l'ai brièvement discuté un peu plus tôt, le bicarbonate de soude semble être parmi les plus légitime. Après tout, si naturellement dérivée, le bicarbonate de soude vient de la terre de toute façon.

Heureusement, l'Internet a le plus de cette information disponible pour les gens de voir et de la recherche. Donc, pour que vous

comprenez la nature de bicarbonate de soude et voir si elle est sans danger pour la terre et pour vous-même) Je devrais probablement vous expliquer comment il est produit.

Un des mythes les plus populaires est que le bicarbonate de soude contient de l'aluminium. Bien que certaines entreprises ont placé les mots "aluminium libre» sur leur emballage (grande tactique de marketing, par la voie), le bicarbonate de soude ne contient de l'aluminium. Cela était probablement commencé comme une rumeur en raison de la confusion entre le bicarbonate de soude et la poudre à pâte, ce dernier qui ne contient de petites quantités d'aluminium.

Fun avec bicarbonate de soude

Avant de terminer cette place, nous allons jeter un oeil à quelques amusantes et intéressantes façons d'expérimenter avec du bicarbonate de soude. Ne vous inquiétez pas; ce sont tous complètement sûr et familial, ils sont donc très amusant pour tout le monde.

## **Invisible Ink**

Celui-ci est un beaucoup de plaisir, et les enfants deviennent vraiment un coup de pied hors de lui. (Sérieusement, quel enfant ne aime pas l'idée d'écrire des messages secrets?) Vous avez seulement besoin de trois choses:

Eau

Le bicarbonate de soude

Rédaction Ustensile (comme un stylo desséché, cure-dents, ou plume)

Mélanger parties d'eau égale et le bicarbonate de soude et simplement tremper l'ustensile d'écriture dans votre solution. Puis l'utiliser pour écrire dans votre encre invisible récemment concocté. Puis vient la partie amusante: en découvrant le message caché à



l'aide d'une source de chaleur, comme un fer à repasser ou un sèche-cheveux.

### **Le bicarbonate de soude Volcano**

Celui-ci est un classique. Vous pouvez soit créer un modèle d'un volcan ou utiliser un conteneur pour l'expérience. De toute façon vous allez, il vous suffit de verser un peu de bicarbonate de soude dans le volcan ou un récipient et versez le vinaigre sur le dessus, puis de regarder pour la réaction.

### **Le bicarbonate de soude Inflate-a-Ballon**

Cette expérience est un autre succès avec les enfants, surtout les plus jeunes. Vous aurez besoin de ce qui suit:

Vinaigre (environ 4 onces)

Le bicarbonate de soude (2 c. À soupe)

Entonnoir

Bouteille

Balloon

Pour commencer, fixez le ballon à l'entonnoir et versez dans le bicarbonate de soude. Verser le vinaigre dans la bouteille. Montez ensuite lentement et prudemment le ballon sur le dessus de la bouteille et maintenez-le en place de sorte que le bicarbonate de soude tombe dans la bouteille.

Regardez comment il réagit.

### **Stupides mer Worms**

Cette astuce unique est un beaucoup de plaisir et extrêmement simple. Vous aurez besoin de ce qui suit:

1 tasse d'eau

2 c. Bicarbonate de soude

5 c. Du vinaigre

spaghettis crus

grand verre, pot, ou d'un conteneur

Mélanger le bicarbonate de soude et de l'eau dans le récipient jusqu'à dissolution complète.

Coupez ou cassez deux ou trois nouilles crues en petits morceaux (environ un pouce chacun) et les déposer dans la solution. Ajouter le vinaigre et observer.

## **One More utilisation étonnante de**

### **bicarbonate de soude**

#### **Extincteur d'incendie**

La menace d'un incendie grèves craignent dans un grand nombre d'entre nous. Cela est particulièrement vrai des feux de graisse, car ils ne sont pas éteignable par extincteurs ou de l'eau. En fait, tout sera sous pression provoquer une propagation, et de l'eau sera également faire pire. Alors, que devons-nous faire si nous nous trouvons face à un de ces incendies monstrueux?

C'est simple. Éteindre les flammes avec du bicarbonate de soude! Les incendies ont besoin de carburant, un agent oxydant, et de la chaleur pour brûler. Le bicarbonate de sodium, au chauffage, libère du dioxyde de carbone qui contre l'oxygène.

Cela va prendre beaucoup de bicarbonate de soude, mais il est certainement efficace dans l'étouffement des incendies de graisse. S'il vous plaît prendre note, cependant, que vous devez utiliser une extrême prudence, comme le feu, en particulier les feux de graisse,

a tendance à se propager rapidement. Si elle commence à se répandre trop rapidement, il serait préférable d'évacuer le bâtiment et appelez le 911, plutôt que de risquer votre sécurité ou même de votre vie. Toutefois, si elle est plus ou moins contenue à l'endroit où tu peux facilement prendre assez de bicarbonate de soude, il va travailler et économiser votre maison de la destruction et, plus important encore, votre vie et celle de vos proches.

## **Conclusion**

L'information que je discute généralement dans plusieurs de mes livres est adapté pour vous donner une perspective différente sur l'utilisation de produits dangereux afin que vous puissiez commencer à les filtrer hors de votre vie, et avec quelque chose d'aussi simple que le bicarbonate de soude, vous pouvez faire beaucoup d'y arriver . Au cours des huit dernières années ou, je l'ai été très proactifs pour débarrasser ces nettoyeurs dangereuses et les produits de ma vie et de la vie de mes proches. Ne pas le faire quoi que ce soit serait négligent, que je veux ce qui est le mieux pour moi et pour ceux avec qui je suis proche. En d'autres termes, il est beaucoup trop importante d'une question d'ignorer.

Le ramener à la maison un message avec bicarbonate de soude

Comme vous pouvez le dire, le bicarbonate de soude est vraiment impressionnant et est extrêmement polyvalent! Il est donc utile de bien des façons différentes, et qui est exactement pourquoi je vous encourage tous à faire un essai. De nettoyage de votre baignoire pour obtenir ce sourire de la vôtre agréable et blanc, le bicarbonate de soude peut sauver la journée pour les personnes de différentes façons; Voilà ce que je l'aime à ce sujet! Je comprends que je ne couvrent pas littéralement chaque fonction de bicarbonate de soude connue de l'humanité. Au lieu de cela, je choisi de me concentrer sur ce que je pense sont les plus importants. Je voulais faire ce livre simple, au point, et applicables.

Je ne prétends pas être le seul expert de bicarbonate de soude sur la planète, mais je l'ai utilisé beaucoup et peux honnêtement dire

que les stratégies que je ai parlé dans ce livre sont très réels.

La preuve est certainement là-bas! Alors, que dis-tu? Allez-vous donner à ces conseils un essai?

Je l'espère bien sûr parce que la seule façon pour vous de savoir vraiment si elles travaillent est d'y aller et de l'expérience par vous-même.

## MINDFULNESS POUR LES DÉBUTANTS

*Vingt-cinq exercices faciles Mindfulness vous aider à vivre dans le moment présent, de conquérir l'anxiété et le stress, et de vivre une vie épanouissante Avec Mindfulness meditation*

*Ella Marie*

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### **introduction**

Mindfulness est un endroit idéal pour être dans votre vie. Au lieu de dépenser tout ce temps de travail et en espérant que vous allez tout faire, vous aurez à apprécier réellement les choses qui sont dans votre vie. Mindfulness exige que vous ralentissez et juste réaliser ce qui se passe près de chez vous et de voir que les petites choses de la vie sont ce qui rend tout cela vaut la peine.

Ceci est quelque chose que beaucoup de gens vont oublier dans leur vie, et ils se sentent souvent l'anxiété, la dépression et d'autres problèmes parce qu'ils ne sont pas connectés à la vie qu'ils vivent. Ce guide va passer un peu de temps à parler de l'attention afin que vous puissiez voir comment grand d'un impact qu'elle peut avoir sur

votre vie et prendre la décision de savoir si il est le bon choix pour vous d'essayer.

Chapitre 1 commence avec quelques informations sur ce que l'attention est. Vous allez comprendre les avantages de l'utilisation de ces techniques, quelques conseils sur la façon d'être plus attentifs, et bien plus encore.

Chapitre 2 commence par l'alimentation consciente et comment le simple acte de manger peut être une grande expérience.

Chapitre 3 commence withis propos écoute consciente. Il ya tellement de sons qui vont autour de vous tout le temps, mais il est facile de se mettre au travail avec d'autres choses et ne pas passer le temps qui est nécessaire pour vraiment profiter de ces sons.

Chapitre 4 est sur le marche consciente. Ceci est quand vous faites attention à la façon dont vous marchez ainsi que l'ensemble des choses de la nature qui sont autour de vous. Vous comprendrez que les mesures que vous prenez ont un certain son et que la façon dont la mesure ou vous y allez peut tous faire une différence.

Chapitre 5 est plein des différents exercices que vous pouvez faire avecan afin d'essayer la pleine conscience dans votre vie quotidienne. Tous les exercices sont faciles à suivre et vous serez en mesure de les faire chaque fois que vous avez un peu de temps. Certains vous demande juste de se concentrer sur la respiration que vous faites, tandis que d'autres vont prendre un peu

plus d'effort. Il est important d'essayer de garder votre esprit sur la tâche à accomplir plutôt que de laisser votre esprit vagabonder. Cela est difficile à faire au début, mais avec un peu de pratiquants et la répétition, il va devenir beaucoup plus facile.

Il ya beaucoup de différents types de pleine conscience, y compris l'alimentation consciente, écoute consciente, et marche consciente. Il ya aussi une variété d'exercices que vous serez en mesure de le faire afin de parvenir à l'état conscient que vous cherchez.

Beaucoup d'entre eux sont discutés dans ce livre afin que vous pouvez leur donner un essai et voir si ils vont travailler pour vous. Prenez ce guide avec vous pour apprendre un peu plus sur la pleine conscience et comment il peut être bénéfique à vos besoins.

## **Chapitre 1:**

### **Qu'est-ce que la pleine conscience?**

Garder le contrôle des pensées et des sentiments que vous allez par le biais peut être vraiment difficile. La plupart des gens trouvent qu'ils vont lutter avec ce fil du temps, car il ya trop de ce qui se passe dans leur vie qu'ils ne sont pas en mesure de suivre. Mindfulness est une technique que vous pourrez utiliser afin d'obtenir votre esprit sur la bonne voie afin que vous pouvez obtenir la tranquillité que vous avez toujours voulu.

Mindfulness est connue comme le foyer intentionnelle et en acceptant de l'attention de quelqu'un sur les sensations, les pensées et les émotions qui se produisent en ce moment précis. Il va prendre un peu de pratique afin d'obtenir que cela se produise dans la plupart des gens; il peut devenir trop facile de penser à d'autres choses et laisser votre esprit étonnant off plutôt que de le garder dans le même endroit. Souvent, la pratique de l'attention va être similaire à ce que vous trouverez dans la méditation dans ce que vous devez obtenir votre esprit hors les pensées et les sentiments qui sont tracasse et le faire de se concentrer sur ce qui se passe sur la droite à ce moment présent .

Il ya beaucoup d'utilisations à des utilisations de la pleine conscience. Les psychologues ont eu recours à cette pratique depuis un certain temps afin d'aider les patients à surmonter les conditions physiques et mentales telles que l'anxiété, le trouble obsessionnel compulsif, et même la toxicomanie et la dépression. Même si vous n'êtes pas visiter un psychologue, il peut être un exercice agréable à utiliser à la maison dans le but de traiter correctement vos émotions d'une manière plus constructive.

## Avantages des techniques Mindfulness

Beaucoup de gens décident d'utiliser la pleine conscience, car il les aide à se sentir mieux et obtiennent grâce à leurs émotions plus facilement que si elles permettent simplement les émotions fuir. Il ya beaucoup d'avantages que vous pouvez gagner de l'aide de la pleine conscience des exercices tels que les suivants.

### **Mindfulness et Bien-être**

Ces sortes d'activités vont être en mesure de vous aider à améliorer votre bien-être. Ces exercices sont en mesure de soutenir des attitudes plus positives qui peuvent conduire à une vie plus heureuse et plus satisfaits. Lorsque vous commencez à utiliser la pleine conscience dans votre vie, vous faites beaucoup plus facile de profiter des plaisirs qui viennent dans votre vie plutôt que d'être dérangé ou se soucier d'autres choses quand ils se produisent. Vous serez alors en mesure de mieux faire face aux mauvaises événements qui se produisent parce qu'ils ne pas sembler comme un gros problème pour vous. Quand vous vous entraînez votre esprit à penser dans le présent, vous aurez souvent pas inquiéter autant de choses qui sont arrivées dans le passé parce que ces choses ne sont pas si important pour toi.

### **Mindfulness et la santé physique**

Vous pouvez également tirer des avantages à votre santé physique lorsque vous décidez d'employer des techniques de pleine conscience dans votre vie. Les avantages physiques comprennent l'aide à des troubles de l'estomac, de mieux dormir la nuit, la douleur moins chronique partout, un abaissement de la pression artérielle, une meilleure santé cardiaque, et beaucoup moins de stress. Tout en réduisant la quantité de stress que vous vous sentez chaque jour, vous allez bientôt être en mesure de se sentir mieux dans les autres choses qui se passent dans votre vie.

### **Mindfulness et de santé mentale**



Techniques de conscience peuvent aider l'état de votre santé mentale ainsi. Il ya beaucoup de moments où le stress et l'anxiété que vous ressentez vont commencer à se glisser dans les autres parties de votre vie et rendre les choses plus difficiles. Ceci est où la vigilance peut venir. Il vous aide à prendre le contrôle de votre stress et d'autres émotions de sorte que vous pouvez avoir la santé mentale plus arrondie, sans beaucoup de médicaments ou d'autres obstacles sur le chemin.

Certains problèmes de santé mentale qui peuvent être aidés avec attention comprennent les troubles obsessionnels compulsifs, l'anxiété, les conflits de couple, les troubles alimentaires, la toxicomanie et la dépression.

Comme vous pouvez le voir, il ya beaucoup d'avantages que vous serez en mesure de réaliser pour votre corps et de santé dans son ensemble lorsque vous choisissez de pratiquer la pleine conscience dans votre vie quotidienne. Il est utile de prendre le temps d'apprendre quelques exercices afin que vous êtes en mesure de le faire descendre et revenir sur la piste.

### Conseils d'être Consciente

Voici quelques conseils que vous pouvez suivre afin d'avoir une meilleure chance d'être attentifs, soit à un moment spécifique ou dans l'ensemble de votre vie en général.

### **La respiration consciente**

Ceci est un bon de commencer avec quand vous n'êtes pas habitué à faire les techniques de pleine conscience mais qui veulent commencer à les utiliser chaque jour. Ceci est un exercice simple, mais il peut être vraiment puissant quand il est fait rightcorrectly. Vous allez commencer avec l'inspiration et de la sur-souffle, en accordant une attention particulière à chacun comme ils se produisent et de reconnaître que chacun est différent et spécial à sa manière. L'objectif de ce type d'attention est que vous allez vous concentrer toute votre attention sur votre respiration. Le discours

mentale pourrait être là au début, mais au fil du temps il va disparaître, et vous serez en mesure de constater ce à chaque fois que vous êtes conscients.

Cela ne veut pas quelque chose qui devrait être difficile ou beaucoup de travail à faire pour vous.

En fait, il est censé être agréable. Vous pouvez penser à comment quelqu'un qui est vivant arrive à profiter de la respiration. Ne pas essayer de forcer la respiration; à la place, laissez-le aller et venir la façon dont il veut. Si Vous êtes en train expirations finissent par être plus longue que votre belle-respirations, cela est bien beau. Il suffit de trouver le rythme qui est lente et régulière, mais fonctionne toujours bien pour vous.

Cette activité est un grand si vous essayez d'être conscient, veulent faire une séance de méditation, ou tout simplement besoin de se calmer. Il ya tellement d'avantages de simplement de prendre ces respirations profondes. Concentrant sur eux plutôt que sur autre chose qui pourrait être tracasse vous pouvez rendre la vie tellement plus facile et plus agréable.

## **Concentration**

Une fois que vous avez eu le temps de vous habituer à la respiration consciente, vous pouvez prendre un certain temps pour s'y habituer concentrant sur un peu plus. Vous aurez juste besoin de suivre vos respirations de leurs débuts à leur fin. Si votre dernier souffle est allé pendant quatre secondes, vous devez vous assurer que la pleine conscience dure pendant toute sa durée.

Concentrez-vous simplement sur la respiration que vous faites. Vous pouvez laisser votre respiration seule sorte qu'il finit par être aussi naturel que possible, mais vous avez encore besoin de se concentrer votre attention sur elle. Cela va probablement être la partie la plus difficile, car il est facile de se laisser distraire. Le son de la télévision, le buzz du lave-vaisselle, de rappeler que vous avez un rendez-vous la semaine prochaine pour quelque chose - toutes

ces pensées peut facilement se glisser dans votre esprit, et ils feront mal à se concentrer.

Ne te décourage pas; il est facile d'avoir votre esprit vagabonder quand vous êtes premier de commencer. Il suffit de coller avec elle et essayer de se débarrasser de ces autres pensées. Il va devenir plus facile au fil du temps. Tout le monde a des problèmes avec cela, donc si vous êtes capable de tout garder avec elle, il deviendra beaucoup plus facile.

Passez du temps de s'y habituer en se concentrant sur votre respiration. Vous ne devez pas être un expert, mais assurez-vous êtes à l'aise avec elle, même si votre esprit vagabonde encore un peu. À ce moment, vous pouvez passer à l'étape suivante.

### **Être conscient de votre corps**

Cette activité va prendre un tout petit peu plus loin. Vous allez non seulement prêter attention à la façon dont vous respirez, mais aussi faire attention à votre corps tout entier. Sachez que votre corps est là et la respiration ne serait pas possible sans votre corps d'être là. Comme vous respirez, vous devez être conscient de votre corps; que vous expirez, vous devriez aussi être conscient de votre corps. Cela va unir le corps et l'esprit en une seule réalité qui ne peut être tiré à part.

Lorsque vous êtes en mesure d'obtenir votre esprit avec votre corps, vous verrez que vous êtes bien établie dans le présent lieu de prêter attention au passé ou l'avenir. Ceci est un bon exercice à faire si vous êtes vraiment stressé à propos de quelque chose et que vous n'êtes pas en mesure de se débarrasser des mauvais sentiments.

Ceci est un exercice simple, mais il va être efficace parce qu'il va apporter votre esprit à l'ici et maintenant plutôt que de laisser errer. Se concentrer sur les choses sur lesquels vous avez aucun contrôle va tout simplement pour vous faire sentir fou. Cet exercice, il sera beaucoup plus facile de se concentrer sur le présent.

## Tension Releasing

Il est difficile de laisser aller de tout le stress et la tension qui se passe dans votre vie. Vous pourriez avoir beaucoup de choses à se soucier à la maison ou école ou au travail, et ces choses vont vous faire sentir comme vous serez toujours stressé. Il est normal que les gens se sentent un peu de stress, et souvent il va prendre une aide extérieure afin de réduire la tension.

Utilisation de la pleine conscience est la bonne façon va vous aider à libérer la tension que vous ressentez. Vous pouvez choisir de faire ces exercices de la manière qui est la plus confortable pour vous, que ce soit dans aa debout, couché, ou assis. Peu importe où vous êtes, vous pourriez être en mesure de se débarrasser de la tension que vous vous sentez aussi longtemps que vous êtes en mesure de déterminer la meilleure façon de le libérer.

Alors que vous respirez et de faire les exercices qui sont énumérés ci-dessus, vous pouvez dire que vous êtes conscient de votre corps que vous inspirez et que vous êtes prêt à relâcher la tension lorsque vous expirez. Cette respiration va vous faire sentir mieux. Combinez cela avec oubliant pensées stressantes et votre tension sera publié.

### Comment être plus attentifs

Avant de vous lancer sur votre voyage à étant conscient, il est important que vous preniez le temps de comprendre quelques conseils pour vous aider à démarrer. Ces conseils vont faire plus facile de faire attention à la manière appropriée de sorte que vous obtenez tous les avantages que vous aimeriez sortir de cette technique. Certains des conseils que vous devriez suivre comprennent:

Mettez la juste valeur sur les choses: Il est facile de devenir stressé sur combien quelque chose coûte ou combien il vous fera paraître. Lorsque vous mettez une valeur sur les choses, il ne va finir par vous stresser encore plus. Quand vous laissez aller de ce genre de

valeur sur les choses, vous ouvrez votre monde pour le plaisir et avoir plus de plaisir dans la vie.

Restez neutre ou attendre le meilleur: Il est facile d'être négatif sur les choses qui se

passent dans votre vie. Vous pouvez avoir peur de l'avenir à cause de votre passé.

Restez positif sur votre situation tout le temps. Cela peut rendre la vie beaucoup plus heureuse et plus facile à traiter.

Soyez agréable et utilisation compliments: Cela vous permet de faire une différence dans la vie de quelqu'un d'autre. Lorsque vous êtes inquiet au sujet de faire quelqu'un d'autre à se sentir mieux, vous aurez tendance à ne pas penser à votre propre vie comme beaucoup, et les petites choses qui ont été te tracasse semblera pas aussi important plus longtemps. Essayez de donner au moins quelques compliments chaque jour pour aider à rendre ceux autour de vous sentir mieux.

Observez-vous: Prenez un peu de temps chaque jour pour observer la façon dont vous faites les choses. Déterminez si la façon dont vous respirez semble être en décalage avec la façon dont vous pensez que vous vous sentez. Lorsque vous prenez quelques minutes pour se concentrer sur votre respiration, vous commencez à prendre conscience des choses qui se passent dans votre corps, et vous pouvez commencer à faire des efforts conscients pour mieux les maîtriser.

Passez du temps avec des amis et des relations: Rien ne va vous faire sentir mieux que quand vous passez du temps avec votre famille et vos amis. Ce sont les relations qui vous font sentir bien et vous donner un sentiment d'estime de soi. Vous devriez passer autant de temps que vous pouvez développer ces relations pendant que vous travaillez sur votre attention afin que vous pouvez sentir votre meilleur en tout temps.

## Chapitre 2:

### Restos Consciente

L'un des domaines que vous serez en mesure de vous concentrer sur votre attention est quand vous mangez. Il est facile de simplement engloutir votre nourriture et même pas y penser. Vous serez pressé de faire le repas fait parce que vous avez à se remettre au travail ou que vous venez avez faim et que vous voulez terminer. Mais quand vous pratiquez l'alimentation consciente, il est beaucoup plus facile de profiter de la nourriture que vous mangez.

Alors, quelle est l'alimentation consciente? Ceci est en train de manger qui vous oblige à manger avec l'intention de prendre soin de vous-même plutôt que de manger juste parce que vous pensez que vous devriez manger. Vous pouvez utiliser cette méthode pour rendre le goût des repas mieux, pour en profiter plus, et de vous assurer que vous mangez seulement quand cela est nécessaire. Cela peut vous aider à manger ce que le corps a besoin au lieu de le charger avec des aliments qui sont juste trop pour elle.

Pour commencer, vous devriez vous asseoir avec votre assiette de nourriture à la table. Assurez-vous que vous ne disposez pas des distractions à l'extérieur pendant que vous faites cela. Tout ce qui peut prendre votre esprit de cette tâche, il sera quasiment impossible d'obtenir l'attention complète que vous cherchez. Éteignez la télévision, se débarrasser de journal du matin, et passer votre temps à réfléchir et à profiter de la nourriture que vous avez en face de vous.

Il ya certaines choses que vous devriez garder à l'esprit quand vous faites cette activité. Vous ne serez pas autorisé à engloutir la nourriture que vous allez manger. Au lieu de cela, vous devez vous assurer de prendre les piqûres lent et délibéré pour chaque bouchée. Vous serez alors mieux en mesure de payer toute l'attention à tous les aliments que vous mangez, en prenant en quoi il ressemble, comment il sent, comment vous le coupez en place, les muscles qui ont été utilisés pour l'obtenir de votre bouche, le goût et

la texture de l'aliment, et tout le reste. Vous devriez essayer de devenir pleinement impliqués dans le processus de manger afin de profiter vraiment.

Il peut sembler comme cela va être un processus lent et laborieux, mais vous allez bientôt être

étonné de voir combien vous serez en mesure de profiter de la nourriture que vous mangez lorsque vous commencez à faire pour cela. Cette méthode de manger vous mettront en place plus rapidement et est beaucoup mieux pour votre digestion.

Voici quelques-unes des étapes quand il vient à l'alimentation consciente: Choisissez-en un petit morceau de nourriture et de commencer avec ça.

Explorer en utilisant le plus grand nombre de vos sens que vous le pouvez. Regardez la nourriture pour un peu et vous verrez la couleur et la texture qui vient avec la nourriture.

Une fois cela fait, vous pouvez fermer vos yeux avant de passer du temps en utilisant le sens du toucher pour explorer la nourriture. Comment la nourriture sentir sans le regarder? Seriez-vous en mesure de décrire à une autre personne qui ne peut pas voir?

Maintenant, il est temps d'utiliser l'odorat. Voir ce que les différentes odeurs sont qui viennent avec la nourriture.

Manger de la nourriture. Vous devez prendre un minimum de deux bouchées pour chaque morceau de nourriture, même si elle est un petit morceau. Il est facile de prendre de grandes bouchées et mâcher peine, mais vous ne sera pas obtenir l'attention hors de lui, et cela pourrait être de vous faire sentir malade et encore faim.

Avec la première morsure, mâcher lentement et constater combien d'une expérience sensorielle vous avez trouvé sur cet exercice tout en prenant le temps de bien mastiquer et déguster votre nourriture. Sentir la texture de la nourriture et la façon dont il se sent dans votre

bouche. Remarquez comment la saveur intense est à chaque bouchée. Vous devez prendre au moins vingt à trente secondes de manger la première bouchée de profiter de tout de l'arôme.

Vous ne devez pas manger cette lentement chaque fois que vous avez un repas, mais pour les quelques premières fois essayer la technique de pleine conscience, il peut vraiment faire une différence. Il peut vous aider à ralentir avec votre alimentation régulière de sorte que le processus devient plus facile.

Ceci est une excellente façon d'améliorer votre vie et en fait profiter les petites choses qui sont en elle. Il devient beaucoup trop facile pour les gens à jeter leur nourriture dans leur gorge et même pas penser à ce sujet. Non seulement vous êtes pas en mesure de profiter de la nourriture que vous mangez de cette façon, vous pourriez aussi causer l'estomac et des problèmes digestifs.

Essayez de faire cet exercice rapide quelques fois par semaine et de voir combien ça aide.

## **Nouveaux aliments**

Essayez quelques nouveaux aliments. Il est facile pour les gens à prendre une bouchée rapide d'un nouvel aliment et décident qu'ils le veulent ou non. Ils ne sont pas vraiment prennent le temps de connaître la nourriture, pour vraiment goûter, ou pour réellement comprendre si ils aiment ou non. Utilisez conscients de manger chaque fois que vous essayez de nouveaux aliments de sorte que vous pouvez vraiment l'expérience eux.

## **Avantages de Consciente Restos**

Il ya beaucoup d'avantages que vous serez en mesure de sortir de l'aide de l'alimentation consciente dans votre vie quotidienne. Certains des avantages incluent: Prévention du diabète: des études ont été faites qui montrent comment manger trop vite, quelque chose que beaucoup d'Américains font dans leur régime alimentaire typique, peut causer le diabète. Ceci est parce que vous êtes plus



susceptibles de prendre du poids quand vous mangez de cette façon.

**Prévenir l'obésité:** Les crises de boulimie peut être une préoccupation avec les adultes ainsi que les enfants. Cela peut être causé par un régime alimentaire et le gain de poids stricte. Lorsque vous travaillez à l'alimentation consciente, vous aurez plus de contrôle sur vos habitudes alimentaires.

**Arrêter le grignotage excessif:** Il est facile de multi-tâche pendant que vous mangez, mais les études montrent que lorsque vous venez de vous concentrer sur votre nourriture plutôt que de faire quelque chose d'autre, il peut vous rendre moins faim toute la journée et vous pourriez choisir petites collations.

**éviter de trop manger:** Lorsque vous sortez manger, il peut être facile de manger plus de nourriture que vous devriez, ce qui peut rendre plus facile de prendre du poids. Ces aliments auront plus de calories que vos aliments normaux, qui va continuer à ajouter plus sur votre total quotidien. Lorsque vous utilisez l'alimentation consciente, vous ne serez pas avoir toutes ces calories supplémentaires sur l'ajout.

**rester maigre:** Lorsque vous mangez moins de calories, ce qui est quelque chose qui va se produire lorsque vous pratiquez l'alimentation consciente, vous serez en mesure de devenir plus maigre. Cela rend la chose parfaite pour essayer quand vous voulez perdre du poids.

## **Chapitre 3:**

### **Compréhension**

Non seulement vous êtes en mesure de devenir conscient des choses qui se passent autour de vous, mais vous serez également en mesure de faire ce genre de chose quand il vient à l'écoute.

Souvent, la vie peut être très occupé, et il peut être difficile de vraiment écouter. Il est facile de se rendre au travail, revenir à la

maison, faire une promenade, et le faire bien d'autres choses sans jamais entendre les sons qui sont autour de vous.

Lorsque vous prenez le temps d'écouter attentivement, vous vous assurez que vous êtes réellement entendu ces sons étonnants. Lorsque vous faites la course hors de la maison pour aller au travail, remarquez-vous le chant des oiseaux? Si vous êtes comme la plupart des gens, vous faites probablement pas. Lorsque vous prenez le temps d'écouter, il devient plus facile d'apprécier tout ce que la vie a à offrir.

Voici quelques-uns des exercices que vous pouvez faire afin de pratiquer un peu de l'écoute consciente dans votre journée.

### **Exercice n ° 1**

Arrêtez dès maintenant, peu importe ce que vous faites, et de prendre un avis des sons qui pourraient être vous entoure. Il n'a pas d'importance si vous êtes au bureau, sur le trajet au travail ou à l'école, avec des amis, ou en faisant une autre activité; arrêtez tout ce que vous faites et d'écouter. Il pourrait y avoir un million de sons différents qui vous entourent, mais les humains ont appris à ignorer la plupart d'entre eux, soit par nécessité, parce qu'ils sont trop occupés avec d'autres choses, ou tout simplement parce qu'ils auraient probablement devenir fou si ils ont remarqué tous les sons autour de eux toute la journée.

Pendant que vous faites cet exercice, voir comment beaucoup de choses différentes que vous êtes en mesure d'identifier que des bruits. Entendez-vous l'ordinateur fredonner à côté de vous ou d'un passage de la voiture en quelque part dans la distance? Vous pouvez entendre la télévision qui est dans une autre pièce. Si la fenêtre est ouverte, vous pouvez entendre les oiseaux un peu ou le bruit de l'eau se précipiter ou une brise agréable. Ce que vous entendez dépend où vous êtes.

Vous serez probablement surpris par tous les différents sons que vous êtes en mesure d'entendre lorsque vous prenez le temps

d'écouter.

Cela sonne comme un exercice qui est assez facile à faire? Vous serez étonné de voir combien il est difficile de réellement se concentrer sur les bruits plutôt que de laisser votre esprit vagabonder. Vous devez essayer de vous envelopper dans le bruit qui est autour de vous au lieu d'essayer de le bloquer sur.

## **Exercice n ° 2**

Cela va être une méthode d'écoute chronométré. Avec celui-ci, vous allez venir avec la quantité de temps que vous allez faire cette activité. Il pourrait être préférable de faire cette activité à la maison quand vous ne pas avoir de distractions supplémentaires de sorte que vous ne devez pas vous inquiéter d'être interrompu.

Il est préférable de commencer avec seulement cinq minutes ou plus sur cette activité et vous serez toujours en mesure d'ajouter que le temps passe et vous y habituer. Définir un chronomètre de sorte que vous ne devez faire attention aux sons autour de vous plutôt que de se soucier de combien de temps a passé. Maintenant, laissez les sons que vous ancrer à l'instant présent. Ne pas juger, analyser, ou même de penser à ce qui pourrait être la cause de chacun des sons que vous eux, juste l'expérience entendre et d'observer eux. Si vous trouvez que vous devenez impatient ou agité pendant votre temps, ne pas réagir à ces sentiments.

Faire cet exercice simple va rendre votre conscience ouverte sur un tout nouveau niveau quand il est comparé au silence qui est à l'intérieur de vous. Vous vivrez des moments où vous commencez à vous sentir comme vous vous réveillez dans une nouvelle partie de vous qui a été caché et que vous allez maintenant être en mesure de profiter.

## **Exercice n ° 3**

Ceci est celui qui va vous aider à l'écoute. Souvent, les gens trouvent qu'il est vraiment difficile d'obtenir leur esprit à rester sur la

tâche. Une façon que vous pouvez faire est d'utiliser les cloches de pleine conscience. Ils ont été utilisés pendant de nombreuses années afin de donner à la personne un point focal de concentration pour leur méditation de pleine conscience.

Avec cet exercice, vous serez écoute d'un enregistrement des cloches de pleine conscience au lieu de simplement écouter tous les sons qui sont passe autour de vous. Cela est agréable car il est souvent plus facile de se concentrer quand il ya un seul son. Il peut également rendre le processus plus puissant et plus profond.

Si vous êtes nouveau dans le processus de la méditation ou l'écoute consciente, ceci est la meilleure façon de vous habituer à le faire. Il va être difficile à obtenir votre esprit à se concentrer sur une seule chose. Pensées et sentiments vont souvent obtenir de la manière, ce qui rend difficile de se concentrer sur les choses qui sont juste en face de vous. Mais penser à combien plus de contrôle que vous aurez sur vos émotions et des sentiments si vous êtes en mesure de les contrôler avec l'utilisation de l'écoute consciente.

#### **Exercice n ° 4**

Si les cloches ne sont pas tout à fait votre truc et que vous trouvez qu'ils sont vous distraire, il est toujours bon d'utiliser une autre méthode ou des sons qui peuvent aider. Peut-être choisir votre chanson préférée ou une chanson classique. Chansons classiques sont généralement les meilleurs parce qu'ils ont beaucoup de différents instruments et les sons que vous pouvez vous envelopper, et ils sont faciles sur les oreilles afin de ne pas se laisser distraire.

Tournez sur la chanson de votre choix et juste écouter. Vous devriez écouter les différentes mélodies et de prendre note quand quelque chose change. Écoutez les différents instruments et de voir si vos favoris sont parmi eux. Il ya tellement que vous pouvez profiter quand il vient à la musique: paroles, les instruments, les mélodies, et plus encore.

Consciente écoute est un taskthing important que vous devriez apprendre à le faire et que vous devez combiner avec certains de vos exercices lorsque vous essayez d'être plus attentifs. Il ya tellement de ce qui se passe autour de vous que seuls vos oreilles sont en mesure de revenir sur., Mais wwith horaires chargés et tous les bruits de nous bombarder, il est facile d'ignorer les sons et ne pas prêter attention à eux. Ces exercices vous aider à apprendre comment faire attention à au moins certains de ces sons de sorte que vous pouvez devenir plus conscients de ce qui se passe autour de vous.

## **Chapitre 4:**

### **marche consciente**

La marche est une excellente activité que vous pouvez faire pour sortir de la maison, avoir du plaisir, faire bouger, et même perdre du poids si vous le souhaitez. Beaucoup de gens essaient d'ajouter plus marche de leurs vies à cause de tous les avantages positifs pour la santé. Mais, saviez-vous que vous pouvez également apporter la pleine conscience dans votre routine de marche pour le rendre meilleur?

Un grand nombre des mêmes principes vont entrer en jeu lorsque vous faites votre marche consciente. Dans cette activité, vous allez tout simplement de se concentrer votre esprit sur le fait de marcher, même si elle est une chose si simple à comprendre. Au cours de ce processus, vous allez apprendre comment apporter votre conscience dans le mouvement du corps que vous marchez. Il ya tellement qui va dans chaque étape qui est prise qu'il est facile de trouver une façon de dépenser votre énergie en se concentrant sur tout cela.

Comme vous marchez, vous devriez vous concentrer sur la façon dont le sol se sent ou comment vous respirez. Vos étapes sont rapide ou plus lent? Est votre respiration sur le pair avec votre exercice ou vous besoin de ramasser une vitesse plus lourde pour les résultats? Vous pouvez également prendre le temps de se

concentrer sur les choses qui vont autour de vous, comme les oiseaux volants, chiens jouant, ou quelque chose d'autre.

Avec cet exercice, vous n'êtes pas allez avoir besoin de passer beaucoup de temps en ignorant les choses qui se passent autour de vous; en fait, vous serez en mesure de se concentrer sur certains d'entre eux que vous êtes à pied, afin de tirer le meilleur parti de l'expérience.

Une des meilleures choses à propos de ce genre d'attention est que vous serez en mesure de le faire à la notification d'un moment, peu importe où vous êtes. Avec quelques-uns des autres techniques, vous allez avoir besoin d'être seul et planifier à l'avance un peu. Avec celui-ci, vous pouvez le faire à chaque fois. Voilà pourquoi il ya tant de gens qui aiment à utiliser la technique de marche quand ils sont d'abord essayé sur la pleine conscience.

## **Chapitre 5:**

### **Autres exercices Mindfulness**

En plus de quelques-uns des exercices qui ont été énumérés dans les chapitres précédents, voici un peu plus que vous pouvez tryout pour mettre vraiment l'attention dans votre vie. Essayez un peu de voir comment ils vont travailler pour vos besoins.

### **One Minute Mindfulness**

Le premier exercice que nous allons regarder est la pleine conscience d'une minute. C'est celui que vous serez en mesure de le faire à tout moment de la journée, et depuis il ne tient pas très longtemps, vous ne serez pas à vous soucier de mettre de côté beaucoup de temps dans votre horaire chargé. Vous pouvez utiliser votre montre ou de régler une minuterie rapide pour vous aider à garder une trace de combien de temps vous devez passer sur ce afin que vous puissiez se concentrer pleinement sur l'activité.

Pendant les soixante secondes de cette activité, vous devez vous concentrer toute votre attention sur votre respiration. Vous ne devez pas penser à autre chose, aucune attention à rien d'autre, ni à se soucier d'autres choses qui se passent. La seule chose qui devrait être dans votre univers pendant cette minute est la respiration. Bien que d'une minute pourrait ne pas sonner comme il est que à long d'un temps, il peut certainement se sentir comme il dure pour toujours lorsque vous débutez. Vous pouvez laisser theyour yeux ouverts pour cette respirer et la façon dont vous le faites normalement faites; rien ne doit changer afin de faire cet exercice. Vous devrez être prêt à prendre votre esprit quand il essaie d'égarer, qui il sera, et de garder le ramener à l'endroit où il doit être. Vous trouverez que se concentrer votre concentration comme cela au début va être difficile, mais plus vous le faites, plus il deviendra.

Bien que ce soit pas celui qui va prendre beaucoup de temps ou que beaucoup d'efforts, il est généralement un très puissant si vous avez réellement prendre le temps de bien faire les choses. Il peut parfois prendre les gens un long moment de faire cet exercice avant qu'ils ne soient en mesure de le faire pour seulement la seule minute. Les bonnes nouvelles pour vous est que si elle est difficile, vous pouvez réaliser ce que beaucoup d'autres personnes vont par la même chose et que si vous continuez à essayer, il va devenir beaucoup plus facile.

Ceci est un exercice à faire à quelques reprises à travers la journée, surtout si votre esprit est en cours d'exécution hors et vous n'êtes pas en mesure de rester concentré sur la tâche qui est à portée de main. Vous serez en mesure d'obtenir la clarté et de la paix que vous voulez, et bientôt les choses seront de retour sur la bonne voie. Au fil du temps et avec la pratique, vous pouvez choisir d'étendre la quantité de temps pendant lequel vous faites cette technique de sorte qu'il fonctionne le mieux pour vous, mais au début, à la minute va être assez dur pour vous de

compléter.

## **Observation Conscients**

Même lorsque vous observez les choses, vous serez en utilisant une certaine forme d'attention pour vous aider. Cet exercice va vous aider avec l'aide de la pratique de l'observation pour aider à garder votre esprit vif.

Pour commencer, vous devez ramasser un objet qui est juste traînant; l'objet que vous choisissez est vraiment pas si important que cela, donc ramasser la première chose que vous pouvez trouver. Vous devez tenir l'objet dans vos mains, puis laisser toute votre attention pour devenir absorbé dans l'objet. Observer l'objet, mais ne prenez pas le temps de réfléchir ou d'évaluer, ou étudier en aucune façon. Il suffit de regarder et d'observer pour ce qu'elle est.

Au cours de cet exercice, vous allez commencer à se sentir un sens plus élevé de la nouveauté.

Observation consciente a été appelé à rendre les gens se sentent plus éveillé. Vous allez commencer à remarquer combien l'esprit est capable de libérer rapidement l'ensemble de ses réflexions sur l'avenir ou le passé et comment il se sent tellement différent d'être en ce moment.

Cela peut aussi être considéré comme une forme de méditation, et beaucoup de gens le traiter de cette façon.

Cela peut aussi être fait avec les oreilles en forme de l'écoute de la pleine conscience, comme ce qui a été discuté dans un chapitre précédent. Vous pouvez choisir la méthode qui fonctionne le mieux à vos besoins.

### Points de touche

Ceci est un exercice qui va vous aider à apprécier les petites choses qui sont dans votre vie, car il peut vous aider à ralentir le rythme de ce qui se passe autour de vous. Vous allez apprendre à avoir une conscience plus pure et également être en mesure de se reposer dans le moment présent pour un peu.



Lorsque vous êtes prêt à faire cet exercice, vous pouvez vous asseoir et de réfléchir à quelque chose qui est arrivé plus d'une fois pour vous chaque jour. Il devrait être quelque chose que vous

allez prendre pour acquis, quelque chose comme l'ouverture d'une porte ou marcher dans le couloir. Nous irons avec l'ouverture de la porte. Pensez à l'action de l'ouverture de la porte et laissez-vous ressentir la façon dont cela se passe. Sentez-vous la poignée de porte dans votre main, comment il se sent de tourner le bouton, et comment la porte est lourde lorsque vous tirez dessus.

Alors que vous pensez de tout cela, réfléchissez sur les mouvements et les parties de votre corps qui vous permettent de faire ces choses. Soyez reconnaissants des mains qui sont ce qui vous permet de faire cela, les pieds que vous avez obtenu à la porte, et le cerveau qui dit votre corps la façon de faire les choses différentes. Sans ces choses, vous ne seriez jamais capable de faire une tâche aussi simple que d'ouvrir la porte.

Les indices que vous utilisez pour cet exercice ne doivent pas inclure ceux que nous venons physiques. Vous pourriez penser les pensées négatives que vous pourriez avoir toute la journée.

Prenez un moment pour réfléchir sur les pensées et les libérer avant qu'ils aient plus d'impact sur votre vie. Vous pouvez penser à la façon dont les odeurs de nourriture et de prendre un moment pour être reconnaissants que vous avez un peu de nourriture que vous pouvez manger.

Il n'a pas d'importance ce que cue vous choisissiez d'utiliser. Vous devez choisir celui qui va résonner avec vous et le rendre plus facile de penser de la bonne façon. Vous ne disposez pas de rester sur le pilote automatique tout le temps. Grâce à cette appréciation et méthode de réflexion sur des actions simples peut vraiment vous faire sentir mieux et vous aider à sortir de l'ornière de tout faire de la même façon chaque jour.

**Livré dans Fives**

Ceci est un jeu amusant qui vous fait penser en termes de choses qui sont déjà dans votre vie.

Vous devriez prendre quelques minutes pour indiquer au moins cinq choses qui sont présents dans votre journée. Celles-ci doivent être des choses que vous ne remarquez généralement ou que vous ne prenez pas le temps d'apprécier. Ils peuvent également être des choses que vous voyez, touchez, sentez, ni entendez.

Il ya beaucoup de choses que vous pouvez envisager pour cet exercice. Par exemple, vous pouvez voir les murs qui sont dans votre maison, entendre tous les oiseaux sur votre voiture pour aller travailler, sentir comment vos vêtements sentent sur votre peau, ou l'odeur des fleurs qui sont dans le parc. Ce sont des choses que vous ne allez généralement à remarquer.

Prenez le temps de permettre à votre esprit d'explorer les possibilités, l'impact, et l'émerveillement de ces choses. Laissez votre esprit d'ouvrir et de devenir éveillé au monde ainsi que l'expérience complète qui vient avec remarquant l'environnement.

Lorsque vous êtes en mesure de devenir plus conscients de la personne que vous êtes, les choses qui sont autour de vous, et même les choses que vous faites, vous allez commencer à voir que tout dans votre environnement a un but et est connecté.

Essayez de faire cet exercice quelques fois par semaine, sinon plus, de sorte que vous pouvez commencer à apprécier plus de choses qui se passent autour de vous. Il est possible de faire cette pièce par pièce dans votre maison, au travail, à l'église, dans votre voiture, ou dans tout autre endroit où vous passez du temps. Cela va rendre plus facile à commencer à apprécier les choses qui se passent dans votre vie afin que vous êtes en mesure de se sentir plus attentifs et connecté avec votre vie.

**Ten Second comte**

Ceci est un mélange entre l'attention que vous cherchez et une façon de pratiquer la concentration, et il est similaire au premier exercice discuté. Dans cet exercice, vous allez vous concentrer sur la fermeture de vos yeux et de compter jusqu'à dix. Si vous trouvez que votre concentration est égaré, il vous suffira de commencer à revenir au début avec le numéro un.

Beaucoup de gens trouvent que cela est un exercice qu'ils sont capables de faire un peu mieux que le premier. Cela est dû au fait qu'ils ont fait quelque chose de plus concret à se concentrer sur, plutôt que d'avoir à essayer de faire attention à la respiration. L'esprit est pas aussi susceptibles d'égarer.

### **Sensations corps**

Pour cet exercice, vous devriez trouver un endroit tranquille où vous pouvez vous asseoir en paix pendant au moins cinq ou dix minutes. Vous allez vouloir rester assis et remarquez les différentes sensations, comme une démangeaison, que vous devriez prendre le temps de penser plutôt que de rayer immédiatement. À partir de votre tête et remarquer les sensations là, et lentement faire votre chemin vers le bas à vos pieds et les orteils.

### **Emotion Naming**

Il ya beaucoup d'émotions que vous pourriez être confronté dans votre vie. Il est facile de les laisser sur votre chemin et influencent la façon dont vous pensez et agissez. Mais ce ne sont pas la voie à prendre des décisions éclairées et d'être en contrôle de votre vie entière. Pour cet exercice, vous devriez permettre à tous de vos émotions que vous ressentez à ce moment se présenter et les regarder sans jugement. Vous pouvez ensuite tranquillement nom sur les émotions que vous ressentez, les accepter, puis les laisser aller.

Essayez de garder votre esprit sur l'exercice qui est à portée de main. Il peut être difficile parce que vous voudrez peut-être de laisser d'autres pensées et sentiments obtenir de la manière. Mais

vous devez être en mesure de se concentrer sur les sensations que vous avez affaire afin d'utiliser correctement la technique de l'attention et de commencer à réaliser toutes les petites choses qui sont dans votre vie.

## **Exhorter Surf**

Ceci est un bon exercice à faire si vous avez affaire à une personnalité addictive ou vous souhaitez obtenir plus d'une dépendance qui vous faites affaire avec. Vous serez en mesure de mieux faire face aux envies que vous rencontrez, puis les laisser passer par vous. Notez comment le corps se sent quand le désir pénètre dans le corps. Au lieu de souhaiter pour les envies de vous quitter, pensez à comment ils vont bientôt se calmer.

## **Mindfulness Cues**

Pour cet exercice particulier, vous devrez être en mesure de concentrer votre attention sur la respiration que vous faites lorsque certains indices apparaissent dans votre environnement. Un exemple de ceci serait à chaque fois que le téléphone sonne, vous devez apporter une certaine attention à votre respiration dans le moment présent. Vous ne devez pas changer votre respiration, juste être conscient de la façon dont vous respirez et de voir si il ya quelque chose hors ou différents à ce sujet.

Vous pouvez choisir un repère qui va travailler pour vous, comme regarder dans un miroir, toucher vos mains, ou quand vous entendez les oiseaux chantent dehors de votre fenêtre. Il n'a pas d'importance ce que la queue est aussi longue que vous prenez le temps de reconnaître que cue et passer un peu de bittime étant conscient à ce sujet.

La raison pour laquelle vous souhaitez utiliser ces indices dans le but de faire un exercice de pleine conscience comme celui-ci est qu'ils sont un excellent moyen de vous sortir du pilote automatique que la vie peut souvent vous mettre en. Il est facile de continuer à travers la vie sans trop changer et sans se rendre compte que les

choses vont autour de vous. Lorsque vous faites des exercices comme celui-ci, il devient plus facile de faire face à la vie, de réaliser combien il est grand, et plus dans le moment.

## Autres Options Mindfulness

Il ya beaucoup d'autres choses que vous pouvez faire pour être conscient dans votre vie quotidienne. Le plus vous êtes en mesure de pratiquer ce genre de technique, même si vous êtes seulement en mesure de le faire pour quelques minutes à chaque fois, plus vous allez devenir présent, sans souci, et connecté au monde. Certaines des idées que vous pouvez essayer afin d'être plus attentifs comprennent:

esprit la façon dont vos pieds se déplacent pendant que vous êtes à l'épicerie magasin obtenir. Cela va vous permettre de voir les différentes façons que vous déplacez pendant que vous faites des activités diverses. Vous êtes sûr de marcher d'une manière différente lorsque vous magasinez par rapport à quand vous allez dans

le bureau, faire une séance d'entraînement, ou se presser pour aller quelque part.

Attention à la sensation de votre chaise pendant que vous travaillez sur la saisie d'un document. Les chances sont, vous avez jamais vraiment pensé que beaucoup sur la chaise que vous êtes assis dans.

En passant par une porte peut être un exercice conscient. Vous pouvez penser à la sensation et le travail qui va dans tirant la porte ouverte. Vous pouvez vous concentrer sur la tâche qui doit être fait pendant que vous allez à travers la porte. Il ya beaucoup de façons dont vous pouvez être conscient de cela.

Mettre autour de vos chaussures. Vous aurez généralement une chaussure que vous allez mettre sur le premier chaque jour. Prenez le temps un jour à mettre sur la chaussure opposée en premier.

Vous serez surpris de voir combien de différence ce simple geste fait.

Ne pas mettre du sucre dans votre thé. Cela peut paraître un peu ridicule, mais si vous êtes habitué à mettre du sucre dans votre thé, il va faire une différence dans votre routine. Vous pouvez aller dans l'autre sens aussi bien; si vous ne pas ajouter de sucre habituellement au thé, ajouter un peu de ce temps. Vous pouvez le faire avec votre tasse de café quotidienne ainsi. Cet exercice va vous aider à apprendre sur les habitudes et de comprendre comment il est difficile va être de les briser.

Vous ne voulez pas nécessairement de changer le modèle que vous êtes habitué à; vous voulez juste à développer une plus grande flexibilité dans votre vie.

Respirez consciemment lorsque vous avez le temps. Cela peut être à tout moment -

lorsque vous êtes en attente d'une réunion, les files d'attente dans un magasin, ou en attente de votre ordinateur de démarrer. Il n'a pas d'importance quand, juste essayer de passer un peu de temps chaque jour à respirer d'une façon qui vous fait penser à ce sujet.

Nettoyer la maison. Nettoyage de votre maison est le moment idéal pour se concentrer sur en étant conscient. Pensez à toutes les zones de votre maison pendant que vous les nettoyer et de déterminer ce qui les rend si spécial et important dans votre vie. Pensez aux éléments que vous ramassez, et de savoir si elles signifient quelque chose pour vous.

Tenir un journal. Ceci est un bon moyen pour vous de prendre le temps de réfléchir

à vos pensées et de savoir si elles sont précieuses. L'objectif est de ne pas faire le prochain morceau de littérature. Il est plus d'observer les choses qui se passent autour de vous et comment ils vous font sentir. Il n'a pas d'importance si elle commence à se sentir répétitif

dans le processus. Ceci est quelque chose que vous pouvez vous attendre, et le journal va juste pour refléter la façon dont vous voyez et sentez les choses.

choses légales. Profitez de respirations profondes et remarquer les choses qui sont autour de vous. Cela a été mentionné pour les autres exercices, mais l'idée ne peut pas être assez souligné. Tu ne vas pas être en mesure de penser d'une manière consciente, si vous n'êtes pas en mesure de réaliser et apprécier les bonnes choses qui se passent dans votre vie, surtout les choses que vous avez pas remarqué dans le passé. Notez quelques choses que vous êtes capable de sentir, puis notez quelques choses que vous êtes capable d'entendre, et enfin remarquer un certain nombre de choses que vous êtes capable de voir.

Souriez simplement. Cela peut paraître comme quelque chose qui est simple, mais il peut faire une grande différence dans la façon dont vous vous sentez à propos de ce qui se passe dans votre vie. Chaque fois que vous êtes agacé, frustré, ou impatient, vous devriez juste sourire. Cela va vous mettre plus à l'aise et le rendre plus facile à réaliser, il est pas la fin du monde.

Ce ne sont que quelques-uns de l'attention exercices que vous pouvez utiliser pour obtenir votre esprit hors du passé et de l'avenir et de retour à la présente afin que vous puissiez profiter de ce que vous avez dans la vie. Bien que l'on va prendre un certain temps pour s'y habituer, il va vous rendre la vie tellement mieux si vous restez avec lui et le faire fonctionner pour vous.

## **Conclusion**

Il ya beaucoup d'avantages qui viennent avec vivre une vie qui est conscient. Vous serez en mesure de profiter des petites choses de façon beaucoup plus et aussi aider à la plupart des conditions de santé que vous pourriez être en passant par que vous ne savais même pas où connecté. Ce guide est destiné à vous donner un peu plus d'informations sur la technique de pleine conscience, ce qu'il est tout au sujet, pourquoi vous devriez considérer, les différents types

de pleine conscience, et quelques exercices que vous pouvez essayer afin d'obtenir la pleine conscience de travailler pour toi.

Après avoir lu ce guide, vous devriez avoir une compréhension plus approfondie des usages physiques et mentales de la pleine conscience. Certaines des techniques abordés étaient l'attention lors de la respiration, la marche, et de manger, qui morceau que vous en à vos sensations et ses environs. La bonne utilisation de ces techniques peut conduire à une, plus saine vie plus heureuse, plus épanouissante. Vous pouvez utiliser les informations contenues dans ce guide d'arrêter de prendre les choses pour acquises et d'apprendre à apprécier les moindres détails de la vie quotidienne.

Fermentation pour debutants

*32 peu connus, des recettes saines fermentés alimentaires complètes des probiotiques, enzymes, vitamines et minéraux, pour une vie plus longue et en meilleure santé*

*Ella Marie*

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## **introduction**

Bien qu'il existe de nombreuses ressources sur la fermentation de la nourriture à la maison, bien souvent, vous ne serez pas en mesure de trouver un guide du vrai débutant. Voilà où ce livre est unique. Il répond et explique tous les Whos, ce qui est, wheres, quand, le pourquoi et le comment, de la maison de fermentation qu'un débutant pourrait demander.

Ce livre donne l'histoire de la fermentation, discute les avantages pour la santé de celui-ci, comprend un cours intensif en microbiologie, et offre une comparaison entre les méthodes de conservation couramment utilisés à travers l'histoire. Il ya des informations supplémentaires sur les techniques, le matériel et les ingrédients nécessaires pour la fermentation, ainsi que où les trouver.

Les recettes incluses couvrent une grande variété pour le fermenteur à compter, et ils sont séparés en groupes logiques pour référence facile. Ceci, cependant, est loin d'être une liste exhaustive! Mais, il est un bon endroit pour commencer à pratiquer les compétences

dont vous aurez besoin. En outre, personne ne veut passer beaucoup de temps et d'argent faisant des aliments qu'ils ne plaisent pas à la fin. Ainsi, les recettes prévues ne nécessitent pas de matériel spécialisé et des ingrédients exotiques. Ils ont été choisis avec un vrai débutant à l'esprit.

Un grand aspect de fermentation votre propre nourriture est que beaucoup de "spécialité"

ingrédients sont des sous-produits d'autres fermentations! Dans le cas contraire, ils sont très faciles à obtenir et sont facilement disponibles.

Que vous décidez de devenir un monde-classe, la maison fermenteur ou tout simplement d'avoir un mode de vie sain, ce livre est fait pour vous. Surtout si vous avez aucune idée par où commencer ou quoi faire, ce livre va agir comme un guide pour le développement des compétences et l'acquisition de quelques matériaux de spécialité. Il sera également aider à encourager votre créativité afin que vous puissiez expérimenter et modifier des recettes en fonction de vos propres goûts. Le goût est ce que la nourriture est tout au sujet de toute façon!

Lors de l'achat du magasin, comment en bonne santé est la nourriture vraiment? Lisez les

étiquettes. Vous auriez besoin d'un doctorat en chimie à identifier tous les additifs dans nos aliments. Ces produits chimiques sont, en gros, toxiques et cancérigènes, et ils font des choses désagréables à nos corps!

Par fermentation une partie de votre propre nourriture, vous pouvez aider à guérir votre corps.

Vous saurez exactement ce que vous mangez, même sans le doctorat en chimie. Et dans ce monde fou des aliments achetés en magasin, qui obtient réellement à toutes les exigences quotidiennes

recommandées de quoi que ce soit? Ce livre va vous mettre sur la voie d'une meilleure santé!

## **Chapitre 1:**

### **Fermentation à travers l'histoire -**

#### **Une ancienne voie de la Vie**

Avant d'expliquer comment le processus de fermentation est venu à être connu par les peuples anciens, nous allons discuter de ce qu'il est. Il ya de longues explications et définitions dans le domaine de la biochimie, mais de mettre tout simplement, la fermentation est la décomposition chimique de molécules alimentaires complexes en substances plus simples par les processus naturels de micro-organismes, comme les bactéries, les moisissures et les levures. Ce processus améliore la valeur nutritionnelle et les changements de goût. Bien qu'il existe de nombreuses façons de réaliser la fermentation, le résultat final comprend toujours acides conservation ou de l'alcool.

Alors, comment ce processus a été découvert? On pense que la fermentation est produite d'abord par accident - le plus probable, quelqu'un sel ajouté à l'alimentation qui a permis de microorganismes spécifiques de se développer et de modifier le matériau d'origine dans un nouvel aliment. Les êtres humains ont été fermentent aliments depuis le New Age Stone (il ya environ 6000 ans). Ils étaient connus pour faire du pain, de la bière soulevées, le fromage et le vin, bien que la science derrière le processus était un mystère totale. Certaines cultures ont attribué cette transformation fantastique à une intervention divine. Par exemple, les Egyptiens loua à Osiris pour leur capacité à brasser de la bière et les Grecs ont salué Dionysos comme leur dieu du vin (entre autres choses). Dans les cultures japonaises début, il y avait des sanctuaires au nombre des sochu et miso brasseries. Ce processus mystérieux rejoint d'autres techniques connues telles que le séchage, le fumage, la congélation et que les moyens de conserver les aliments. Ce fut le début de Chinois qui introduit les moules dans les aliments.

Fermentation n'a pas vraiment gagné beaucoup de connaissances scientifiques jusqu'à ce que le fin 15ème siècle quand un marchand hollandais, Anton van Leeuwenhoek, a inventé le microscope composé en 1675. Il a déclaré avoir vu minuscules organismes, en mouvement qu'il appelle «animalcules», qui, aujourd'hui, nous savons que les protozoaires unicellulaires. Puis, en

1680, il a observé la levure, mais pensait qu'ils étaient morts, de petites choses arrondies. Jusqu'à présent, aucun lien avait été établi entre la levure et le processus, puis bien connu de la fermentation. Le mystère est resté pendant encore 150 ans.

Dans la fin des années 1700 et au début des années 1800, il y avait une reprise massive de l'intérêt dans le monde microscopique. Bien que Lavoisier et Guy-Lussac découvrent une réaction chimique (dans la présence de levure) qui a transformé le sucre en alcool et en dioxyde de carbone, le rôle de la levure n'a pas été bien compris jusqu'à ce que le milieu des années 1800

lorsque Louis Pasteur concluante montré que la fermentation a été causée par des organismes vivants . Pasteur a prouvé que les bactéries causées lait à se gâter. En conséquence, il a créé le processus de pasteurisation, qui tue les bactéries qui causent la détérioration, pour améliorer la sécurité de l'industrie du vin français. Il a également démontré correctement que certains types de micro-organismes créés différents types de fermentations qui ont conduit à différents produits finaux.

Dans le même temps, les scientifiques ont étudié la digestion. Ils ont réalisé qu'il y avait des substances qui pourraient convertir de grandes quantités d'amidon en sucres. Ces substances est devenu connu comme «enzymes." Les enzymes agissent comme catalyseurs dans les processus naturels et les réactions et les aider à accélérer les résultats.

En Asie de l'Est, les vastes connaissances scientifiques acquises dans l'Ouest n'a pas été connu.

La fermentation a été effectuée principalement avec des moules pour créer Koji - la base pour la plupart des aliments associés à l'Extrême-Orient: la sauce de soja, le miso, pépites de soja, saké, sochu (spiritueux), et le vinaigre de riz. Natto, un aliment fermenté commune au Japon et de nombreux autres pays asiatiques (différents noms dans ces pays), est en fait de la fermentation bactérienne. Parlant de moule, de nombreux fromages sont fabriqués à partir de fermentations de moisissure comme le bleu (bleu également orthographié), brie et gorgonzola. Il est intéressant de noter que les fermentations de moule utilisé en Asie ont été vues dans une lumière positive, tandis que les fermentations de moule utilisé dans l'Ouest (comme dans la production de fromage) ont été considérés comme négatifs. Il semble qu'il y ait une persistance, association embêtants entre moule et les choses désagréables comme pain moisi et le lait gâté!

### Origines de certains aliments fermentés

| Alimentation | Année approximative d'introduction | Région |
|--------------|------------------------------------|--------|
|--------------|------------------------------------|--------|

|             |               |          |
|-------------|---------------|----------|
| champignons | 4000 avant JC | en Chine |
|-------------|---------------|----------|

|                  |                  |                        |
|------------------|------------------|------------------------|
| la sauce de soja | de 3000 avant JC | en Chine, Corée, Japon |
|------------------|------------------|------------------------|

|     |         |                            |
|-----|---------|----------------------------|
| vin | 3000 BC | Afrique du Nord, en Europe |
|-----|---------|----------------------------|

|               |         |              |
|---------------|---------|--------------|
| lait fermenté | 3000 BC | Moyen-Orient |
|---------------|---------|--------------|

|         |               |                 |
|---------|---------------|-----------------|
| fromage | 2000 avant JC | au Moyen-Orient |
|---------|---------------|-----------------|

|          |               |                              |
|----------|---------------|------------------------------|
| la bière | 2000 avant JC | en Afrique du Nord, la Chine |
|----------|---------------|------------------------------|

|      |               |                      |
|------|---------------|----------------------|
| pain | 1500 avant JC | en Egypte, en Europe |
|------|---------------|----------------------|

|                     |               |                 |
|---------------------|---------------|-----------------|
| la viande fermentée | 1500 avant JC | au Moyen-Orient |
|---------------------|---------------|-----------------|

|                |               |          |
|----------------|---------------|----------|
| pain au levain | 1000 avant JC | l'Europe |
|----------------|---------------|----------|

|                  |                  |                                 |
|------------------|------------------|---------------------------------|
| sauce de poisson | de 1000 avant JC | en Asie du Sud, Afrique du Nord |
|------------------|------------------|---------------------------------|

légumes marinés 1000 avant JC en Chine, en Europe

thé 200 avant JC en Chine

Bien que la fermentation a été autour depuis des siècles, de nombreuses cultures ont développé

leurs propres cuisines autour de quelques aliments fermentés pivots. Voici une liste de quelques exemples:

Australie: Vegemite

Europe centrale: la choucroute

Scandinavie: hareng mariné

Japon: miso

Corée: le kimchi

Inde: le yogourt et chutney

Méditerranéens: olives et salaisons

Asie: tarama (œufs marinés)

Etats-Unis: les cornichons et pain au levain

## **Chapitre 2:**

### **Comment fermentation peut créer des organes Happy**

Afin de comprendre pourquoi manger des aliments fermentés est bénéfique, nous devons comprendre comment ils affectent nos organes. Il ya beaucoup de discussions ces jours-ci sur les microbes et les bactéries - comment certains d'entre eux sont bons, tandis que d'autres ne sont pas. La vérité est que le corps humain a évolué au

fil des millions d'années dans la présence de microbes et a ainsi développé une relation harmonieuse avec eux. En fait, il ya environ 10

trillions de cellules dans le corps humain, mais nos corps abritent 10 fois cette quantité de cellules bactériennes!

Les microbes habitent presque chaque partie de notre corps, à l'exception des tissus musculaires, le cerveau et le sang. On les trouve partout ailleurs. Bien que cela puisse paraître effrayant d'avoir tous ces organismes sur nous et en nous, sans microbes, nous ne pourrions pas vivre! Ils aident notre corps avec de nombreuses fonctions qui sont nécessaires pour soutenir la vie: ils nous fournissent des vitamines et des minéraux; ils créent un environnement hostile aux microbes nocifs essentiellement en monopolisant tous les nutriments ou en modifiant l'environnement; ils régulent les fonctions de notre tube digestif, et aident à renforcer nos systèmes immunitaires.

Le système immunitaire est un des systèmes les plus complexes de déclencheurs, des réponses, des produits chimiques, et les signaux de notre corps. Nous sommes constamment bombardés par des microbes à la recherche d'un nouvel hôte à se multiplier dans et conquérir. Ils attaquent de l'air, notre nourriture et notre eau. Ils sont très opportunistes et vont se mettre en place partout où ils peuvent trouver un environnement approprié. Pour cette raison, nos microbes amicales agissent comme des obstacles à microbes nocifs. Presque tous les microbes aiment muqueuses (tels que sinus, intestin, et de la bouche) et notre peau. C'est pourquoi nous avons des milliards de bonnes bactéries à ces points d'entrée les plus communs - pour empêcher les bactéries nocives.

Parce que ce livre se concentre sur la nourriture, nous devons discuter de la majeure microflore de l'intestin. Nos intestins abritent les populations les plus étendus de microbes dans le corps. Ils sont divisés en quatre groupes, qui seront discutées brièvement. Mais, la flore intestinale servent plus que des sentinelles: ils jouent également un rôle très important dans nos vies quotidiennes.

Nous pensons souvent que les nutriments contenus dans les aliments que nous mangeons sont immédiatement décomposés et absorbés après avoir été dissous par l'acide de l'estomac. Cette croyance est pas tout à fait exact. Une fois la boue des contenus stomacaux très acides se déplace dans l'intestin grêle, les bactéries y vont pour travailler. Ils consomment la bouillie acide, et ce sont leurs sous-produits - les formes actuelles de nutriments notre corps a besoin - qui sont absorbés. Comme la boue se déplace à travers l'intestin grêle, le pH augmente et devient moins acide. Cela crée un environnement différent pour d'autres microbes pour effectuer leur travail. Il est hautement spécialisée de ce processus (et synchronisé) qui produit les nutriments notre corps a besoin.

Mais microbes intestinaux faire d'autres choses, trop. Certaines vitamines de fabrication (comme le complexe B) que nous ne pouvons pas obtenir d'une autre manière. Ils protègent la muqueuse intestinale de tous les microbes nuisibles envahissants. Certains sécrètent des substances antivirales et anti-inflammatoires qui aident nos réponses du système immunitaire. Ils peuvent neutraliser les produits chimiques dangereux, tels que les nitrites, de la nourriture. Et certains même dessiner le calcium sur les produits laitiers.

Comme mentionné précédemment, les quatre principaux types de flore intestinale sont bifidobactéries, lactobacilles, microbes ingérés, et les champignons. Les deux premiers groupes sont essentiels pour une bonne santé, tandis que les microbes ingérés sont souvent nuisibles. Et les champignons, comme des levures et moisissures, peut être bénéfique ou préjudiciable, en fonction de leur nombre et de souches.

Bifidobactéries se compose d'une trentaine d'espèces trouvés largement dans l'intestin (ainsi que d'autres endroits). Ils aident à empêcher les bactéries pathologiques (nocifs) de coloniser l'intestin. Elles règlent et renforcent le système immunitaire aussi. De nombreux aliments fermentés sont riches en bifidobactéries, comme le kéfir et le yogourt, la choucroute et le kombucha de boisson.



Les lactobacilles sont trouvés dans toutes les muqueuses et sont également très répandus dans l'intestin grêle. Ils produisent de l'acide lactique, et pour cette raison, certaines souches peuplent le vagin: ils gardent le pH faible (acide) afin de créer un environnement hostile pour les microbes nocifs et virulents. Mais, les lactobacilles font plus que simplement produire de l'acide. Dans l'intestin, ils produisent des substances antiseptiques qui limitent la présence de microbes nocifs.

Ils produisent également des protéines qui sont impliquées dans la réponse immunitaire en ce qu

ils recherchent et détruisent les micro-organismes étrangers. De nombreux aliments fermentés contiennent des lactobacilles.

Microbes ingérés peuvent inclure un certain nombre de bactéries nocives de l'environnement ou de la nourriture mal cuite ou stockées. Dans les individus avec des populations saines de la microflore, ces agents pathogènes ne peuvent pas augmenter à ces niveaux de constituer une menace. Toutefois, chez les personnes dont l'immunité est faible ou la microflore pauvre, ces microbes désagréables peuvent établir des colonies et causer des problèmes de santé graves.

Beaucoup de champignons sont bien dans des quantités équilibrées. On les trouve partout dans la nature. Certaines souches de levure sont connues pour présenter des risques pour la santé, mais d'autres sont bénéfiques, comme les souches qui fermentent les aliments. Les moisissures sont des champignons aussi, et ils résident souvent sur la nourriture et les plantes. Certaines moisissures sont célèbres pour gâter les aliments, tandis que d'autres, comme *Penicillium* sont bénéfiques pour leurs propriétés antibactériennes. Certains fromages obtiennent leur saveur à partir de moules bénéfiques. Certaines moisissures produisent également des produits chimiques qui peuvent être utilisés pour faire du pain.

Maintenant que vous comprenez ce qui est présent dans votre intestin, nous allons jeter un œil à ce qui peut bouleverser l'équilibre.

Un des plus grands défis pour nos systèmes naturels proviennent d'une invention destinée à aider: des antibiotiques. Les antibiotiques ne sont pas sélectifs, et ils vont tuer tout microbe sensibles. Si vous prenez de l'amoxicilline pour une infection des sinus, le même antibiotique va aussi tuer vos flore intestinale, qui jetteront vos écosystèmes internes hors d'équilibre. Avez-vous déjà remarqué ayant une maux d'estomac, de gaz et / ou de la diarrhée lorsque vous prenez des antibiotiques? Devinez quoi - vos microflore intestinale sont hors d'équilibre! La meilleure chose que vous pouvez faire est de réapprovisionner votre corps avec des microbes «bons» en mangeant des aliments riches en bifidobactéries et les lactobacilles. Cela permettra d'éviter les bactéries opportunistes et nuisibles à partir florissante, en plus de rendre votre ventre se sentir mieux!

Un équilibre de la microflore inadéquate peut aussi causer des carences vitaminiques et minérales, affectant les vitamines A, B, C et D, des acides gras essentiels, le magnésium, le zinc et le calcium, juste pour en nommer quelques-uns. Les aliments fermentés offre non seulement des microbes bénéfiques, mais il est également riche en nutriments et de minéraux que notre corps a besoin pour fonctionner sainement.

### **Chapitre 3:**

#### **Nuts and Bolts sur la fermentation -**

#### **Comment Il mesure jusqu'à Formes**

#### **traditionnelles de conservation des aliments**

Comme mentionné précédemment, les aliments fermentés depuis longtemps rejoint les rangs des techniques de conservation des aliments. Nous savons que la fermentation a été autour depuis des siècles et qu'elle a également été utilisé pour aromatiser les aliments bien avant ses consommateurs ont compris comment il fonctionnait. Eh bien, alors, comment se comparent à ceux d'autres méthodes? Regardons les différences entre chaque technique.

La plus ancienne méthode de conservation connue est le séchage. On estime que la pratique de grains de séchage a été autour depuis au moins 10.000 ans!

Communément associé avec le séchage est la technique du salage. Salage attire essentiellement sur l'eau à partir de fruits, céréales, poissons et viandes. Les ingrédients sont simples et facilement accessibles: le sel, la chaleur et l'air frais. Ensemble, ceux-ci sont les plus anciennes méthodes connues pour la conservation des aliments.

Décapage, ou la conservation dans un acide de quelque sorte, a été autour depuis des siècles, aussi. Ce procédé utilise des acides, comme citrique (d'agrumes) ou l'acide acétique (vinaigre), qui préservent ainsi. Un des meilleurs exemples de décapage est cornichons!

Canning conserve alimentaire en le chauffant à tuer les microbes et ensuite sceller le contenu dans un bocal avec couvercle. Il est souvent utilisé avec du sel et acides pour renforcer son pouvoir préserver. Cette méthode a été utilisée pendant environ 200 ans.

Réfrigération a été utilisé avant que l'électricité est devenue facilement accessible. Les gens coupent d'énormes morceaux de glace des lacs gelés et les ont envoyés à des endroits plus chauds pour garder les aliments froids. Une fois que l'électricité est devenu stable et fiable, les gens ont

commencé à congeler des aliments. Les gens ont été congeler les aliments pendant environ 100

ans.

Enfin, quelques-unes des méthodes les plus récentes et industrielles de conservation des aliments utilisent les rayons ultraviolets (UV), le rayonnement, ou à haute pression. Ce ne sont pas des méthodes que vous pouvez faire à la maison, mais de nombreux produits alimentaires achetés en magasin sont traités de cette manière.

De toute évidence, il ya beaucoup de façons différentes pour conserver les aliments. La fermentation utilise des microbes pour créer des acides et d'autres sous-produits qui, à son tour, de préserver la nourriture. De nombreux types de bactéries, les levures et les moisissures peuvent être utilisés en fonction du résultat souhaité. Nous avons déjà discuté comment les microbes peuvent ajouter des éléments nutritifs et de développer la texture et saveurs dans les aliments, mais ils peuvent également modifier la composition des aliments toxiques ou amères en quelque chose de plus sûr et plus agréable au goût.

Par exemple, le chocolat provient du fruit charnu du cacaoyer. Seulement après la fermentation ne ressembler à la forme de chocolat que nous reconnaissons. Le manioc, un melon tropical, est toxique quand elle est crue, comme le sont le soja. La fermentation modifie à la fois de ceux-ci dans les aliments savoureux, digestes!

## **Chapitre 4:**

### **Collecte et utilisation des outils du commerce**

#### **Équipement:**

Certains fermenteurs à domicile dédiés acquérir beaucoup de différents types d'équipements et d'outils à utiliser dans leur travail. Mais, il n'a pas besoin d'être compliqué. Beaucoup d'entre nous ont déjà tout l'équipement nécessaire dans nos propres cuisines!

Pour trancher, le nettoyage, couper, et de la grille: Grandes passoirs (ils nettoient plus facile), bols en acier inoxydable, un couteau de 8 pouces ou 10 pouces chef, un couteau éplucheur, une râpe, et un billot de bois sont tous recommandés. Si vous vous trouvez à faire beaucoup de hachage ou déchiquetage, un processeur de nourriture serait un investissement judicieux. En outre, un presse-agrumes peut être utile si vous aimez les jus de légumes.

Pour la cuisson: casseroles à fond arrondis et lisses nettoient mieux que ceux avec des crêtes et des bords carrés. Une marmite de 10 pintes est la plus petite taille recommandée pour le chauffage de grandes quantités de liquides comme le lait. En outre, un déshydrateur peut être utile pour la cuisson de certains aliments fermentés à basse température.

Pour la fermentation: bocaux en verre avec des couvercles qui fonctionnent le mieux. Bocaux fonctionnent bien pour la fermentation de la plupart des aliments. Un Pickl-It pot a un sas qui ajoute une pression pour maintenir les légumes entiers, comme les concombres, constamment immergées dans le liquide.

Pour le brassage de liquides fermentés (comme le cidre ou de bière): Il ya quelques articles spécialisés nécessaires. Grandes cruches de 1 gallon (bonbonnes) avec des couvercles et des équipements siphonnage peuvent être trouvés dans les magasins la maison-brasserie ou sur des sites Web.

## **Ingédients:**

Il ya beaucoup de choix en ce qui concerne les matières premières pour les fermentations.

Quelques règles de base du pouce sont: fraîcheur est le meilleur, le plus pur le mieux, et d'éviter les OGM. Mais comment un magasin pour ces choses?

Comme pour les produits, les produits laitiers et la viande, acheter le plus frais que vous pouvez trouver. Aller aux producteurs locaux et des agriculteurs sur les marchés pour trouver les meilleurs produits - ou de cultiver vous-même! Acheter des produits biologiques est particulièrement important lorsque vous avez l'intention de manger la croûte ou de la peau; lorsque le produit particulier tend à accumuler de grandes quantités de pesticides (comme les pommes, le chou vert, le céleri et les poivrons); ou si les gens qui vont manger le produit fini sont très jeunes ou âgées, ou qui ont un système immunitaire affaibli.

Un autre facteur important est l'eau. Oui, l'eau. Comme mentionné précédemment, le plus pur le mieux. Beaucoup de municipalités ajoutent des produits chimiques (comme le chlore et le fluorure) pour tuer les bactéries et pour renforcer les dents. Vous ne voulez pas non plus de ceux-ci présente dans votre fermentation! Mais, il peut y avoir d'autres contaminants méchants dans votre eau comme les engrais, les pesticides, les minéraux dissous, les COV (composés organiques volatils, comme le benzène), les métaux lourds, et même des protozoaires! Il est préférable d'utiliser soit de l'eau purifiée ou des filtres d'osmose inverse pour répondre à ces problèmes de contamination.

Un autre contributeur majeur à la fermentation est le sel. Généralement, partiellement raffiné sel de mer fonctionne très bien. Le sel de mer contient des oligo-éléments qui seront incorporés dans la teneur en éléments nutritifs de votre produit fini. Cependant, si vous faites une grande quantité d'eau salée qui ne seront pas directement consommée, puis salez régulière sera suffisante.

Attention: utiliser du sel pur que sans d'autres additifs, comme l'iode ou d'autres produits chimiques pour empêcher l'agglutination. Sel casher est un bon choix, mais assurez-vous de lire l'étiquette.

### **Processus de base:**

Ceci est un pied-de base par le biais du processus de fermentation. Cette liste est loin d'être exhaustive - elle est uniquement destinée à vous donner une idée de ce qui se passe à quel stade et de ce qu'il faut considérer le long du chemin. Ce sont les étapes de base:

- La première étape consiste à préparer les ingrédients alimentaires. Assurez-vous que les hydrates de carbone sont présents, soit dans vos aliments (comme les fruits, les légumes, les jus de fruits et les produits laitiers) ou ajoutés séparément. Si il n'y a pas de glucides présents (comme dans la viande), le sucre doit être ajouté: il est ce que les microbes vont consommer alors qu'ils interagissent avec la nourriture.

- Ensuite, décidez ce que les microbes que vous souhaitez utiliser. Il ya beaucoup de façons d'obtenir des microbes:

- De nombreux aliments ont déjà microbes sur la surface, en particulier le chou et les légumes crucifères.

- Vous pouvez utiliser des sous-produits à partir de fermentations précédents tels que le yaourt, jus de choucroute, lactosérum, etc. Plusieurs fois, vous devrez choisir une substance qui est similaire à la fermentation vous essayez (par exemple utiliser le yogourt pour créer un nouveau lot de yaourt).

- Vous pouvez aussi acheté microbes spécifiquement vendus à cet effet. Ils sont généralement vendus dans des enveloppes.

- Bien que les microbes font un merveilleux travail, vous pouvez avoir besoin de les renforcer en ajoutant du sel. Sel crée liquides et produit un environnement que beaucoup de microbes nuisibles (ceux que vous ne voulez pas) trouver intolérable.

- Envisager, si vous voulez que votre fermentation exposé à l'air ou pas? Cela dépend des microbes et les types de fermentations vous faites. Choucroute exige la protection de l'air (une

réaction anaérobie, sens sans oxygène), mais le vinaigre exige une exposition à l'air (une réaction aérobie, ce qui signifie avec de l'oxygène).

- Vous avez besoin d'un espace calme, relativement sombre pour stocker votre fermentation. La lumière du soleil est généralement pas favorable à des microbes ou des levures. L'espace doit également être une température appropriée pour votre fermentation et les microbes impliqués.

Endroit frais, sec comme caves et sous-sols fonctionnent bien pour stocker les aliments fermentés.

- Dernier point, mais non le moindre, il faut du temps. Fermentation ne se produit pas immédiatement. Le temps nécessaire peut varier de 2-3 jours à plusieurs mois.

Maintenant que vous avez les bases, vous êtes prêt à commencer la fermentation votre propre nourriture. Dans la section suivante, vous trouverez tout ce à partir de recettes de base, comme la saumure, des recettes complexes, comme du soda au gingembre!

Fermentation heureux!

## **Chapitre 5:**

### **Recettes de base**

#### **Petit lait**

Le lactosérum est le fondement de nombreuses recettes et est très simple à faire.

Équipement:

- Bol
- Étamine
- Passoire

Ingrédients:

- 1 quart yogourt, kéfir, ou tout autre produit laitier fermenté. Si vous utilisez du yogourt acheté en magasin, assurez-vous qu'il est fait avec du lait entier!

Procédure:

Placez la gaze dans la passoire et le mettre sur le bol. Placez le yogourt ou produit laitier sur la



gaze et laisser couler de liquide dans le bol pendant quelques heures. Ensuite, attachez la gaze et laissez égoutter toute la nuit sur le comptoir. Dans la matinée, le caillé ferme dans la passoire devrait être similaire à fromage à la crème et peut être utilisé comme tel. Le liquide dans le fond est du lactosérum.

Stocker le lactosérum dans un bocal hermétiquement fermé dans le réfrigérateur jusqu'à quelques semaines. Jetez toute moule qui peut grandir en lui. Vous pouvez également congeler pendant quelques mois, mais pas indéfiniment - les microbes finiront par mourir si gelé trop longtemps.

RENDEMENT: 2 tasses

### **Brine base**

La saumure est essentiellement de l'eau salée. Il est un ingrédient nécessaire dans de nombreuses recettes de fermentation. Il stocke indéfiniment tant qu'il est dans un contenant hermétique au réfrigérateur. Si vous êtes immédiatement d'utiliser l'eau salée, dissoudre le sel dans environ 3

tasses d'eau et ajouter le reste de l'eau quand tout le sel est dissous. Si vous faites cela à l'avance pour avoir sous la main, puis suivez les instructions ci-dessous.

Ingrédients:

- 9 cuillères à soupe de gros sel de mer ou 6 cuillères à soupe de sel fin de mer
- 2 litres d'eau purifiée ou filtrée

Procédure:

Dans un bol, mélanger le sel et l'eau jusqu'à ce que tout le sel soit dissout. Placez dans un récipient hermétique en verre et stocker dans le réfrigérateur jusqu'à ce que nécessaire.

RENDEMENT: 2 litres

## **Choucroute de base**

Choucroute est un légume fermenté facilement chargé avec les lactobacilles et les nutriments. Il traduit de l'allemand comme "le chou aigre." Chou fermente facilement et bon goût! En outre, le jus est utilisé dans de nombreuses recettes, donc l'enregistrer lorsque la fermentation est terminée.

Ingrédients:

- 4 têtes de chou, rouge ou vert, ou les deux, râpé ou haché (votre préférence)
- ¼ tasse de sel fin de mer, divisée
- La saumure de base (recette ci-dessus) que nécessaire

Procédure:

Dans un grand bol, ajouter le chou, une poignée ou 2 à la fois. Ajouter une partie du sel et masser le sel dans le chou. Continuez à ajouter ceux-ci et masser le mélange jusqu'à ce que tout le chou est bien salée. Laissez un peu de sel sur pour ajouter à la jarre.

Commencez farce le mélange de choux salé dans un bocal en verre avec une large bouche.

Massage et de squash le chou bas comme vous l'ajoutez à la jarre. Liquide va commencer suintant du chou. Quand tout le chou a été ajouté à la jarre, saupoudrer le reste du sel sur elle. Si le liquide ne couvre pas complètement le chou, ajoutez la saumure de base pour le couvrir.

Appuyez sur le chou bas une dernière fois et peser vers le bas avec quelque chose de lourd à garder le chou submergée. Le liquide doit être d'au moins 1 pouce au-dessous du couvercle du

réciptent pour permettre la dilatation. Couvrir le bol avec une serviette propre.

Placez le pot dans un endroit sombre et chaud et le laissez pendant environ 7-10 jours, vérifiant périodiquement. Assurez-vous que le chou reste immergé: si elle est pas, ajouter plus de saumure. Si la moisissure se développe à la surface, retirez-le. Goûtez le chou périodiquement, et quand vous êtes satisfaits du goût, sceller le contenu avec le couvercle et le stocker dans le réfrigérateur.

RENDEMENT: 1 gallon

## **Yaourt**

Cette recette est de faire du yaourt à partir de zéro et est un peu plus détaillée. Pour cela, vous aurez besoin d'un "incubateur." Ne paniquez pas: un réciptent à lunch isolée fonctionne très bien.

L'idée de base consiste à chauffer le lait pour tuer les bactéries à l'intérieur et laisser refroidir, lorsque les bactéries préférées ont été ajoutés. Cela permettra au processus de fermentation se produise.

### Équipement:

- Des bocaux de verre, une pinte de taille ou 2 bocaux pinte de taille fonctionnent bien
- Bocal supplémentaire de l'eau chaude
- Thermomètre pour aliments

### Ingrédients:

- 6 cuillères à soupe de yaourt, comme la culture de démarrage (voir les notes dans la recette de lactosérum)
- 1 quart moins 6 cuillères à soupe de lait entière

### Procédure:

Mesurer le yogourt et le placer dans le bocal de conserve (ou diviser de façon égale entre les bocaux pinte). Chauffer le lait dans une casserole jusqu'à ce qu'il atteigne 180F (80C). Retirer du feu et laisser refroidir à environ 110F (45 ° C). (Si vous ne souhaitez pas attendre, vous pouvez placer la casserole avec le lait chaud dans un bain d'eau glacée pour une plus rapide refroidir.) Lorsque le lait est la bonne température, versez dans les pots avec le yaourt, laissant environ un pouce au sommet. Placez les couvercles sur les bocaux et agiter vigoureusement pour mélanger le lait et le yogourt ainsi.

Mettez les pots de mélange lait / yaourt dans l'incubateur et le fermer. Si vous utilisez une boîte à lunch isolée, mettre de l'eau chaude du robinet en 1 ou 2 pots avec des couvercles et les placer entre les pots de yaourt. Fermez la boîte à lunch.

Après environ 12 à 24 heures, votre yogourt sera prêt. Il va stocker dans le réfrigérateur pendant environ 2 semaines. Si le liquide commence à se séparer, il est très bien - juste bien mélanger avant de servir. Le liquide est du lactosérum.

Servir-est, ou ajoutez des ingrédients comme des fruits, céréales, ou chutney pour un peu de piquant.

## **Kéfir**

Kéfir est un produit laitier qui est plus mince que le yaourt et sert de base pour de nombreuses boissons. Il existe deux types de kéfir: le lait et l'eau. Si la boisson est à base de lait, puis utilisez la version de lait. Si vous voulez un jus fruité ou quelque chose de non-laitiers, utilisez la version de l'eau.

Le kéfir est inhabituel parce qu'il exige «grains» qui peuvent être achetés et réutilisés plusieurs fois. Beaucoup de magasins d'aliments naturels et des sites Web vendent les grains de kéfir. Ces grains sont constitués de bactéries et de levures sur un matériau de laitier. Chaque fois que vous les utilisez, ils obtiendront un peu plus grand. Après fermentation, juste tendre sur les grains et les sauvegarder pour réutilisation.

### Équipement:

- 1 pot ou autre pinte, plus petits
- Tamis à mailles fines
- Thermomètre alimentaire (facultatif)

### Ingrédients:

- Le lait de 1 litre
- 1 à 2 cuillères à soupe de lait grains de kéfir

### Procédure:

Si vous êtes préoccupé par la contamination dans le lait, chauffer dans une casserole à environ 180F (80 ° C) et laisser refroidir jusqu'à la température ambiante.

Ajouter le lait au bocal de conserve, ou répartir uniformément si vous utilisez les petits pots.

Ajouter les grains de kéfir, encore une fois, réparties également si vous utilisez plusieurs bocaux.

Placez le couvercle (s) sur le pot (s) et agiter vigoureusement pour mélanger le lait et les grains de kéfir.

Garder les bocaux à la température ambiante pendant 12 à 24 heures. Vous pouvez secouer les bocaux maintenant et puis, si vous pensez à ce sujet, mais il faudra travailler sans agitation régulière ainsi.

Avant de vous tendez le mélange, secouez-le à nouveau. Cela vous permettra de faire la distinction entre les matières grasses du lait (si elle a agglutiné) et les grains de kéfir. Filtrer le contenu et mettre le liquide dans des bocaux. Si vous placez le kéfir dans le réfrigérateur (à couvercle, bien sûr), il peut garder pendant des mois. Si vous laissez sur le comptoir, il peut garder pendant des semaines, mais si elle commence à goûter faute et de levure, jetez-le. Il va commencer à goûter terrible avant qu'il ne devienne nuisible.

Les grains de kéfir peuvent être rincés à l'eau purifiée ou filtrée et stockés dans un bocal avec couvercle d'eau purifiée dans le réfrigérateur jusqu'à ce que vous êtes prêt à les utiliser à nouveau.

RENDEMENT: 1 quart

## **Chapitre 6:**

**légumes, fruits, pâtes à tartiner, et**

**Condiments**

**Marinés navets et betteraves**

Cette combinaison savoureuse est chargé avec des probiotiques et des nutriments. Il se marie bien avec les plats de viande grillée ou

cuite comme un côté. La clé de cette recette est de garder tout pour la même taille et de l'épaisseur pour éviter les textures et les goûts bizarres.

Ingrédients:

- 2 à 3 navets moyennes, pelées et coupées en bâtonnets  $\frac{1}{4}$  "
- 3 à 4 betteraves moyennes, pelées et séparées des greens, et coupées en bâtonnets  $\frac{1}{4}$  "
- Une pièce de pouces de long de pelé, le gingembre frais, coupé en julienne
- Le zeste d'orange de 1
- 2 cuillères à soupe de graines de moutarde, ou 1 feuille de laurier
- 1 tasse de lactosérum (voir le chapitre 5)
- La saumure de base (voir chapitre 5) que nécessaire

Procédure:

Mélanger les navets, les betteraves, le gingembre, le zeste d'orange et les graines de moutarde dans un grand bol. Ajouter le mélange à pot (s) et le squash bas. Ajouter le lactosérum pour submerger le mélange de légumes. Si plus de liquide est nécessaire, ajouter de la saumure pour assurer tous les légumes sont submergés.

Alourdir les légumes avec une petite plaque ou un sac d'eau. Placez le pot (s) dans un endroit sombre et frais dans la cuisine, et laisser fermenter pendant 3 à 7 jours. Périodiquement vérifiez la saumure couvre les légumes: ajouter plus de la saumure, si nécessaire.

Une fois les légumes sont prêts, mettez le couvercle et conserver au réfrigérateur.

RENDEMENT: 1 quart

## **Kimchi avec des radis**

Cette signature coréenne chou est épicé et sucré. Il peut être ajouté aux œufs, du riz, des sandwiches, ou mangé comme un plat d'accompagnement.

Ingrédients:

- 2 têtes de chou Napa, en quartiers
- La saumure de base (voir chapitre 5)
- 2 radis daikon, tranchés et pelées en allumettes
- 6 échalotes, tranchés
- 1 poire asiatique, pelées et coupées en allumettes
- 5 carottes, pelées et tranchées en allumettes
- 2 "morceau de gingembre, pelé et émincé
- 12 gousses moyen tailles (ou 1 tête) ail hachées
- ¼ sauce de poisson tasse
- ½ tasse de pâte de piment (ou plus ou moins au goût)
- ¼ tasse de sel fin de mer

Procédure:

Laver les feuilles de chou dans l'eau et les faire tremper une nuit dans la saumure assez pour couvrir complètement. Quand les feuilles ont imbibé, retirez-les de l'eau et jetez la saumure.

Ajouter le chou, radis, de poire, les carottes, les oignons verts, le gingembre, l'ail, la sauce de poisson et le piment coller dans un grand bol. Ajouter le sel et le mélange de massage bien jusqu'à ce



que tous les légumes sont revêtues de sel. Farcir du mélange, à pleines mains, dans un grand bocal de fermentation et de squash à peu près après chaque addition. Comme les légumes sont compressés, liquide de suinter hors d'eux. Si le liquide ne couvre pas complètement les légumes, ajouter la saumure jusqu'à ce que les légumes soient submergés. Assurez-vous que le liquide est au moins un pouce du couvercle pour laisser place à l'expansion. Alourdir les légumes avec une plaque ou un sac d'eau pour les maintenir immergé. Couvrir avec une serviette.

Placez le pot dans un endroit chaud, sombre dans la cuisine et laissez fermenter pendant 5 à 7

jours. Vérifiez maintenant et puis pour assurer les légumes sont encore submergés. Si non, ajouter plus de saumure au besoin. Lorsque vous êtes satisfait avec le goût, fermer hermétiquement le bocal avec le couvercle et magasin dans le cellier, cave, ou sous-sol. Kimchi gardera indéfiniment et continuera à fermenter.

RENDEMENT: 1 quart

### **Aillée cornichons à l'aneth**

Ces cornichons croquants seulement d'améliorer le goût comme le temps passe. Ils sont riches en antioxydants.

Ingrédients:

- 8 à 10 concombres organiques ou le décapage
- 1 cuillère à soupe, aneth frais
- 8 à 10 gousses d'ail pelées
- 1 cuillère à soupe de graines de moutarde
- 1 cuillère à soupe de sel fin de mer
- ¼ tasse de lactosérum (voir le chapitre 5)

- La saumure 1 ½ tasse de base (voir chapitre 5)

Procédure:

Laver les concombres bien. Diviser les concombres en deux et les diviser entre 2 2 pintes pots de fermentation. Mélanger les aneth, l'ail et les graines de moutarde dans un bol. Répartir le mélange dans la moitié. Comme vous versez le mélange d'assaisonnement sur les concombres,

ajouter la moitié du sel pour chaque pot. Diviser le lactosérum et de la saumure uniformément.

Ajouter le lactosérum pour les bocaux puis ajoutez la saumure. Les concombres doivent être submergés d'environ un pouce dans la saumure. Mettez les couvercles sur les bocaux et fermez hermétiquement. Placer les bocaux dans un endroit calme à fermenter à la température ambiante pendant 5 à 10 jours. Goûtez les concombres occasionnellement jusqu'à ce qu'ils soient comme vous le souhaitez. Mettez le couvercle de retour sur les bocaux et les placer dans le réfrigérateur.

Les cornichons seront conserver dans le réfrigérateur pendant plusieurs mois.

RENDEMENT: environ 2 litres

### **Blackberry d'Apple Choucroute**

Parce que cette recette ajoute fruits de chou, il crée un kraut douce chargé de nutriments et de saveur. Servir sur du yogourt ou avec des salades.

Ingrédients:

- ½ petit chou, râpé

- 1 pomme, pelées, épépinées et hachées finement

- Le jus de 1 orange, y compris un peu de la pâte
- ½ tasse de mûres
- 1 cuillère à café de sel fin de mer
- 1 tasse de noix hachées
- 1 cuillère à café de cannelle émietté bâtons
- ¼ tasse de lactosérum (voir le chapitre 5)

Procédure:

Mettre le chou dans un grand bol et saupoudrer avec le sel. Pour le chou, ajoutez les pommes, le

jus d'orange, mûres, les noix et cannelle. Mélanger les ingrédients. Farcir le mélange dans un bocal de fermentation de 1 pinte, écraser le bas comme vous allez. Verser le lactosérum sur le mélange. Si plus de liquide est nécessaire pour submerger le mélange, utiliser de l'eau purifiée ou filtrée pour couvrir. Assurez-vous que le liquide reste un pouce sous le rebord du pot pour permettre l'expansion. Bien refermer les bocaux avec les couvercles et laisser à température ambiante pendant 5 à 6 jours. Stocker le kraut dans le réfrigérateur; elle permet de conserver pendant quelques semaines.

RENDEMENT: 1 quart

### **Tasty Peach et chutney à la mangue**

Pêches et mangues deux offrent de nombreux nutriments et une saveur sucrée acidulée qui se marie bien avec le poisson, le porc ou le boeuf.

Ingrédients:

- 4 mangues mûres, pelées, épépinées et hachées grossièrement

- 8 à 10 pêches, pelées, épépinées et coupées en quartiers
- 1 tasse de raisins secs
- 2 tasses de pacanes, hachées
- 2 cuillères à café de sel fin de mer
- Le jus de 4 citrons
- ¼ tasse de gingembre frais, râpé
- 2 piments, épépiné et haché
- 2 cuillères à soupe de cannelle moulue
- ¼ tasse de lactosérum (voir le chapitre 5)
- La saumure de base (voir chapitre 5) que nécessaire

#### Procédure:

Placez le mangues, pêches, raisins, noix de pécan, sel, jus de citron, gingembre, piments, et la cannelle dans un grand bol et bien mélanger. Placer le mélange dans un bocal de fermentation et appuyez vers le bas jusqu'à ce qu'il soit moins de 1 pouce en dessous du couvercle du bocal.

Ajouter le petit lait. Si les liquides ne couvrent pas le mélange, ajouter la saumure au besoin.

Peser sur le contenu avec une plaque ou un sac d'eau pour garder le fruit sous le liquide. Couvrir avec une serviette propre.

Placez le pot dans un endroit sombre dans la cuisine et lui permettre de fermenter pendant 2 à 4

jours à la température ambiante. Ajouter de la saumure comme nécessaire pour assurer mélange reste submergée. Lorsque vous

aimez le goût, mettre sur le couvercle et le stocker dans le réfrigérateur.

RENDEMENT: environ 1 quart

## **Épinards Houmous**

Les épinards contiennent de la vitamine A, qui est essentiel pour l'intégrité des muqueuses, mais est également une composante majeure de certains globules blancs qui combattent activement l'infection. Il peut être utilisé comme un écart, un bain, ou aminci pour faire une vinaigrette.

Ingrédients:

- 2 tasses séchées ou des pois chiches en conserve, rincés et égouttés
- 2 cuillères à soupe de vinaigre de cidre
- 2 cuillères à soupe de lactosérum (voir le chapitre 5)
- 1 tasse d'épinards frais, haché grossièrement
- 3 gousses d'ail
- 6 cuillères à soupe huile extra vierge d'olive
- ¼ de tasse de jus de citron fraîchement pressé
- Une pincée de poivre de Cayenne
- 1 cuillère à café de cumin en poudre (si désiré)
- Tahini 2 à 3 cuillères à soupe crue
- ½ cuillère à café de sel fin de mer

Procédure:

Ajouter les pois chiches dans un bol et les faire tremper dans l'eau et le vinaigre de cidre pendant 12 heures, ou jusqu'à ce que les grains ont germé. Égoutter les haricots. Placez les graines, le lactosérum, les épinards, ail, huile d'olive, jus de citron, le poivre de Cayenne, et le cumin dans un robot culinaire et mélanger jusqu'à consistance lisse. Ajouter le tahini et le sel et bien mélanger. Stocker le houmous dans le réfrigérateur et servir froid.

RENDEMENT: environ 2 ½ tasses

### **Houmous de pois chiches**

Même que la recette ci-dessus sauf pour omettre les épinards. Il peut être nécessaire d'ajuster les liquides pour tenir compte du manque d'épinards.

### **Pico de Gallo**

Ingrédients:

- 6 tomates moyennes, pelées, épépinées et hachées
- 1 gros oignon, haché
- ½ bouquet de coriandre, hachées
- 6 gousses d'ail, hachées
- Piments au goût (jalapenojalapeño, habanero, etc.)
- 1 ½ tasse de jus de choucroute (voir le chapitre 5)
- Sel et poivre au goût

Procédure:

Ajouter les tomates, l'oignon, la coriandre, l'ail et les piments dans un grand bol et bien mélanger. Sel et poivre au goût. Entasser le mélange dans un bocal de fermentation et couvrir avec le jus de

choucroute jusqu'à ce que le mélange soit complètement recouverte. Soyez sûr de laisser 1 "entre le liquide et le couvercle pour l'expansion. Fermez le couvercle hermétiquement et laissez sur le comptoir pendant 3 à 5 jours. Réfrigérer une fois terminé, et elle permet de conserver dans le réfrigérateur pendant quelques semaines.

RENDEMENT: environ 1 quart

## **Tomato Ketchup**

Cette recette peut être jazzés en ajoutant rouge flocons de piment de Cayenne, le paprika, ou même fumés.

Ingrédients:

- 3 tasses de pâte de tomate
- 2 cuillères à café de sel fin de mer
- ¼ tasse de sauce Worcestershire
- ½ tasse de vinaigre de cidre de pomme
- Miel brut 6 cuillères à soupe copieuse (comme le trèfle) ou sirop d'érable biologique
- ¼ tasse de lactosérum (voir le chapitre 5)

Procédure:

Mélanger le tout dans un bol, assurant que le miel et le sel sont dissous complètement. Ajouter le mélange à un bocal de fermentation à large ouverture et couvrir avec un morceau de gaze sécurisé. Laissez reposer le mélange au moins 8 heures (ou toute la nuit) à la température ambiante. Retirez la gaze et fermez hermétiquement le couvercle. Conservez-le au réfrigérateur pendant 2 jours avant de servir. Il se conserve environ deux mois.

RENDEMENT: 1 quart

## **Mayonnaise**

Cette version est pas aussi épais que les produits achetés en magasin, mais la recette peut être modifié à votre goût personnel en changeant les quantités de moutarde ou ajoutant d'autres ingrédients comme la poudre de chipotle, la poudre de curry, ou des herbes.

Ingrédients:

- 2 gros oeufs entiers, la température ambiante
- 2 jaunes d'œufs, la température ambiante
- ¼ de cuillère à café de sel fin de mer
- 2 cuillères à café de moutarde de Dijon (peut utiliser la moutarde de Dijon, recette suivante)
- 3 cuillères à soupe de jus de citron, fraîchement pressé
- 2 cuillères à soupe de lactosérum (voir le chapitre 5)
- 1 ½ à 2 tasses extra vierge huile d'olive

Procédure:

Mélanger les œufs, les jaunes d'œufs et le sel dans un robot culinaire. Ajouter la moutarde, le jus de citron, et le lactosérum et mélanger jusqu'à incorporé. Bien mélanger, ajouter lentement l'huile d'olive pour faire une émulsion.

Placer le mélange dans un bocal et couvrir avec le couvercle. Laisser reposer à la température ambiante pendant 6 heures, puis le placer dans le réfrigérateur.



Il se conservera pendant 4 à 6 semaines dans le réfrigérateur.

RENDEMENT: environ 3 tasses

## **Moutarde de Dijon**

Ingrédients:

- $\frac{3}{4}$  tasse de moutarde en poudre (légère est préféré)
- 1 cuillère à café de sel fin de mer
- $\frac{1}{8}$  cuillère à café de poudre d'ail
- 2 cuillères à café de miel brut
- $\frac{1}{2}$  tasse de l'eau filtrée ou purifiée
- 1 cuillère à soupe de lactosérum (voir le chapitre 5)
- 2 cuillères à soupe de vinaigre de cidre

Procédure:

Dans un petit bol, fouetter ensemble la moutarde, le sel et l'ail. Ajouter le miel, de l'eau et de la saumure. Fouetter pour bien mélanger. Placer le mélange dans un bocal, couvrir hermétiquement et laisser fermenter pendant 3 jours à température ambiante. La moutarde va épaissir, ajouter de l'eau ou de la saumure après 1 jour de faire une consistance que vous aimez. Placer le mélange dans le réfrigérateur et laisser reposer pendant 3 jours avant de l'utiliser. Il se conservera jusqu'à 2 mois au réfrigérateur.

RENDEMENT: environ 1  $\frac{1}{2}$  tasses

## **Chapitre 7:**

**céréales, les haricots et les noix**

## **Fermentés Lentilles**

Ingrédients:

- 1 tasse de lentilles séchées
- 2 tasses d'eau filtrés, réchauffés
- 2 cuillères à soupe de lactosérum (voir le chapitre 5)
- 1 cuillère à soupe de vinaigre ou le jus de 1 petit citron
- 1 cuillère à café de sel fin de mer
- 1 cuillère à soupe de coriandre moulue
- 1 cuillère à soupe de cumin moulu

Procédure:

Choisir à travers les lentilles et jeter celles qui ne semblent pas correctes. Mettez-les dans un bol, ajoutez l'eau et le lactosérum filtrée, et remuez. Ajoutez le vinaigre ou le jus de citron et mélangez à nouveau. Couvrez le bol avec un chiffon propre et laissez reposer pendant 24 heures dans un endroit frais. Après 12 heures, videz l'eau, rincez, et ajoutez plus d'eau. Placez les lentilles de

retour dans un endroit calme pour continuer la fermentation pendant les 12 heures restantes.

Mettez les lentilles dans une casserole et ajoutez le sel et l'eau filtrée assez pour couvrir les lentilles par un couple de pouces. À feu moyen-vif, portez les lentilles à ébullition. Couvrez et réduisez le feu à doux et laissez mijoter, en remuant de temps en temps, 20 à 30 minutes, ou jusqu'à ce que les lentilles soient tendres. Égouttez les lentilles et ajoutez la coriandre et le cumin.

RENDEMENT: 2 ½ tasses

## **Germé de riz brun**

Riz brun germé a une énorme quantité de nutriments en raison de la germination. Mais, si vous laissez le riz germer plus de 12 heures, rincer, et changer l'eau. Aussi, ne laissez pas les pousses grandissent plus de  $\frac{1}{8}$  ème de pouce - ils obtiennent amer. Aussi, si pas mangé ici une semaine ou deux, le riz deviendra amer.

### **Ingrédients:**

- 1  $\frac{1}{2}$  tasse non transformés de riz brun de grains entiers
- 3 tasses d'eau filtrée
- 1 cuillère à soupe de vinaigre de riz brun
- 1 cuillère à soupe de sucre
- 2 cuillères à café de sel fin de mer

### **Procédure:**

Mettre le riz dans une passoire et rincer sous l'eau pendant 1 à 2 minutes. Mettre le riz dans un bol ou fermentation pot avec suffisamment d'eau chaude pour couvrir de 2 pouces. Faire tremper le riz pendant 12 heures. Versez le riz dans une passoire à mailles fines et bien rincer. Jeter l'eau originale et rincez le récipient. Mettez le riz dans le bol ou un bocal et couvrir avec une serviette propre. Placer le récipient dans un endroit frais et sombre.

Incorporer le riz avec une cuillère en bois deux fois par jour pendant 2 jours. Le riz va commencer à germer. Rincer le riz nouveau et le placer sur un tamis ou une passoire pour égoutter. Stocker le riz dans le réfrigérateur pendant 1 à 2 semaines.

Pour cuisiner, faire 3 tasses filtrés eau à ébullition, ajouter le riz, couvrir et laisser mijoter jusqu'à cuisson complète. Riz germé cuisine plus rapide que le riz ordinaire. Dans le même temps, fouetter le

vinaigre, le sucre et le sel. Mélanger ce mélange avec le riz avant de servir.

RENDEMENT: environ 3 tasses

### **High Protein haricots pinto**

Pour les personnes qui voudraient un sans viande et alternative soja moins de protéines, ces fèves intègrent le billet. Ils sont chargés avec des protéines et de fibres.

Ingrédients:

- 2 tasses de haricots pinto séchées
- 1 gros oignon, haché
- 3 gousses d'ail, hachées
- 1 cuillère à café de sel fin de mer
- ¼ tasse de lactosérum (voir le chapitre 5)
- ½ à 1 tasse de la saumure de base (voir chapitre 5)

Procédure:

Placer les haricots dans un grand bol et couvrir avec de l'eau filtrée à tremper pendant 24 heures, en changeant l'eau après 12 heures. Quand les haricots ont trempé pendant 24 heures, les égoutter et jeter l'eau. Ajouter les haricots, couvrir avec de l'eau filtrée plus, et faire cuire dans une casserole à feu moyen-doux jusqu'à ce que les haricots soient tendres. Égoutter les haricots et laissez-les refroidir.

Dans un grand bol, ajouter les haricots, l'oignon, l'ail, le sel et le lactosérum et bien mélanger.

Verser le mélange dans un bocal de fermentation de 1 pinte. Ajouter suffisamment de la saumure pour couvrir complètement les haricots,

tout en laissant environ 1 pouce d'espace dans le pot pour permettre l'expansion. Fermez le couvercle hermétiquement et mettez le pot dans une partie sombre de la cuisine pendant 3 jours. Placez les haricots dans le réfrigérateur et utilisez dans les 2

mois.

RENDEMENT: 4 ½ tasses

## **Barres granola**

Ingrédients:

- 1 tasse en acier coupe ou les flocons d'avoine
- 1 tasse de dates, dénoyautées et hachées
- 1 tasse de lactosérum (voir le chapitre 5)
- ½ tasse de cassonade de farine de riz, et plus encore pour dépoussiérer la casserole
- ½ tasse de noix de coco râpée non sucrée
- ½ tasse d'amandes hachées
- 3 cuillères à soupe de graines de sésame
- ½ cuillère à soupe de sel fin de mer
- 1 cuillère à soupe de cannelle moulue
- 1 tasse de beurre d'arachide sans sucre
- ½ de sirop d'érable de la Coupe

Procédure:

Broyer l'avoine en une farine grossière dans un mélangeur ou de nourriture. Dans un grand bol, mélanger ensemble la farine d'avoine, les dates, le lactosérum, farine de riz brun, noix de coco, les amandes et les graines de sésame. Ajouter le sel et la cannelle et bien mélanger. Couvrir avec une serviette propre et laissez reposer pendant 6 à 8 heures.

Préchauffer le four à 75 ° F (24 ° C). Il peut être placé aussi haut que 100 ° F (38 ° C). Si votre four ne définit pas cette faible, utiliser un déshydrateur de nourriture - ils vous permettent de définir une température spécifique. Ajouter le beurre d'arachide et le sirop d'érable. Bien mélanger.

Saupoudrer un moule 9x13 pouces avec un peu de farine de riz brun. Étendre le mélange d'avoine uniformément dans la poêle et en appuyant dans les coins. Cuire le mélange pendant 8 à 10 heures, ou jusqu'à ce que le granola est la cohérence que vous préférez - moelleux ou croustillant. Couper les barres en carrés et manger immédiatement ou de les mettre dans le réfrigérateur. Les barres réfrigérées se conservent plusieurs mois.

Rendement: 12 à 16 bars

### **Pain au levain de base**

Bien que ce pain est un aliment de base de garde-manger, la recette peut être modifiée par l'ajout de fruits, herbes, noix, ou des épices. Le levain utilisé dans la recette peut être trouvé dans la section Ressources dans le Chapitre 11.

Ingrédients:

- 1 tasse de levain
- 1 tasse chaude de l'eau filtrée
- 1 cuillère à soupe de miel brut (facultatif)

- 1 cuillère à café de sel fin de mer
- 3 tasses de blé entier ou de farine d'épeautre, tamisé
- ½ tasse de persil haché finement (facultatif)

Procédure:

Dans un bol, ajouter le levain, l'eau, le miel, le sel, la farine, et le persil. Mélanger pour obtenir une pâte lisse. Placer la pâte sur une surface légèrement farinée et pétrir pendant 3 minutes.

Façonner en un pain ovale à la main et placez-le sur une feuille de cuisson graissée. Couvrir et laisser lever pendant 1 à 2 heures, ou jusqu'à ce que doublé de taille.

Préchauffer le four à 400 ° F (200 ° C). Spritz la pâte avec de l'eau. Avec un couteau bien aiguisé, couper un «X» dans le haut de la pâte, environ ¼ à ½ pouce de profondeur. Cuire au four pendant 30 à 40 minutes ou jusqu'à ce que la croûte soit dorée et ferme. La température interne du pain devrait être 200°F (90°C), elles sont contrôlées par l'insertion d'un thermomètre dans le bas de sorte que vous ne Mangle votre pain!

RENDEMENT: 1 pain

### **Toasted beurre de noix**

Bien que mes favoris personnels sont les amandes et les arachides, tout écrou fonctionnera. Les recettes peuvent être peaufinés avec des herbes, des épices et du miel. Elles peuvent être utilisées comme pâtes à tartiner et comme additifs pour les pâtes, les soupes, ragoûts, des flocons d'avoine, ou en faire une sauce.

Ingrédients:

- 2 tasses de noix brutes: peut être amandes, cacahuètes, noix de cajou, noix, ou des pistaches

- 5 ½ cuillères à café de sel fin de mer
- L'eau filtrée
- 1/3 de tasse d'huile de coco
- 2 cuillères à soupe de miel brut

Procédure:

Placez les noix dans un bol et ajouter 4 ½ cuillères à café de sel. Bien mélanger. Couvrir avec de l'eau filtrée et laisser tremper pendant 6 heures.

Égoutter les noix, les sécher avec des serviettes en papier, et les étaler sur une feuille de cuisson pendant 30 minutes pour sécher. Dans une poêle sur feu moyen, mettre une couche unique de noix et de pain grillé pendant environ 10 minutes, en remuant occasionnellement. Lorsque les

écrous ont séché davantage et commencent à caraméliser, les retirer de la chaleur. Répétez jusqu'à ce que tous les écrous sont grillés.

Mettez les noix grillées dans un processeur de nourriture avec de l'huile de noix de coco, de miel et 1 cuillère à café de sel. Mélanger jusqu'à consistance désirée - propagation lisse ou pâte épaisse. Divisez le mélange en deux pots demi-pinte. Couvrir la bouche des bocaux avec une étamine et sécurisé. Laissez les pots à la température ambiante pendant 6 heures. Retirez la gaze et ajoutez les couvercles, fermant hermétiquement.

Réfrigérer le beurre. Au moment de servir, laisser le beurre chaud à la température ambiante pendant 20 minutes avant de l'utiliser. Le beurre se conserve au réfrigérateur pendant 3 semaines ou plus.

RENDEMENT: 2 tasses

**Chapitre 8:**



## **laitiers et le poisson**

### **Crème aigre**

Ingrédients:

- Crème sure 1 ou 2 cuillères à soupe organique
- 2 cuillères à soupe de lactosérum (voir le chapitre 5)
- 2 tasses de crème, de préférence de vaches nourries à l'herbe

Procédure:

Incorporer la crème sure et le lactosérum ensemble. Ajouter le mélange de crème sure à la crème dans un bocal de fermentation de 1 pinte et agiter vigoureusement pour bien mélanger. Couvrez le pot avec une étamine et sécurisé. Laissez le pot à la température ambiante pendant 12 à 24

heures. Il sera mis en place comme un yogourt épais. Couvrez avec le couvercle et laisser reposer au réfrigérateur pendant 6 heures avant utilisation. Elle permet de conserver dans le réfrigérateur pendant plusieurs semaines.

RENDEMENT: 2 tasses

### **Papaya Ice Cream**

Cette recette peut être modifiée avec différents fruits ou des combinaisons de fruits par votre goût. Il exige un fabricant de crème glacée, cependant.

Ingrédients:

- 1 tasse de papaye, pelée et hachée
- 2 œufs

- $\frac{3}{4}$  de tasse de sucre non raffiné ou  $\frac{1}{4}$  tasse de miel brut
- 2 tasses de lait de kéfir (voir le chapitre 5) ou de lait entier
- 1 tasse de crème épaisse
- 2 cuillères à café d'extrait de vanille

Procédure:

Ajouter la papaye, les oeufs et le sucre dans un mélangeur et bien mélanger. Ajouter le kéfir, crème et la vanille et bien mélanger.

Placez le contenu dans un fabricant de crème glacée et de suivre les instructions de la machine.

RENDEMENT: 1 quart

### **Berry Frozen Yogurt**

Ingrédients:

- Baies mixtes 2 tasses fraîches ou congelées (fraise, framboise, mûre, myrtille ou)
- 3 cuillères à soupe de lait
- $\frac{2}{3}$  tasse de miel brut
- 2 tasses de yogourt (voir le chapitre 5)
- 1  $\frac{1}{2}$  cuillères à soupe d'extrait de vanille

Procédure:

Si vous utilisez des petits fruits congelés, décongeler et garder le jus. Écraser les baies avec une fourchette ou de la purée dans un mélangeur. Dans un bol, mélanger le lait et le miel. Ajouter les baies en purée au mélange de lait et bien mélanger. Ajouter le yogourt et

la vanille et bien mélanger. Placez mélange dans une machine à crème glacée et de suivre les instructions du fabricant pour la machine.

RENDEMENT: 1 quart

### **Sauce tzatziki grec**

Cette délicieuse sauce peut être utilisé sur les sandwichs, les salades, et comme trempette.

Ingrédients:

- 1 tasse de yogourt (voir le chapitre 5)
- 1 concombre, pelé et haché grossièrement
- 2 cuillères à soupe huile extra vierge d'olive
- Zeste et le jus de ½ d'un citron (zeste d'abord, puis presser le jus)
- 2 gousses d'ail
- 2 cuillères à soupe de menthe fraîche, hachée
- 1 cuillère à soupe d'aneth frais, haché ou ½ cuillère à soupe d'aneth séché
- ½ cuillère à café de sel fin de mer
- Une pincée de poivre de Cayenne

Procédure:

Placez une étamine dans une passoire en tant que doublure. Placez la passoire doublée dessus d'un bol. Verser le yogourt dans l'étamine et ficeler les coins. Laisser l'eau couler pendant 2 à 4

heures. Grattez le yogourt épais et enregistrez le lactosérum pour une utilisation future.

Ajouter le yogourt, le concombre, l'huile d'olive, le zeste de citron et le jus, l'ail, la menthe, de l'aneth, le sel et le poivre de Cayenne dans un robot culinaire et mélanger bien. Placer la sauce dans un plat de service et réfrigérer pendant plusieurs heures avant de servir pour permettre aux saveurs de se fusionner.

RENDEMENT: 1 ½ tasse

### **Saumon au miel et au gingembre**

Ingrédients:

- 1 cuillère à soupe de miel brut
- 1 cuillère à café de gingembre frais, haché
- 1 cuillère à café de grains de poivre entiers
- 2 ou 3 échalotes, hachés
- ¼ de tasse de lactosérum (voir le chapitre 5)
- ¼ tasse de saumure de base (voir chapitre 5)
- £ 1 filet de saumon (sauvage capturé est mieux que d'élevage)
- 2 tranches de citron
- 2 cuillères à soupe d'aneth frais, haché
- 2 feuilles de laurier

Procédure:

Mélanger les oignons verts, le miel, le gingembre, le petit lait, les grains de poivre et de la saumure dans un bol moyen. Emballez le

citron, poisson, ainsi que l'aneth dans un bocal de

fermentation de 1 pinte. Ensuite, assurez-vous de verser le mélange de miel sur le poisson de sorte qu'il est complètement submergé. Laissez 1 pouce entre le liquide et le haut du bocal pour l'expansion à prendre place. Ajouter les feuilles de laurier, et placer le couvercle sur le pot et fermer le tout fermement. Laisser à température ambiante pendant environ 24 heures. Placez le pot dans le réfrigérateur où il se conservera jusqu'à 2 semaines. Enfin, retirez le saumon du liquide avant de servir.

RENDEMENT: £ 1

## **Chapitre 9:**

### **Boissons**

#### **Carotte et le céleri kéfir**

Ingrédients:

- ¼ tasse de jus de carotte
- ¼ tasse de jus de céleri
- Le kéfir d'eau ¾ de tasse (voir le chapitre 5)
- Une pincée de poivre de Cayenne (facultatif)

Procédure:

Mettre tous les ingrédients dans un mélangeur et mélanger jusqu'à consistance lisse. Réfrigérer avant de servir.

RENDEMENT: 1 portion (1 ¼ tasse)

#### **Grains entiers Tonic**

Cette boisson rafraîchissante peut être faite avec des grains entiers. Il est légèrement gazéifiée avec une saveur sucrée et citronnée.

Ingrédients:

- 1 tasse de baies de blé ou d'autres (les grains de seigle entier, millet, orge, avoine, de riz ou de sarrasin) grains entiers
- 1 litre d'eau filtrée
- Un trait de vinaigre de cidre

Procédure:

Faire tremper les grains pendant la nuit dans l'eau filtrée chaude. Égoutter et rincer bien les grains. Placez les grains dans un plateau appropriés pour la germination. Laissez les grains reposer pendant 2 à 3 jours, la vidange et le rinçage des grains chaque jour jusqu'à ce que la germination. Les grains ont germé quand une petite queue apparaît. Une fois germé, placer les grains dans un bocal de fermentation et recouvrir avec le 1 quart de l'eau filtrée. Ajouter le zeste de vinaigre de cidre. Laissez les grains reposer pendant 2 à 3 jours. Attendez-vous à pétilllement.

Le tonique est prêt lorsque les grains odeur agréablement aigre et le liquide est trouble. Jeter les grains, mettre le liquide dans un bocal hermétiquement avec couvercle, et le placer dans le réfrigérateur. Il se conservera jusqu'à 2 semaines.

RENDEMENT: 1 quart

### **Lemon Lime Fizz**

Cette boisson est très pétillante et rafraîchissante!

Ingrédients:

- $\frac{3}{4}$  tasse jus de canne évaporé ou sucanat

- 2 litres de l'eau filtrée, divisés
- Jus de citrons 5
- Jus de 5 citrons vert
- 1 tasse de lactosérum (voir le chapitre 5)

Procédure:

Dans une grande casserole sur feu moyen, faire fondre le sucre dans 2 tasses d'eau. Retirer du feu et ajouter les 1 ½ quarts restants de l'eau fraîche. Versez l'eau de sucre dans un pot de 1 gallon.

Laisser refroidir à température ambiante. Ajouter les jus de fruits et le petit-lait. Ajouter suffisamment d'eau pour remplir l'intérieur de 1 pouce de haut de la cruche. Placez sur le couvercle et laisser reposer à température ambiante pendant 2 à 3 jours, ou jusqu'à ce que la douceur a été réduit à votre goût. Placez le pot dans le réfrigérateur et laisser refroidir complètement avant de servir. Elle permet de conserver indéfiniment, mais la douceur ne diminue au fil du temps.

RENDEMENT: 2 litres

### **Virgin Bloody Mary**

Ingrédients:

- 6 tomates Roma, coupées en quartiers
- ¼ oignon moyen
- ½ concombre moyen, pelé
- ¼ poivron épépiné
- ½ piment épépiné

- 1 gousse d'ail
- Jus de ½ d'un citron
- ½ cuillère à soupe de sel fin de mer
- 3 cuillères à soupe de lactosérum (voir le chapitre 5)

Procédure:

Placer les tomates, l'oignon, concombre, poivron, piment, ail et dans une centrifugeuse et en extraire le jus. Verser le jus dans un bocal de fermentation 1-quart avec une large bouche.

Ajouter à la jarre, le jus de citron, le sel, et le lactosérum. Battre le tout pour bien mélanger.

Assurez-vous qu'il est au moins un pouce entre le liquide et le haut du bocal. Couvrez avec le

couvercle ou un sas. Laissez reposer à température ambiante pendant la nuit, ou pendant 12

heures. Placez le pot dans le réfrigérateur à siéger pendant 2 à 3 heures de plus. Mélanger à nouveau juste avant de servir. Elle permet de conserver jusqu'à 2 semaines, mais il est préférable lorsqu'il est consommé en quelques jours.

Servir comme un Bloody Mary avec du céleri et une pincée de poivre noir.

RENDEMENT: 2 tasses

### **Soda au gingembre**

Le truc pour faire toute boisson gazeuse est à la bouteille pendant qu'il est encore en fermentation, mais pas trop tôt ou il y aura trop de pression! Chaque lot se comportera différemment, donc attendre quelques essais et erreurs avec cette boisson. Variations de cette



boisson comprennent rootbeerroot bière et la salsepareille! Les arômes et les racines peut être modifié pour convenir à votre goût.

Ingrédients:

- 3 à 4 pouces de racine de gingembre, pelée et râpée
- 1 gallon d'eau filtrée
- 1 ½ tasses de sucre
- ½ à 1 tasse de lactosérum (voir le chapitre 5)

Procédure:

Placez le gingembre et l'eau dans une grande casserole et porter à ébullition. Continuer à faire bouillir pendant quelques minutes. Cela fait une eau aromatisée ou d'un «thé» de toutes sortes.

Retirer l'eau du feu et ajouter le sucre. Remuer jusqu'à ce que tous le sucre soit dissout.

Laisser le liquide refroidir à une pièce chaude temperature. Add le lactosérum à l'eau de gingembre sucré. Versez l'eau dans une cruche de 1 gallon (ou bonbonne). Si il ya un sas, installez-le. Si non, alors plafonner la cruche. Il est important d'ouvrir le bouchon ou sas

quelques fois par jour pendant les quelques premiers jours à "rot" la bouteille et de soulager la pression du gaz.

Gardez le pot à une température ambiante froide pendant quelques jours. Il devrait obtenir gazeuse dans quelques jours. Après la fizziness disparaît en quelques jours de plus, il peut être temps de mettre en bouteille le gingembre ale. Pour le soda au gingembre en petits bouteilles et laisser un peu de place au sommet. Laissez ces petites bouteilles à la température ambiante pendant quelques jours, puis placez-les dans le réfrigérateur ou ailleurs cool.

## **Chapitre 10:**

### **Grandes ressources**

#### **Levains:**

Cultures pour la santé

[www.culturesforhealth.com](http://www.culturesforhealth.com)

Spécialisé dans les cultures non-laitiers démarreur, kéfir, produits laitiers et de l'eau des grains de kombucha scoby, démarreurs natto, et des démarreurs de levain

Wilderness familiales Naturals

[www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com)

Spécialisé dans le yogourt et le kéfir cultures, de la présure pour la fabrication du fromage Produits alimentaires et la sécurité:

Environmental Working Group

[www.ewg.org/foodnews](http://www.ewg.org/foodnews)

Information sur la quantité de produits chimiques présents dans les aliments

### **Conclusion**

Après avoir lu ce livre, vous avez acquis des connaissances importantes pour améliorer votre santé générale. Fermentation offre donc de nombreux avantages qui semble trop beau pour être vrai presque. Mais il est pas - les avantages sont authentiques!

Ce livre vous a donné quelques connaissances de base sur ce qui se passe réellement dans votre corps. Armés de cette connaissance, vous pouvez prendre des décisions basées sur ce que vous avez besoin et que vous voulez. Et si vous avez une

compréhension de base, il ya beaucoup plus là-bas pour apprendre - la connaissance est le pouvoir. Ce livre vous a montré comment exploiter certains pouvoirs cachés dans les aliments que vous auriez autrement ne pas être au courant.

Et en expérimentant avec certaines des recettes, vous gagnerez l'expertise et la confiance pour tenter des recettes plus complexes. Ce livre est destiné à être un tremplin pour l'art de la fermentation des aliments. Les recettes ici ont été conçus pour être simple, nécessitant peu plus de matériel que vous avez probablement déjà.

Comme vous avez pu réalisé par la lecture à travers les recettes, la fermentation est très adaptable. Vous pouvez faire une recette à votre goût en ajoutant ou en soustrayant des ingrédients. Cette variabilité est un moyen sûr pour éviter l'ennui à la table du dîner! Il ya des possibilités infinies, même avec les plus simples recettes de fermentation.

Ce livre a été écrit comme une introduction au monde de la fermentation à la maison, avec l'espoir que vous allez continuer à développer de nouvelles recettes et de nouvelles techniques!

Donc, comme ils disent, sortent et à prospérer!

Bocaux Repas

*388 peu connu,*

*Facile, sain et délicieux*

*Recettes Mason Jar pour*

*Occupé, Sur-le-Go Personnes*

*Ella Marie*

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[www.wellnessbooks.net](http://www.wellnessbooks.net)

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## **introduction**

Vous cherchez de nouvelles idées de repas? Avez-vous atteignez souvent pour les aliments transformés ou rapide parce que vous ne l'avez déjà préparé quelque chose? Bien que personne ne va agiter une baguette magique et de faire que la nourriture apparaissent, vous ne devriez pas abandonner!

Beaucoup d'entre nous sont dans le même bateau - nous avons besoin de repas rapide. Avec une organisation intelligente et apprêter, cependant, vous pouvez faire des repas incroyables qui ne sont pas de temps. Mason repas jar et desserts deviennent beaucoup plus fréquents. Cette méthode peut être un moyen intéressant de changer votre état d'esprit à propos de la création de repas et de prendre votre lunch au travail.

Mason repas jar regardent et beaucoup de goût, et ils peuvent être exactement ce que vous avez toujours rêvé. Beaucoup de gens ont des idées pré-existantes sur maçon repas jar - à savoir, qu'ils ne laissent pas beaucoup de variété. Cette croyance qui les empêche de poursuivre les repas en pot comme une option.

Mais cela ne pouvait pas être plus loin de la vérité! Il ya beaucoup de grandes recettes que vous pouvez essayer d'utiliser des bocaux Mason. Ce qui est amusant est que vous pouvez les modifier en aucune façon à répondre à vos besoins et préférences. Par exemple, vous pouvez ajouter des ingrédients pour les recettes de salade de fruits ou de passer dans les recettes de desserts, et que est juste le début.

Personne ne veut manger la même chose jour après jour, mais dans le monde d'aujourd'hui, la commodité l'emporte souvent sur toutes les autres considérations. En faisant maçon repas pot, il est possible de réaliser cette variété tout en utilisant simultanément des aliments qui sont bons pour vous. Comme vous le découvrirez grandes recettes, vous pourrez également commencer à se sentir à l'aise créer certains de vos propres.

Création bocaux repas que votre famille adorera va seulement vous encourager à continuer. Vous pouvez planifier vos repas à l'avance et obtenir tous les ingrédients dans un, voyage organisé à la

boutique. Vous pouvez ensuite se sentir mieux à propos de ce que vous mangez et ce que vous nourrissez votre famille.

Vous aurez également cesser de se sentir coupable de les mauvais choix alimentaires que vous faites dans le passé quand vous étiez pressé. Pots Mason sont grab-and-go, mais vous permettent également de voir les ingrédients à l'intérieur, de sorte que vous savez que vous êtes faire des choix sains. Quelques recettes en pot sont servis sous-est, tandis que d'autres ont seulement besoin d'être secoué avant de les manger.

Manger à l'extérieur, tandis que facile et pratique, peut ajouter une énorme dépense pour le budget mensuel. En planifiant vos repas et obtenir quelques bocaux, vous allez réduire ce que vous dépensez sur les denrées alimentaires. Et dans le même temps, vous serez manger plus sain, se sentir plus satisfaits, et ne sera pas dépenser des tonnes de temps dans la cuisine Au moment où vous avez fini de lire cet e-book, vous aurez beaucoup de réponses et de l'encouragement pour commencer. Vous comprendrez comment commencer, apprendre les meilleures pratiques, et d'explorer recettes étonnantes.

Vous allez également de réaliser que vous avez le pouvoir de faire se produire! Vous ne disposez pas d'aimer passer du temps dans la cuisine pour faire maçon repas jar. Vous ne disposez pas de posséder une quantité infinie d'ingrédients, soit. En fait, plusieurs des recettes que vous lirez ne comprennent que quelques ingrédients.

Si vous voulez saisir une occasion de manger mieux et de façon tout autour de positif, il est juste en face de vous. Cet e-book va vous donner l'inspiration et la confiance pour commencer à faire maçon repas jar. Soyez prêt pour des tonnes de compléments de votre famille, amis et collègues de travail une fois que vous faites!

## **Chapitre 1**

### **Pourquoi sommes-Mason Jar**

#### **Repas si populaire?**

Quand il ya quelque chose de nouveau se passe, les gens prennent préavis. Ils veulent souvent d'apprendre de première main ce que tout le monde parle. Beaucoup de ces nouvelles choses, cependant, devenir juste de passage tendances. Ils semblent perdre l'intérêt des consommateurs tout aussi rapidement comme ils ont commencé.

Cela ne semble pas être le cas avec Mason repas jar. En fait, ils sont vraiment ramasser en popularité. Ils fonctionnent bien pour tous

les groupes d'âge, y compris les familles, les étudiants, les baby-boomers, les retraités et ceux de la force de l'entreprise. La vérité est que tout le monde a besoin de manger.

Avec cela à l'esprit, maçon repas jar font beaucoup de sens. Elles permettent plus de contrôle sur ce que vous mangez. Quand votre vie est trépidant et animé, les mauvaises habitudes alimentaires sont très faciles à développer. Découper les aliments transformés et les aliments de préparation rapide peut vous aider à slash nombre de ces mauvaises habitudes.

Vous trouverez également que la plupart des repas de pot Mason contiennent des ingrédients qui sont bons pour vous. Ils ont beaucoup de protéines, comme le poulet et les viandes maigres. Ils comprennent aussi beaucoup d'antioxydants et vous faire sentir plus énergique en raison des fruits et légumes frais qu'ils contiennent.

Il ya quelques grands desserts trop, mais comme les portions sont plus petites, vous ne pas avoir à se sentir coupable de les consommer maintenant et puis. De plus, si vous êtes découper calories par d'autres moyens, votre alimentation permettra de ces friandises occasionnelles qui ne sera pas entraîner un gain de poids ou de problèmes de santé.

Faire à manger pratique ainsi que visuellement attrayant est important. Nous ne voulons pas

manger de la nourriture qui est ennuyeux, fade, ou jour après jour incolore. Bocaux offrent un moyen simple mais élégant pour servir une variété de plats. Ils sont également faciles à laver et ne sont pas coûteux à l'achat.

Ces repas sont de plus en plus populaire que les gens apprennent à propos et de les partager. Tout ce qu'il aura est de manger l'un - lors d'un déjeuner, ou à la maison d'un ami - pour vous accro!

Vous avez peut-être vu aussi bocaux repas sur Pinterest et que vous souhaitez les essayer.

Avouons-le - nous sommes tous fatigués de la même vieille routine quand il vient à manger et de la préparation des repas. Nous faisons souvent un robot, mais il est maintenant temps de changer cela. Vous serez impatient de déjeuner à nouveau quand vous voyez votre coloré bocaux au lieu d'un sac de papier brun contenant un sandwich terne.

Les possibilités sont infinies quand il vient à bocaux: vous pouvez les utiliser pour les salades et autres aliments rhumes; vous pouvez les mettre dans le four et faire cuire directement à l'intérieur eux; vous pouvez même les micro-ondes si vous êtes pressé. Le fait que le verre est recyclable à 100% ne fait qu'ajouter à les positifs. Sachant que vous faites votre part pour réduire les déchets dans l'environnement est toujours un bon sentiment.

Bocaux conservent bien, aussi. Vous ne devez pas utiliser beaucoup de pots et des casseroles pour la cuisson et récipients tupperware pour stocker. Bocaux en verre Mason offrent une solution tout-en-un.

Collèges dortoirs avec cuisines sont souvent stockés avec bocaux. Ce type de cuisson est devenu très populaire parmi les étudiants, car il est facile et sans tracas. Si occupé - mais souvent paresseux - adolescents peuvent le faire, vous le pouvez aussi.

Manger sain et être conscient de ce que vous mettez dans votre corps est une force motrice derrière l'explosion de Mason repas jar. Les gens comprennent enfin que les aliments transformés rapides ne sont pas bon pour l'esprit ou le corps.

Faire des choix sains ne signifie pas que vous devez manger des aliments qui a mauvais goût ou de faim. Au lieu de cela, vous pouvez manger des aliments qui vous offrent la nutrition et de l'air

appel à vous. Bien sûr, il ya maçon repas jar et les desserts qui ne sont pas les plus sains, afin de prendre soin de manger ceux avec modération!



Avec bocaux, vous pouvez voir exactement combien de nourriture que vous mangez. Le contrôle des portions est un énorme problème dans notre société d'aujourd'hui. Pensez quand vous le servez plaques dans votre cuisine. La plupart d'entre nous ne mesurent pas la quantité de nourriture que nous accumulons sur une plaque.

Pensez aussi, quand vous allez manger à l'extérieur ou en voiture jusqu'à une fenêtre. La plupart des restaurants de restauration rapide essaient de vous séduira par upsizing peu de frais vos côtés, tels que les frites ou une boisson gazeuse. Il en résulte en consommant beaucoup plus de calories que nécessaire ou en bonne santé.

La plupart assise restaurants offrent des portions qui sont encore plus grande que ce que nous servir nous-mêmes à la maison. Pourtant, depuis que nous payons pour le repas et nous profitons de l'atmosphère, nous avons tendance à manger plus que nous aurions normalement. Si vous vous présentez affamés, vous pouvez même obtenir un apéritif, aussi.

Mason repas pot, si, vous aider simplement et identifier correctement la quantité de nourriture que vous consommez. Obtenir vos portions sous contrôle est l'un des principaux moyens de réduire l'apport calorique et, par conséquent, perdre du poids.

Il est également une partie d'un mode de vie sain. Il suffit d'être conscient de la taille des portions est une expérience révélatrice et une étape dans la bonne direction vers une meilleure, la santé globale.

Alors que vous pouvez avoir vos propres raisons pour essayer maçon repas pot, voici les raisons les plus communes d'autres ont suggéré:

pots Mason sont au lave-vaisselle.

Ils peuvent être réutilisés.

Ils ne sont pas nocifs pour l'environnement.

Les aliments ne tachent pas des bocaux en verre.

couches et pots colorés maçon sont visuellement attrayants.

Ils sont faciles à empiler, emballer, transporter, et le tremblement.

Ils sont peu coûteux à acheter.

pots Mason peuvent être stockés dans le réfrigérateur, congelés, placé dans le four micro-ondes, ou le mettre dans le four.

Ils sont pratiques.

Mason repas jar sont faciles à réchauffer.

Ils sont faciles à stocker.

Comme vous essayez ces recettes et de créer vos repas de pot Mason, vous pouvez ajouter certains de vos propres raisons de cette liste!

## **Chapitre 2**

### **Commencer**

Peut-être que vous aimez l'idée de Mason repas pot, mais vous sentez sceptique. La dernière chose que vous voulez est une entreprise gênant dans la cuisine. Vous ne devez pas passer beaucoup de temps ou beaucoup d'argent, cependant, de donner à ces repas un essai.

Vous trouverez peut-être vous avez déjà plusieurs des éléments dont vous avez besoin autour de la maison. Si non, il ne va pas coûter beaucoup d'argent du tout pour les obtenir. Voici ce que vous avez besoin pour commencer:

A quelques bocaux

Quelques recettes pour essayer

Une liste de courses

temps de planifier

## **A Few Mason Jars**

Acheter des bocaux de différentes tailles est fortement recommandé. Vous trouverez que vous regardez pour les recettes que les tailles des pots requis variera. Alors que 4 onces et 8 onces bocaux sont les formats les plus communs, ils ne sont pas les seuls à considérer. Et si les pots que vous avez ne sont pas de la bonne taille, vous pouvez réduire ou augmenter la proportion des ingrédients, mais assurez-vous que vos calculs sont exacts.

Acheter bocaux avec des couvercles de sorte que vous pouvez facilement stocker vos restes. Cela est également important pour les repas comme les salades. Vous avez besoin d'une bonne couvercle bien de sorte que vous pouvez secouer tous les ingrédients sans faire de dégâts.

Vous pouvez acheter les cas de bocaux de nombreux détaillants que vous visitez déjà. Vous pouvez également les acheter en vrac, si vous souhaitez acquérir un grand nombre d'entre eux.

Cas ne coûtent pas beaucoup, et vous trouverez que de les acheter comme un ensemble est beaucoup moins cher que d'acheter à l'unité les pots individuellement. Il ya même des sites où vous pouvez acheter des bocaux avec des couvercles et les ont expédiés directement à votre domicile.

Rechercher pour ceux qui offrent la livraison gratuite ou à faible coût. Bocaux peuvent être lourds de sorte que vous ne voulez pas payer une fortune pour l'expédition. Il faut toujours considérer le coût total des produits sont majorée des frais.

## **Certains Recettes à essayer**

Trouver quelques recettes que vous souhaitez d'abord envie d'essayer. Lorsque vous avez du succès avec eux, vous serez encouragé à poursuivre et à élargir votre répertoire. Si vous ne disposez pas de beaucoup de temps libre, vous pouvez chercher des recettes avec un temps de préparation faible et quelques ingrédients.

Si vous êtes intéressé à perdre du poids ou de manger mieux, chercher des recettes qui contiennent des ingrédients qui sont très nutritive. Il ya même des desserts mason jar qui ont beaucoup de fruits et de yogourt en eux. Ils vont satisfaire votre dent sucrée sans être chargé avec du sucre et de calories.

Vous pouvez trouver toutes les recettes dont vous avez besoin en ligne. Il ya des sites qui non seulement vous montrer les ingrédients, mais aussi fournir des photos étape par étape du processus de préparation. Bien sûr, cet e-book va vous fournir avec quelques recettes à essayer.

Une fois que vous avez fini d'explorer ceux, il sera facile de chercher certains de vos propres.

Pinterest est devenu un lieu très populaire pour Mason recettes jar. Si vous cherchez une recette particulière, il est le meilleur site pour commencer à chercher pour lui. Vous pouvez effectuer une recherche par ingrédients, les prestations de santé, ou même le temps de préparation.

## **Une liste de courses**

Maintenant que vous avez vos recettes, obtenir votre liste d'achats prêts. Savoir ce que vous avez besoin avant que vous arrivez à l'épicerie est très important. Il rendra le processus d'achat plus rapide, plus efficace et approfondie: vous aurez pas à revenir plus tard pour l'un des ingrédients que vous avez oublié, et vous serez moins susceptible d'être distrait par malsaines, les aliments

«commodité» caloriques. Essayez de trouver des articles qui sont en saison, ainsi. Cela peut vous aider à réduire les coûts et d'augmenter les valeurs nutritionnelles.

Par exemple, vous pouvez remplacer les fruits et légumes dans les recettes pour tout ce qui est en stock, frais, et à bas prix. Beaucoup d'ingrédients peuvent également être substitués avec des aliments qui sont plus abordables ou plus à vos goûts.

### **Le temps de planifier**

Vous devez allouer du temps pour la cuisson des repas de toute façon, alors pourquoi ne pas utiliser une partie de ce temps pour créer ceux de pot Mason? Par exemple, si le petit déjeuner est souvent une corvée dans votre maison, vous pouvez faire la préparation la veille. Beaucoup de ces grandes options de recettes vous permettent de faire de la nourriture à l'avance et réfrigérer jusqu'à utilisation.

Même les recettes qui doivent être cuits au four peuvent être prepped à l'avance. Juste les stocker dans le réfrigérateur jusqu'à ce que vous êtes presque prêt à manger. Ensuite, préchauffer le four, et de la pop-les, pendant que vous continuez avec vos autres activités.

Les bocaux sera prêt quand vous êtes. Cela est particulièrement vrai et utile pour petits-déjeuners chauds. Il est un plan simple qui prend un minimum de temps, ne peut donc vous pouvez commencer la journée avec une grande dégustation, des aliments nutritifs.

## **chapitre 3**

### **Conseils pour créer vos bocaux Repas succès**

Avant de vous plonger à droite dans la création de maçon repas pot, vous devez être conscient de ces conseils utiles. Ils permettront de réduire le temps consacré à la préparation et le nettoyage.

Ils seront également vous aider à atteindre les meilleurs résultats de qualité.

## **Graissage**

De nombreux aliments peuvent se coller sur les côtés de vos bocaux si vous ne faites pas attention. Graissage peut être recommandé par la recette et si oui, il est une étape, vous devriez pas sauter. Il peut être difficile de mettre la main au fond du bocal pour frotter propre.

Utilisation de la cuisine de pulvérisation pulvérisation est la meilleure option pour graisser vos bocaux. Il est très simple à utiliser, même si vous avez de grandes mains, parce que vous pouvez simplement viser le spray dans la bouche de la jarre. Cela signifie également que vous pourrez éviter la frustration de coller l'alimentation lors du nettoyage.

## **Nettoyage**

Assurez-vous de nettoyer les bocaux très bien. Vous devrez peut-être obtenir une brosse à bouteille ou un autre outil si vous ne pouvez pas atteindre le fond des pots. Vous pouvez aussi les placer dans votre lave-vaisselle qui va nettoyer et aseptiser.

Il est très important de vous assurer que les bocaux sont complètement propre. Sinon, les germes et les bactéries peuvent persister croître.

Un autre problème commun est pas totalement rinçait si vous les lavez à la main. Le savon persistante peut ruiner le goût de votre prochaine recette, alors rincez-les bien. Imaginez prendre le temps de faire quelque chose de délicieux et puis au lieu de dégustation de savon à la place -

qui est une erreur, vous seriez plus heureux éviter complètement.

## **Inspection**

Pots Mason sont très durables, mais vous ne devez être prudent avec eux. Le verre peut se briser ou puce. Toujours inspecter les bocaux après que vous les lavez et avant de les ranger. Vérifiez les poignées de sorte que vous ne vous coupez pas quand les ramassant. Vérifiez autour de la zone de couvercle, aussi, que cela soit un lieu commun pour les croustilles de se produire.

Si vous remarquez des problèmes avec un bocal, ne pas continuer à l'utiliser. Au lieu de cela, il doit être recyclé avec les autres articles de verre.

Pour aider à réduire les problèmes de bocaux, acheter ceux de bonne qualité. Ils ne vont pas coûter beaucoup plus cher, mais la différence de qualité peut être importante. Prenez bien soin de les bocaux, aussi. Manipulez-les délicatement, et ne les cogner pas ensemble.

## **Manipulation**

Pots Mason seront extrêmement chaud quand vous les sortez du four. Assurez-vous de les manipuler avec soin pour éviter de graves brûlures. Ne pas les laisser refroidir où les enfants ou les animaux domestiques peuvent y accéder.

Même si l'extérieur du bocal est seulement chaud, le contenu de la nourriture à l'intérieur de celui-ci peut encore être très chaude. Ne pas être dans une course pour mettre cette nourriture sur un ustensile et dans votre bouche! Toujours vérifier d'abord si vous ne brûlez pas votre langue.

## **Cuisson**

Il est une bonne idée de placer un plat à four ou une plaque à biscuits sous les bocaux avant de cuire en eux. Ainsi, il sera beaucoup plus facile de retirer les bocaux chauds du four. Lorsque vous les glissez dans le four, cependant, faire doucement afin de ne pas basculer. Cela peut entraîner un énorme gâchis à nettoyer.

Quelques recettes vous diront ajouter quelques pouces d'eau au fond de la casserole de cuisson.

Ceci afin d'assurer que les ingrédients sur le fond des bocaux ne brûlent pas. Faites attention à ces conseils, car ils peuvent faire une énorme différence dans votre repas en résulte.

## **En suivant les indications**

Assurez-vous que vous prenez le temps de suivre les instructions avec Mason aliments jar.

Utilisez la bonne taille de pot pour l'élément que vous faites. Vous pouvez réduire ou augmenter la quantité de pots de la nourriture est pour mais assurez-vous de faire le calcul à droite de sorte que vous avez la bonne quantité d'ingrédients.

Si vous ne suivez pas les instructions de vos repas de pot Mason peut être un flop. Vous pouvez finir par créer un désordre trop de plus de remplir les bocaux. Certains des produits alimentaires va élargir pendant la cuisson afin de lire ce que dit la recette et vous pouvez éviter de telles préoccupations.

Si vous êtes facilement intimidé quand il vient à essayer quelque chose de nouveau, commencer à ralentir. Utilisez recettes qui ont seulement 5 ou moins d'ingrédients. Assurez-vous que vous aimez ce que les ingrédients comprennent. La dernière chose que vous voulez est de mettre en avant l'effort et le temps et puis jeter ce que vous venez de faire.

## **Stockage**

La recette devrait aussi vous dire combien de temps vous pouvez stocker les repas de pot Mason après leur fabrication. Typiquement, il sera de 3 à 5 jours, mais cela dépend des types d'ingrédients. Assurez-vous que les aliments de pot Mason sont fixées avec des couvercles qui conviennent pas correctement, et consomment la



nourriture dans un temps opportun pour prévenir les maladies liées à l'alimentation.

Si vous faites souvent maçon repas pot, il est une excellente idée de les étiqueter avec les deux le contenu et la date de l'utilisation par. Utilisez des étiquettes qui collent bien, mais laver facilement dans l'eau. Vous pouvez également marquer avec un marqueur effaçable à sec, aussi longtemps que vous ne tâche pas les informations avec vos doigts.

## **S'amuser!**

Création maçon repas jar doit être un plaisir, pas stressant, travail! Avoir un bon temps à expérimenter. Vous pouvez décider que vous voulez créer certains de vos propres recettes à base hors des autres que vous avez trouvés. Ou peut-être que vous souhaitez remplacer certains ingrédients pour faire une recette plus à votre goût.

Vous ne devez pas faire des repas de pot de maçon sur votre propre soit. Vous pouvez en faire une activité familiale. Mettez de côté une heure ou deux sur le week-end où vous pouvez tous participer.

Vous pouvez essayer de nouvelles recettes, nettoyer ensemble, et de parler comme vous préparer les repas. Cela va rendre le processus plus amusant, ainsi que socialement et sainement bénéfique pour toute la famille.

## **Chapitre 4**

### **Recettes Petit déjeuner**

Le petit déjeuner est le repas le plus important de la journée, et pourtant si beaucoup de gens l'ignorer en raison de la pointe du matin. La création de ces étonnantes maçon petit pot recettes vous assurer d'obtenir une journée de congé à un grand début. Certains d'entre eux vous pouvez même faire la veille, qui aide à éliminer la pointe du matin trépidante que de nombreux ménages de l'expérience!

Depuis la nourriture est dans un bocal, vous pouvez aussi prendre votre repas au-go. Peut-être vous avez un long trajet au bureau le matin. Vous pourrez prendre vos repas sur le lecteur. Vous pouvez même le prendre dans le bureau pour consommer à votre bureau pendant que vous passez par vos e-mails et d'organiser vos tâches quotidiennes.

## **Baked Oeufs**

6 bocaux, 4 onces chacune

2 cuillères à café d'huile d'olive biologique

1 oignon organique, tranchés

1 tasse d'asperges bio, hachées

10 œufs fermiers, battus

1 tasse de fromage nourris à l'herbe, râpé

Préchauffer le four à 375 ° C. Chauffer l'huile dans une poêle et ajouter les oignons. Les faire revenir quelques minutes. Ajouter les asperges et cuire pendant environ 5 minutes - jusqu'à ce qu'il soit tendre mais encore croquants. Saler et poivrer au goût.

Graisser généreusement les bocaux. Utilisez des pinces pour ajouter le mélange de légumes.

Battre les oeufs bien et ajoutez-les aux bocaux. Distribuer le fromage sur le dessus. Utilisez une cuillère pour remuer les bocaux, si bien que le fromage se mélange avec les œufs et les légumes.

Cuire au four pendant 20 à 25 minutes. Les sommets devraient être bien doré. Retirer du four et laisser refroidir. Vous pouvez ajouter les couvercles et de stocker une fois que les bocaux sont complètement refroidi. Il est également possible de préparer suffisamment de pots pour une

semaine entière de petits déjeuners. Maintenant, pour préparer le petit déjeuner à la hâte est pas un problème.

### **Peaches & Cream français Toast**

8 bocaux, 4 onces chacune

1 tasse de farine biologique

1 cuillère à soupe de poudre à pâte

3 onces boîte de vanille pouding instantané

3 cuillères à soupe de beurre nourri à l'herbe

1 en libre parcours oeuf

½ tasse de moitié-moitié-

16 onces peut pêchers moitiés

Paquet de 8 onces de fromage à la crème bio, ramolli

½ sucre de coco tasse

8 morceaux de pain bio

Préchauffer le four à 350 ° F. Mélanger tous les ingrédients sauf les pêches et du pain dans un grand bol pendant 2 minutes à vitesse moyenne. Placez un morceau de pain au fond de chaque

bocal. Égoutter les pêches et ajouter quelques tranches dans chaque bocal. Verser la pâte sur le pain et les pêches.

Cuire au four pendant 30 minutes. Le sommet devrait être bouillonne. Mangez chaud. Pour éviter que les ingrédients de coller aux bocaux, graisser généreusement avant leur utilisation.

### **Banana Kiwi hôtes yogourt**

6 bocaux, 4 onces chacune

Granola:

Organiques avoine sans gluten 1 tasse

½ tasse de noix de coco, râpée

2 cuillères à soupe de sucre brun organique

Une pincée de cannelle

3 cuillères à soupe d'huile de noix de coco

2 cuillères à soupe de miel brut

Yaourt:

2 tasses de yogourt à la vanille biologique

2 tasses de yogourt aux fraises bio

1 banane biologique, hachées

2 kiwis biologiques, hachées

Mélanger tous les ingrédients ensemble pour rendre le mélange de granola. Dans un autre bol, mélanger le yogourt et le fruit. Couche du granola et le yogourt dans les bocaux. Réfrigérer pendant une couple d'heures avant de manger.

### **Banana pain aux noix**

8 bocaux, pinte de taille

2/3 tasse de shortening

2 ½ tasses de sucre de noix de coco

4 œufs fermiers

2 tasses de bananes biologiques, purée

1 tasse d'eau

3 ½ tasses organique de farine tout usage

½ cuillère à café de poudre à pâte

2 cuillères à café de bicarbonate de soude

1 cuillère à café de sel de l'Himalaya

1 cuillère à café de cannelle

1 cuillère à café de clous de girofle, rez-de-

1 tasse de pacanes, hachées

Préchauffer le four à 325 ° C. Graisser les côtés et le fond des bocaux. Dans un bol, crémier le raccourcissement et le sel jusqu'à ce qu'il soit mousseux. Ajouter les bananes, les oeufs et l'eau.

Mélangez bien et mettre de côté.

Dans un autre bol, tamiser ensemble la farine, le bicarbonate de soude, la poudre à pâte, le clou de girofle, la cannelle et le sel. Ajouter le mélange liquide au mélange sec et bien mélanger.

Ajouter la dernière noix. Remplir chaque bocal ½ complet que le mélange va augmenter à mesure que les cuissons de pain aux bananes.

Cuire au four pendant 45 minutes ou jusqu'à ce que le pain à la banane est brun doré sur le dessus. Il faut également se détachent pas de la vitre car il raffermit. Les pots peuvent être scellés et conservés dans le réfrigérateur pendant environ une semaine après avoir fait.

## **Petit déjeuner Casserole**

6 bocaux, 4 onces chacune

6 œufs fermiers

½ tasse de lait biologique

1 peut rouler la pâte en forme de croissant

1 rouleau de saucisses, cuit, émietté, égoutté

1 tasse de fromage cheddar nourris à l'herbe, râpé

Placez un croissant rouler la pâte pièce fermement au fond de chaque bocal. Faites cuire la saucisse et vidanger toute la graisse. Vous pouvez également faire de ce petit-déjeuner cocotte avec du bacon au lieu de saucisses si vous préférez.

Mélanger les œufs et le lait. Répartir uniformément dans les bocaux. Diviser le fromage et ajouter à la partie supérieure de chaque pot. Cuire au four à 350 ° F pendant 20 minutes.

## **Bacon et oeufs**

6 bocaux, 4 onces chacune

6 œufs fermiers

1 tasse de fromage nourris à l'herbe, râpé

£ 1 lard sans nitrate, cuits, égouttés, émietté

Mélanger les oeufs et le fromage dans un bol, puis versez dans les pots Mason. Placez chaque bocal dans le micro-ondes pendant environ 2 minutes. Cela entraînera le mélange d'œufs à enfler.

Toutefois, il sera bientôt dégonfler.

Mélanger le fromage et le bacon. Vous pouvez également ajouter un peu d'épinards frais au mélange si vous voulez.

## **Coco Banana Gruau**

\*\* Cette recette est pour un bocal \*\*

¼ tasse de flocons d'avoine organiques, non cuits

1/3 tasse de lait d'amande

14 tasse de yogourt vanille biologique

2 cuillères à soupe de graines de chia

1 cuillère à soupe de cacao

½ tasse de banane biologique, hachées

Mélanger les flocons d'avoine, des yaourts, lait d'amande, et les graines de chia dans le bocal.

Mettez le couvercle sur hermétiquement et agitez bien. Ajouter le cacao et remuez bien. Ajouter les bananes. Ajouter 1 cuillère à soupe de noix hachées et une cuillère à soupe de miel de cette recette si désiré.

Il est préférable de laisser ce mélange au réfrigérateur pendant plusieurs heures avant de consommer. Idéalement, faire de la veille et de profiter dans la matinée. Assurez-vous que vous consommez ce produit dans les 3 jours de la faire à cause des ingrédients laitiers qu'il comprend.

## **Miniature Cinnamon Rolls**

4 bocaux, 4 onces chacune

2 tasses de farine biologique tout usage, non blanchie

2 cuillères à soupe de sucre de noix de coco

¼ de cuillère à café de poudre à pâte

½ cuillère à café sel de l'Himalaya

¼ tasse de beurre nourris à l'herbe, les couper en morceaux

¾ tasse de babeurre organique

Mélanger tous les ingrédients secs dans un grand bol à mélanger. Coupez-les en morceaux de beurre et bien mélanger. La pâte doit être friable. Ajouter le babeurre et mélanger. La pâte doit commencer à se former. Ajouter un peu de farine sur le comptoir et pétrir pendant 2 minutes.

Rouler en un grand rectangle d'environ ¼ "d'épaisseur.

¼ tasse de beurre nourris à l'herbe, ramolli

1 tasse de sucre brun biologique

1 cuillère à café de cannelle

Mélanger les ingrédients et l'étaler sur la pâte de rectangle. Rouler la pâte loin de vous. Couper en deux, en deux fois, puis en trois tiers. Vous aurez 12 tranches de même taille.

Graisser le fond des bocaux et placez-les sur une plaque à biscuits. Ajouter 3 des tranches à chaque bocal. Cuire au four à 350 ° F pendant 18 minutes. Les sommets devraient être bien doré.

Laisser refroidir avant de manger. Alors qu'ils sont de refroidissement, vous pouvez faire le glaçage.

De sucre en poudre 2 tasses organique

¼ tasse de crème épaisse organique



1 cuillère à soupe de vanille

Fouetter les ingrédients dans un bol. Ajouter plus de crème si nécessaire pour obtenir la consistance désirée. Déposer sur le dessus des brioches à la cannelle.

### **Cinnamon Pancakes**

6 bocaux, 4 onces chacune

6 tasses de farine biologique, écрус

1 cuillère à soupe de poudre à pâte

3 cuillères à soupe de sucre de noix de coco

2 cuillères à soupe de cannelle

1 cuillère à soupe sel de l'Himalaya

Mélanger tous les ingrédients bien dans un bol de mélange. Utilisez un fouet, pas un batteur électrique. Ajouter une quantité encore de la pâte à chacun des 6 bocaux. Cuire au four à 350 ° F

pendant 10 minutes.

### **Strawberry Banana Chewy Avoine**

**\*\* Les ingrédients sont par bocal \*\***

½ tasse de flocons d'avoine bio

½ tasse de yogourt grec biologique

2/3 tasse de lait biologique

1 cuillère à soupe de graines de chia

1 banane biologique, purée

2 cuillères à soupe de confiture de fraise bio

Mélanger tous les ingrédients ensemble bien. Placez dans le bocal et mettre un couvercle sur hermétiquement. Lui permettre de réfrigérer jusqu'au lendemain.

### **Banana & Almond Smoothie**

\*\* Les ingrédients sont par pinte-taille bocaux \*\*

1 tasse de lait d'amande

1 cuillère à soupe de beurre d'amande bio

1 banane biologique

1 cuillère à soupe de graines de lin, rez-de-

Mélanger tous les ingrédients et versez-les dans le bocal. Réfrigérer pendant une couple d'heures avant de consommer. Peut être fait la veille pour un smoothie délicieux et nutritif à boire le matin.

## **Chapitre 5**

### **Recettes Déjeuner**

Obtenir un excellent déjeuner de dégustation pendant que vous êtes au travail ou tout simplement autour de la maison occupée est important. Sinon, vous pouvez sauter le déjeuner ou prendre quelque chose qui est pas très nutritif. Voici quelques grands bocaux déjeuner recettes à essayer!

### **Sushi in a Jar**

\*\* Les ingrédients sont pour 1 bocaux \*\*

½ tasse de grains courts organique, riz brun, cuit

Le sucre de coco 1 cuillère à café de

La sauce de soja 2 cuillères à café

1 feuille de nori, coupé en morceaux ¼ "

½ tasse de mélange de concombres et carottes organiques, râpé

¼ tasse de dés d'avocat organique,

1 cuillère à soupe de jus de lime

1 cuillère à soupe de gingembre, mariné

¼ tasse de pâte de wasabi

Dans une petite casserole, chauffer le sucre et la sauce soja. Chauffer jusqu'à ce que le sucre soit dissous. Chauffer le riz brun et versez ce mélange sur le dessus de celui-ci alors qu'il est encore chaud.

Manteau l'avocat avec le jus de lime afin de ne pas brunir. Mélanger dans le reste des légumes avec l'avocat. Vous êtes prêt à commencer la superposition vos ingrédients. Placer la moitié de Nori en bas et la moitié dans la partie supérieure.

### **Méditerranée Quinoa**

6 ou 8 bocaux, 4 onces ou plus grandes chaque

1 tasse de quinoa rouge organique ou blanc, rincés

2 tasses d'eau ou de bouillon de légumes bio

½ tasse de vinaigrette

2 cuillères à café de moutarde à l'ancienne

3 cuillères à soupe de jus de citron, fraîchement pressé

1 cuillère à soupe de vinaigre de vin blanc

2 gousses d'ail biologique, hachée

¼ de cuillère à café de flocons de piment rouge

½ tasse d'huile d'olive, extra vierge préféré

1 concombre, coupé en dés

2 tasses de maïs en grains entiers

1 pinte de tomates cerises coupées en deux organique,

1 oignon rouge organique, tranchés

½ tasse de persil organique, haché finement

Faire bouillir le quinoa et l'eau ou le bouillon à feu vif. Réduire le feu et laisser mijoter une fois qu'il est à une pleine ébullition. Laisser mijoter pendant environ 15 minutes, jusqu'à ce que le quinoa soit tendre. Retirer du feu et couvrir. Laissez-la reposer pendant 5 minutes de plus.

Utiliser une fourchette pour peluches. Le quinoa peut être préparé la veille.

Mélanger tous les légumes ensemble. Puis mélanger le reste des ingrédients, y compris le quinoa.

Placer le mélange généreusement dans les bocaux. Il peut être stocké pendant jusqu'à 3 jours tant qu'il est réfrigéré.

## **Pogo**

12 bocaux, au moins une demi-pinte de taille

3 tasses de farine de maïs jaune, auto montante

6 œufs fermiers

1 ½ tasse de lait biologique

½ tasse de crème sure organique

¼ tasse d'huile de pépins de vegetablegrape

¾ de sucre de coco tasse

6 hot-dogs organiques, coupées en deux

Préchauffer le four à 375 ° C. Mélanger tous les ingrédients sauf les hot-dogs. Le mélange doit être lisse. Graissez généreusement le fond et les côtés de chaque bocal. Ajouter le mélange uniformément dans chaque bocal.

Tenez un hot-dog debout au centre de la pâte dans chaque bocal. Cuire au four pendant 20

minutes. Le pain de maïs devrait être brun doré. Laisser refroidir complètement. Utilisez un couteau pour desserrer le pain de maïs à partir des côtés des bocaux.

Vous pouvez manger immédiatement ou réfrigérer jusqu'à ce que vous êtes prêt à manger. Pour réchauffer, enlever le couvercle et cuire pendant 45 secondes à 1 minute. Vous pouvez profiter seul ou avec de la moutarde et le ketchup. Chili et le fromage peuvent être ajoutés pour les saveurs supplémentaires, aussi.

## **Layered Burritos**

4 grandes bocaux

1 tasse de quinoa biologique, cuit

1 ½ tasse de haricots noirs organiques

4 tasses de laitue organique, hachées

1 tasse de chou organique, hachées

1 tasse de becs de tournesol

2 tasses de salsa organique

1 tasse de yogourt grec organique, brut

Cuire le quinoa et le laisser refroidir. Ajouter ¼ tasse au fond de chaque bocal. Ajouter les haricots noirs, la laitue, le chou frisé, salsa, du yogourt, puis les choux dans cet ordre. Assurez-vous de laisser un peu de place au sommet. Secouez bien avant de manger. Assurez burritos du mélange ou de manger avec des tortillas sur le côté

## **Chapitre 6**

### **Recettes de salade**

Une bonne salade est une excellente façon de rester sur la bonne voie avec vos efforts de perte de poids ou vos objectifs alimentaires saines. Ces salades de pot Mason vous empêcher de mettre de l'argent dans la machine distributrice ou aller à la locale drive-thru d'attraper quelque chose pour le déjeuner.

Une des questions communes que les gens ont quand il vient à Mason salades jar est de savoir comment bien les enrober les ingrédients. La plupart des recettes que vous dire de mettre le pansement au fond du pot. Assurez-vous de laisser un espace au sommet de sorte que vous pouvez secouer tout autour avant de le manger. Ne pas emballer le bocal si plein qu'il ne bouge pas lorsque vous le secouez.

Une autre préoccupation commune est la laitue se flétrissent. Cependant, beaucoup de ces recettes, même après avoir été assis dans les pots pour quelques jours, la laitue ne doit pas être fanées. Il peut rester croquants et délicieux. Le secret pour faire en sorte que se passe est d'obtenir bocal avec de bonnes ajusté couvercles. Un joint étanche à l'air permettra de réduire le risque de tels problèmes.

## **Turquie**

### **Chapitre 7**

#### **Recettes Dîner**

Après une longue journée de travail, la dernière chose que vous voulez faire est de planifier et de préparer le dîner. Ne soyez pas tenté de commander une pizza ou des hamburgers à saisir sur votre chemin de la maison à partir d'un drive-thru fenêtre. Au lieu de cela, considérer ces parfaits maçon bocal d'options de dîner!

#### **Poulet Cordon Bleu**

6 bocaux, 6 onces chacune

6 poitrines de poulet

1 cuillère à soupe de sel

½ cuillère à café de poivre noir

6 tranches de jambon

6 tranches de fromage suisse

½ tasse de beurre fondu, non salé

2 tasses de chapelure

Préchauffer le four à 375 ° C. Sel et poivre poulet. Placez chaque morceau dans le beurre, puis couvrir dans les miettes de pain. Graisser le fond de chaque bocal avant d'ajouter le poulet.

Placez un morceau de jambon et de fromage sur le dessus de chaque morceau de poulet.

Cuire au four pendant environ 40 minutes. Vérifiez-les après 20 minutes et si elles semblent être trop se fait sur le dessus, vous

pouvez couvrir le dessus d'une feuille. Retirer la feuille pour les 5 dernières minutes de cuisson.

### **Tex-Mex crevettes**

2 tomates biologiques, hachées

½ tasse d'oignon organique, hachées

¼ tasse jalapenosjalapeños organiques, hachées

¼ tasse de jus de lime

£ 1 crevettes, cuites et décortiquées

2 avocats organiques, tranchés

2 tasses de laitue organique, râpé

1 tasse de croustilles tortillas organique, émietté

Mélanger tous les ingrédients ensemble sauf pour les laitues, les crevettes, et les puces. Placez une couche de laitue sur le fond du bocal. Ajouter une quantité généreuse de les ingrédients mélangés. Ajouter une couche de crevettes, puis plusieurs des ingrédients mélangés. Ajouter les morceaux vers le haut.

### **Mini poulet Pot Pies**



8 bocaux, 4 onces chacune

2 paquets de pâte à tarte réfrigérée

1/3 tasse de beurre d'nourri à l'herbe

1/3 organique farine tout usage

1/2 tasse d'oignon organique, hachées

1 cuillère à café de sel de l'Himalaya

1/2 cuillère à café de poivre

2 tasses de bouillon de poulet biologique, faible teneur en sodium

1/2 tasse de lait biologique

3 tasses de poulet biologique, cuit et déchiqueté

1 16 onces peut carottes, égouttés

1 16 onces peut pois, égouttés

Préchauffer le four à 425 ° C. Les croûtes de tarte doivent être coupés en 4 trimestres chacun.

Placez 1 trimestre dans le fond de chaque pot. Faire fondre le beurre dans une poêle et ajouter les oignons. Les faire revenir quelques minutes. Ajouter le sel, le poivre et la farine, bien mélanger.

Ajouter le bouillon et le lait lentement et continuer à remuer. Le mélange va épaissir.

Amener le mélange à ébullition, puis réduire le feu à moyen. Ajouter les légumes et la chaleur pendant quelques minutes. Ajouter le poulet et lui permettre de faire chaud. Verser le mélange dans les pots, les remplissant presque au sommet.

Placez un autre quart de la croûte de tarte au sommet de chaque pot. Si possible, faire un modèle de réseau en utilisant de fines bandes de croûte. Cela crée des événements d'air à travers la pâte tandis que les pots sont la cuisson. Cuire au four pendant 15 minutes ou jusqu'à ce que la pâte sur le dessus soit doré.

## **Pizza**

6 bocaux, 4 onces chacune

1 paquet de pâte à pizza bio

1 16 onces pot de sauce à pizza bio

2 tasses de fromage mozzarella herbe nourris

Garnitures souhaité, comme le pepperoni, bacon, légumes (sans nitrate / organique) Préchauffer le four à 375 ° C. Préparer la pâte à pizza selon les instructions sur l'emballage. Cook et drainer toute viande. Coupez les légumes que vous souhaitez utiliser.

Placez la pâte sur le fond de chaque bocal, environ 1 pouce d'épaisseur. Cuire au four pendant 15

à 20 minutes. La pâte doit être croquante et brune. Ajouter des couches de sauce, les garnitures et le fromage. Répétez jusqu'à ce que vous êtes presque au sommet de la bocal. Ensuite, ajouter la pâte vers le haut du pot Mason.

Placez les pots dans un plat de cuisson avec environ 2 pouces d'eau. Cela permettra d'éviter la couche inférieure de la croûte de la combustion. Faites cuire pendant environ 15 minutes. La croûte supérieure doit être bien dorée.

## **Lasagne**

12 bocaux, 8 onces chacun

3 tasses de nouilles aux oeufs larges

£ 1 ricotta

1 tasse de parmesan

2 tasses de fromage mozzarella

3 tasses de sauce marinara organique

2 tasses nourris à l'herbe boeuf haché ou moulu saucisses

Faire bouillir et préparer les nouilles selon les instructions sur l'emballage. Égoutter et leur permettre de demeurer dans le pot à feu doux. Ajouter 2 tasses de sauce. Dans un bol, mélanger les autres ingrédients sauf le fromage parmesan. Ajouter ce mélange sur les pâtes et la sauce et bien mélanger.

Verser le mélange dans des bocaux Mason bien graissés. Nappez-les de l'autre tasse de sauce.

Saupoudrer le parmesan sur le dessus. Cuire au four à 350 ° F pendant environ 30 minutes.

### **Pâté chinois**

6 bocaux, 6 onces chacune

Garniture:

3 tasses de pommes de terre organique d'or, cuits et en purée

3 tasses de chou organique, hachées

1 poireau, tranché mince

1 tasse de lait biologique

2 cuillères à soupe de beurre nourri à l'herbe

1 cuillère à café de sel de l'Himalaya

½ cuillère à café de noix de muscade

Remplissage:

£ 1 saucisses, cuit et émietté

2 cuillères à soupe d'huile d'olive

½ tasse de Guinness

1 oignon organique, hachées

2 gousses d'ail, hachées organiques

1 tasse de céleri organique, hachées

1 tasse de carottes organiques, hachées

1 tasse de chou organique, hachées

2 cuillères à soupe de farine biologique

2 cuillères à café de sauce Worcestershire

½ tasse de bouillon de légumes biologiques, faible en sodium

1 tasse de petits pois égouttés

Garniture:

1 tasse de fromage cheddar blanc, râpé

Préchauffez votre four à 400 ° F. Préparer les pommes de terre et mettez-les de côté pour refroidir. Dans une petite casserole, mélanger la muscade, le sel, le beurre, le poireau, le chou frisé, et le lait. Remuez bien et laissez mijoter pendant environ 10 minutes.

Ajouter les pommes

de terre à ce mélange. La chaleur pendant quelques minutes, puis laisser refroidir pendant la préparation de la garniture.

Chauffer 1 cuillère à soupe d'huile d'olive et ajoutez la saucisse. Cuire jusqu'à ce que brun et puis les égoutter la graisse. Ajouter l'autre cuillère à soupe d'huile d'olive et les légumes. Les faire sauter pendant environ 10 minutes jusqu'à ce qu'ils soient tendres. Ajouter la farine et bien mélanger.

Ajouter la Guinness et la sauce Worcestershire. Laisser le mélange à la chaleur jusqu'à ce qu'il soit épais et bouillonnant. Ajouter les saucisses et les pois et poursuivre la cuisson jusqu'à ce que tout est bien mélangé et chauffé. Remplissez les bocaux et les placer sur une plaque à pâtisserie.

Cuire au four à 400 ° F pendant 20 minutes. Ajouter le fromage sur le dessus et laissez-le fondre pour un couple de minutes avant de servir.

## **Chapitre 8**

### **Dessert Recettes**

Il ya beaucoup de recettes de dessert que vous pouvez faire dans des bocaux Mason, aussi. Ils peuvent être un ajout amusant à votre repas pour la famille. Ils peuvent aussi être un moyen spectaculaire de montrer un dessert pour une occasion spéciale.

#### **Apple Crumble Cookies**

6 bocaux, 4 onces chacune

½ tasse de graines de lin bio

1 cuillère à soupe de sirop d'érable biologique

3 tasses de flocons d'avoine sans gluten organiques

1 tasse de farine d'amande

1 cuillère à café de poudre à pâte

1 cuillère à café de bicarbonate de soude

1 cuillère à café de cannelle

1 cuillère à café de sel de l'Himalaya

½ tasse d'huile de noix de coco pressée à froid cru biologique

½ sucre de coco tasse

2 cuillères à café graine de chia, sol

1 cuillère à café de vanille

2 tasses de pommes organiques, en dés

1 tasse de noix de Grenoble, option

Mélanger les graines de lin et de sirop d'érable dans un petit bol. Ajouter les noix et chauffer le mélange sur une plaque à biscuits dans le four pendant 10 minutes à 170 ° F. Dans un grand bol, ajouter le cannelle, le sel, le bicarbonate de soude, de l'avoine, et la poudre à pâte. Bien mélanger.

Dans un autre bol, mélanger l'huile de noix de coco avec le sucre. Ajouter le mélange de lin, steviaugar, et la vanille. Ajouter lentement les ingrédients secs mouillée à la cuvette de mélange avec les ingrédients secs. Remuez bien, puis ajouter les pommes.

Préchauffer le four à 350 ° F. Placez 1 pouce d'eau au fond d'un moule à gâteau et puis ajoutez les bords à ce pan. Verser le mélange dans les pots et laisser cuire pendant environ 35 à 40

minutes. Les biscuits doivent être fermes et en tirant du verre quand elles sont faites.

**Banana Kiwi hôtes yogourt**

6 bocaux, 4 onces chacune

Granola:

1 tasse d'avoine

½ tasse de noix de coco, râpée

2 cuillères à soupe de sucre brun

Une pincée de cannelle

3 cuillères à soupe d'huile végétale

2 cuillères à soupe de miel

Yaourt:

2 tasses de yogourt à la vanille

2 tasses de yogourt aux fraises

1 banane, hachées

2 kiwis, hachées

Mélanger tous les ingrédients ensemble pour rendre le mélange de granola. Dans un autre bol, mélanger le yogourt et le fruit. Couche du granola et le yogourt dans les bocaux. Réfrigérer pendant une couple d'heures avant de manger.

### **Banana pain aux noix**

8 bocaux, pinte de taille

2/3 tasse de shortening

2 ½ tasses de sucre

4 œufs

2 tasses de bananes, en purée

1 tasse d'eau

Tout usage 3 ½ tasses de farine

½ cuillère à café de poudre à pâte

2 cuillères à café de bicarbonate de soude

1 cc de sel

1 cuillère à café de cannelle

1 cuillère à café de clous de girofle, rez-de-

1 tasse de pacanes, hachées

Préchauffer le four à 325 ° C. Graisser les côtés et le fond des bocaux. Dans un bol, crémier le raccourcissement et le sel jusqu'à ce qu'il soit mousseux. Ajouter les bananes, les oeufs et l'eau.

Mélangez bien et mettre de côté.

Dans un autre bol, tamiser ensemble la farine, le bicarbonate de soude, la poudre à pâte, le clou de girofle, la cannelle et le sel. Ajouter le mélange liquide au mélange sec et bien mélanger.

Ajouter la dernière noix. Remplir chaque bocal ½ complet que le mélange va augmenter à mesure que les cuissons de pain aux bananes.

Cuire au four pendant 45 minutes ou jusqu'à ce que le pain à la banane est brun doré sur le dessus. Il faut également se détachent pas de la vitre car il raffermit. Les pots peuvent être scellés et conservés dans le réfrigérateur pendant environ une semaine après avoir fait.



## **Blueberry Crisp**

6 bocaux, 4 onces chacune

5 tasses de bleuets biologiques, frais

¼ tasse de fécule de maïs

½ sucre de coco tasse

Remplissage:

½ sucre de coco tasse

½ tasse de sucre brun biologique

½ tasse organique farine tout usage

1 cuillère à café de sel de l'Himalaya

½ tasse de flocons d'avoine sans gluten

¼ tasse de beurre d'nourri à l'herbe

1 cuillère à café de cannelle

Dans une casserole, mélanger le bleuets, la fécule de maïs, le sucre et ½ tasse à feu moyen. Les bleuets se ramollit et vous pouvez les écraser car ils cuisinent. Le mélange se fait quand il est épais et bouillonnant. Retirer du feu et laisser prendre.

Dans un bol, mélanger le reste des ingrédients. Remplissez les bocaux 2/3 avec les bleuets.

Utiliser le tiers restant de la bouteille pour le mélange de remplissage. Ajouter un peu plus de myrtille mélange vers le haut si vous avez de la place.

Placer les bocaux sur une plaque de cuisson et cuire au four à 350 ° F pendant environ 20 à 25

minutes. Laisser refroidir pendant 30 minutes avant de manger.

### **Cake Irish Whiskey**

10 bocaux, 8 onces chacun

Gâteau:

2 tasse organique de farine tout usage

2 cuillères à soupe de bicarbonate de soude

1 cuillère à café de sel de l'Himalaya

2 tasses de café biologique, forte infusés

¼ tasse Irish Whiskey

1 tasse nourris à l'herbe beurre non salé, coupé en petits morceaux

1 cuillère à café de cannelle

1 tasse de poudre de cacao, sans sucre

2 tasses de sucre de noix de coco

3 œufs fermiers

1 cuillère à café de vanille

Préchauffer le four à 325 ° C. Fouetter le sel, le bicarbonate de soude, la farine et bien dans un bol à mélanger. Dans une casserole, ajouter le café, le beurre, la cannelle, la poudre de cacao, et le whisky. Remuez bien sur feu moyen et mélanger jusqu'à ce que le beurre soit complètement fondu. Retirer du feu et incorporer le sucre. Verser le mélange dans un grand bol et laisser refroidir.

Dans un autre bol, fouetter la vanille et les œufs. Ajouter au mélange humide. Ajouter le mélange de farine et bien mélanger au fouet. Le mélange sera mince mais il va épaissir plus tard. Ne pas ajouter plus de farine!

Placer les bocaux sur une tôle à biscuits et remplir chacun moitié avec de la pâte. Cuire au four pendant 45 à 55 minutes en fonction des variations du four.

### **Cupcakes Red Velvet**

12 bocaux, 4 onces chacune

Cupcakes:

1 tasse de farine à gâteau

2 cuillères à soupe de cacao en poudre non sucré

1 cuillère à café de sel de l'Himalaya

2/3 tasses végétalecoconut huile

Le sucre de coco 1 tasse

1 en libre parcours œuf

1 cuillère à café de vanille

4 gouttes de colorant alimentaire rouge (betteraves dérivé)

1/2 tasse de babeurre organique

1 cuillère à café de bicarbonate de soude

1 cuillère à café de vinaigre whitewhite

Fromage à la crème Glaçage:

8 onces de fromage à la crème bio, ramolli

Beurre 3 cuillères à soupe nourris à l'herbe, ramolli

3 tasses de sucre en poudre, tamisé

Cuillères à café de vanille 2

Préchauffer le four à 350 ° F. Tamiser la farine à gâteau, le sel et la poudre de cacao dans un bol à mélanger. Ajouter l'oeuf et l'huile et bien mélanger. Ajouter le colorant de la vanille et de la nourriture. Ajouter le babeurre, mais ne pas trop mélanger. Ajouter le bicarbonate de soude, puis le vinaigre, mélanger après chaque.

Divisez la pâte dans les 12 bocaux. Ne remplissez pas les plus de 2/3 plein. Cuire au four pendant 20 à 24 minutes. Alors qu'ils cuisent rendre votre fromage à la crème glace. Mélanger le beurre et le fromage à la crème bien. Ajouter le sucre en poudre un peu à la fois et bien mélanger. Ajouter la vanille.

Après les petits gâteaux sont faits, utiliser un couteau pour couper au milieu de chacun. Versez votre glaçage dans l'ouverture de sorte que le givrage atteindre le fond du bocal. Vous obtiendrez une partie de la délicieuse glace avec chaque bouchée de ces étonnants petits gâteaux de velours rouge.

### **Non-Bake Lemon Cheesecake**

12 bocaux, 8 onces chacun

Lemon couche:

7 libre-gamme oeufs, les jaunes seulement

2 œufs fermiers, ensemble

Le sucre de coco 1 ¼ tasse

½ tasse de jus de citron, frais

¼ tasse de zeste de citron

Une pincée de sel de l'Himalaya

4 cuillères à soupe de beurre nourri à l'herbe

Crème 3 cuillères à café organique

Fouetter tous les oeufs bien et placez-les dans une casserole. Ajouter le sucre, le jus de citron, le zeste, le beurre et le sel. Battre le tout pendant qu'il se réchauffe. Il faudra environ 10 minutes pour épaissir. Incorporer souvent pour éviter de brûler sur le fond. Verser le mélange à travers un tamis puis ajouter la crème. Bien mélanger au fouet. Couvrir et réfrigérer pendant au moins 2

heures.

Cheesecake couche:

1 tasse de crème épaisse organique

½ sucre de coco tasse

32 onces de fromage à la crème bio, ramolli

Mélanger la crème et le sucre ensemble sur la haute jusqu'à formation de pics fermes sont créés.

Réduire le mélangeur à basse vitesse et ajouter le fromage à la crème. Continuer à mélanger jusqu'à ce qu'il soit lisse.

Graham Cracker couche:

15 biscuits graham

6 cuillères à soupe de beurre nourri à l'herbe, fondu

Mélanger les biscuits Graham afin qu'ils soient finement broyés. Mélangez bien avec le beurre fondu.

Appuyez sur le mélange de biscuit graham dans le fond de chaque bocal. Ajouter le mélange de fromage. Ajouter la couche de citron. Laisser le dessert pour se détendre pendant quelques heures avant de servir. Garnir de crème fouettée, si désiré.

### **Crème de coco et rhum tropical Bagatelle**

6 bocaux, 4 onces chacune

Crème de noix de coco:

Le sucre de coco 1 tasse

¼ tasse de féculé de maïs

1 tasse de lait biologique

14 onces de lait de coco non sucré

4 free-range œufs, les jaunes seulement

Bagatelle:

4 tasses de mangue biologique, l'ananas, et les fraises, haché et bien mélanger ¼ de sucre de coco tasse

¼ tasse de rhum

3 tasses de crème de noix de coco

1 gâteau de livre, coupé en morceaux

½ tasse de noix de coco, râpée

1 tasse de noix de macadamia, hachées

Fouetter les deux types de lait, les œufs, la féculé de maïs et le sucre dans une casserole à feu moyen. Faites cuire pendant environ 5 minutes en remuant souvent pour éviter les grumeaux.

Verser le mélange à travers une passoire et réfrigérer pendant au moins 2 heures.

Mélanger les fruits avec le sucre et le rhum. Laissez-le reposer pendant 30 minutes. Strain mais garder le liquide. Verser le liquide sur les morceaux de gâteau. Ajouter les morceaux de gâteau pour les bocaux. Ajouter les fruits, puis une couche de la crème de noix de coco. Réfrigérer pendant au moins 2 heures avant de servir.

### **Gâteau au chocolat Flour-moins**

12 bocaux, 8 onces chacun

7 onces de chocolat mi-amer de cuisson

½ bâton de beurre nourri à l'herbe, non salé

Le sucre de coco 1 tasse

4 œufs fermiers, séparés

¼ tasse de sucre en poudre

Préchauffer le four à 350 ° F. Graisser légèrement les pots sur les côtés et le fond. L'utilisation d'un bain-marie, faire fondre le chocolat. Quand il est presque fondu ajouter le beurre. Continuer à chauffer jusqu'à ce que le mélange soit lisse. Retirer du feu et laisser refroidir.

Dans un bol battre les blancs d'œufs jusqu'à formation de pics fermes. Dans un autre bol, ajouter les jaunes d'œufs et le sucre, mélanger jusqu'à ce qu'ils soient crémeux et épais. Ajouter lentement le mélange de chocolat fondu au mélange de jaune d'oeuf. Incorporer les blancs d'œufs dans le mélange.

Placez les pots sur une plaque à pâtisserie et les remplir avec la pâte à gâteau. Ne pas remplir plus de 1/3 plein. Cuire au four pendant 25 à 30 minutes. Ils sont effectués lorsque le dessus du gâteau commence à se fissurer. Retirer du four et laisser les bocaux refroidir complètement.

Saupoudrer le dessus avec le sucre en poudre.

### **Cerise Crisp**

4 bocaux, 8 onces chacun

3 tasses de remplissage de tarte aux cerises

½ tasse organique farine tout usage

½ tasse de flocons d'avoine sans gluten

1/3 tasse de cassonade, emballé

¼ tasse de beurre d'nourri à l'herbe, fondu

Préchauffer le four à 350 ° F. Placez la garniture de tarte dans le fond des bocaux. Dans un grand bol, bien mélanger les autres ingrédients. Verser le mélange sur le dessus des cerises dans les bocaux. Cuire au four pendant 20 à 25 minutes. Servir chaud avec de la crème fouettée ou de crème glacée, si désiré.

### **Mini Blackberry Pies**

6 bocaux, 4 onces chacune

4 tasses de mûres organiques, frais ou congelés

Le sucre de coco 1 tasse

1 cuillère à café de zeste de citron

¼ de cuillère à café de cannelle

2 cuillères à soupe de farine biologique

2 cuillères à soupe de beurre nourri à l'herbe

1 en libre parcours œuf battu



1 paquet pâte à tarte

Mélanger le bleuets, le sucre, la cannelle, la farine et le zeste de citron. Si vous utilisez des bleuets congelés, les décongeler avant de commencer. Remplissez les bocaux avec le mélange.

Le mélange va couler comme il cuit, donc ne vous inquiétez pas si les bocaux regardent trop plein.

Ajouter  $\frac{1}{4}$  cuillère à soupe de beurre dans chaque bocal. Couper la pâte en  $\frac{1}{4}$  "bandes. Faire un top en treillis avec 4 bandes dans un sens, 3 bandes dans l'autre sens. Badigeonner le réseau avec l'œuf battu et placer sur le dessus du mélange BlackBerry

Cuire au four pendant 20 minutes à 375 °. Laisser refroidir légèrement et servir encore chaud.

Ajouter la crème fouettée ou de la crème glacée, si désiré.

## **Chocolate Strawberry Parfait**

\*\* Cette recette est par bocal \*\*

1 tasse de yogourt organique plaine

$\frac{2}{3}$  tasse de granola sans gluten

6 fraises biologiques, en tranches

2 oz barre de chocolat, cassé en morceaux

Ajouter la moitié du yaourt à la partie inférieure du pot de maçon.  
Ajouter la moitié du granola.

Ajouter trois fraises et la moitié du chocolat. Répétez l'opération pour une deuxième couche.

## **Conclusion**

Mason mealsbreakfasts jar, déjeuners et desserts sont une façon amusante et élégante d'apporter une certaine excitation dans votre alimentation. Maintenant que vous savez ce qu'il faut et vous avez des recettes étonnantes à essayer, qu'attendez-vous pour? Une fois que vous essayez maçon jarsit, vous ne serez pas revenir à vos méthodes normales de la préparation des aliments à nouveau.

Il ya tellement d'avantages à faire des repas dans des bocaux Mason:

Moins de nourriture est gaspillée.

Le contrôle des portions est plus facile et visuelle.

Les bocaux vous permettent de voir ce qui est à l'intérieur de votre repas.

Les couleurs et les couches sont visuellement attrayant.

pots Mason garder le nettoyeur de réfrigérateur et plus organisés.

Les bocaux en verre sont plus faciles à nettoyer que les contenants de plastique et sont moins dommageables pour l'environnement

Essais et erreurs font partie de toutes les aventures de cuisson. Avec cela à l'esprit, ne soyez pas timide au sujet de donner des options alimentaires de pot de maçon un essai. Vous allez adorer la façon dont ils se révèlent. Recherche de recettes qui ont des ingrédients que vous et votre famille apprécieront vraiment.

Vous ne devez pas investir une tonne d'argent dans les bocaux ou les aliments que vous avez besoin de manger plus sainement. Il va vous coûter beaucoup moins de faire maçon salades jar à prendre pour le déjeuner que d'aller dans un lieu de restauration rapide tous les jours. Il va également être mieux pour votre santé globale.

Vous pouvez obtenir toute votre famille hâte de repas une fois de plus avec les bocaux. Ils vont profiter de ce changement. Pendant la

saison chaude, contourner les assiettes en papier! Servir le dîner dans des bocaux Mason sur le porche arrière. Vous pouvez également dîner dans la maison mais qui ont un dessert de détente dans la salle familiale.

Mason repas jar peuvent également être un excellent moyen pour aider les autres. Peut-être que vous connaissez quelqu'un qui a subi une chirurgie ou juste eu un bébé. Leur prise le dîner est une pratique courante, mais de les prendre le dîner et le dessert dans des bocaux Mason va être rappelé!

Ils vont vraiment apprécier l'effort que vous avez faits, aussi. Bien sûr, vous n'êtes pas obligé de leur dire comment rapide et ils étaient faciles à mettre ensemble. Cela peut être votre secret!

Vous pouvez aussi les habiller pour des cadeaux pour les occasions spéciales ou les vacances.

Les gens aiment obtenir bocaux remplis de mélange de cacao ou les ingrédients pour faire des biscuits à partir de zéro. Vous pouvez ajouter des arcs colorés ou décorer les pots. Il peut être amusant pour permettre à votre côté créatif de circuler que vous les apportez.

Leur donner comme cadeaux peut aussi inspirer les autres à essayer de repas pot de maçon. Une fois qu'ils mangent ce que vous leur avez donné, ils peuvent nettoyer et réutiliser les pots. Peut-

être est toute la motivation dont ils ont besoin pour essayer l'une des recettes. Une fois qu'ils font, ils seront accrochés et il deviendra une entreprise commune dans leur cuisine s ainsi.

Il ya vraiment des possibilités illimitées quand il vient aux aliments dans des pots Mason .. Cet ebook vous offre seulement un échantillon d'entre eux de sorte que vous pouvez obtenir commencé sur le pied droit. Soyez créatif et venir avec vos propres idées. Mason préparation du pot est là pour rester. Il va seulement

continuer à évoluer et qui est quelque chose que vous voulez être une partie de.

Vous saurez également avec confiance que votre famille va adorer certaines de ces recettes, et ils vont demander encore et encore! Il n'y aura pas plus de gémissements qu'ils sont fatigués de manger les mêmes aliments que vous venez de faire la semaine dernière. Il est une situation gagnante pour tout le monde.

La leptine ResistanceEPTIN RÉSISTANCE

*The Ultimate Guide leptine Résistance régime pour perdre du poids  
Ella Marie*

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Introduction

Que faites-vous quand vous avez été obèses pour l'ensemble de votre vie? Vous avez été taquiné, ridiculisé, et tourmenté par la taille de votre giganticbig, et vous vous sentez comme il n'y a rien que vous pouvez faire à ce sujet. Vous avez essayé à de nombreuses reprises de perdre une partie du poids; vous avez expérimenté avec un nombre incalculable de régimes et même inscrit à quelques programmes d'exercices à la salle de gym, mais hélas, rien n'a fonctionné dans le long termrun parce que vous êtes encore obèses. Vous vous sentez déprimé maintenant parce que vous vous sentez comme rien ne peut aider votre situation. Vous croyez qu'il est de votre faute; vous croyez que votre gourmandise a causé votre corpulence, et vous croyez que vous serez la graisse pour toujours. Que faire si je vous disais que peut-être il est pas votre faute à tous? Que faire si je vous disais que peut-être un déséquilibre hormonal a été la cause de votre obésité et que vous pouvez être leptine résistant?

Cette hormone qui a été découvert en 1994 a révolutionné la façon dont de nombreux scientifiques et experts se ressemblent à la condition de l'obésité. Au lieu de regarder cette maladie à travers la lentille censurer, les scientifiques sont enfin cherchent à l'obésité d'une manière impartiale et de réaliser que la leptine, souvent surnommé l'hormone de satiété, peut contribuer à cette maladie débilante similaire à la façon dont l'insuline contribue au diabète.

Lisez la suite si vous êtes enfin prêt à laisser aller de tout votre autopitié et le dégoût de soi; si vous êtes prêt à en apprendre davantage sur l'obésité et prendre des mesures efficaces pour perdre du poids pour toujours, alors ce livre est fait pour vous.

### **Tout d'abord: Qu'est-ce que la leptine?**

Pour bien comprendre ce que la leptine est et sa fonction dans le corps, nous devons aller retour dans la journée. Nous devons revenir à l'époque où la race humaine ne savait rien à propos de l'agriculture. Nous devons revenir à l'époque où nous étions des chasseurs-cueilleurs. À l'époque, quand l'été était, de nombreux fruits étaient en saison et de nombreux animaux comestibles étaient

courir - nous aurions une fête! Nous aimerions manger beaucoup de nourriture en prévision de l'hiver parce que la saison a apporté avec elle, mais rien famine. Pendant l'hiver, les arbres fruitiers ont cessé de produire leurs fruits merveilleux et la plupart des animaux en hibernation, donc il n'y avait pas beaucoup de nourriture pour tout le monde. Pourtant, nous devons faire attention lors de nos fêtes d'été de ne pas trop manger parce que si nous le faisons, nous serions obtenir des matières grasses, et étant obèses était tout aussi mauvais dans ces moments que mourir de faim parce que les deux conditions ont rendu plus difficile de survivre dans l'environnement naturel. Les deux conditions, l'obésité et la faim, étaient deux extrêmes à éviter, et l'hormone leptine a été produit dans nos corps pour veiller à ce que l'équilibre délicat entre les deux a été maintenue. Il nous a fait obtenons faim et mangeons quand nos réserves de graisse ont été utilisés jusqu'à (ie quand nous avons commencé à mourir de faim), mais il nous a également obligés d'arrêter de manger quand nos réserves de graisse devenaient trop importantes (ie quand nous mettions trop beaucoup de poids) et en bordure de la ligne de l'obésité.

Par conséquent, la leptine raconte l'hypothalamus de notre cerveau lorsque nous avons suffisamment d'énergie stockée dans notre corps. Lorsque nous avons assez d'énergie stockée, cela signifie que nous ne devons pas manger de la nourriture supplémentaire pour construire ces réserves d'énergie, cela signifie que nous pouvons brûler des calories à un rythme normal, et cela signifie aussi que nous pouvons nous engager dans des processus coûteux en énergie comme la grossesse et la puberté.

L'énergie est stockée dans notre corps sous forme de graisse, il est donc logique que les cellules graisseuses sont ceux qui produisent la leptine. Comme vous pouvez l'imaginer, chacun de nous a ses propres seuils d'énergie spécifiques parce que le corps de chacun est différent et chacun a ses propres besoins spécifiques.

Par conséquent, quand nous sommes à un poids normal, nos cellules graisseuses seront produire une certaine quantité de leptine,

et nos cerveaux (en particulier nos hypothalamuses) va enregistrer ce montant comme le seuil - le montant normal et sain d'être produite. Quand nous commençons à perdre du poids, cependant, cela signifie que nous aurons moins de graisse dans les cellules de notre corps et donc moins producteurs de leptine. Avec moins de leptine produite, ce qui signifie que nous serons en-dessous de notre seuil et le cerveau allons mettre en place des mécanismes pour nous faire manger plus de nourriture pour reconstituer les réserves de graisse et aussi nous avons en utilisant moins d'énergie de sorte que moins de graisse sera brûlé. Cela aidera à prévenir la famine.

De la même manière, si nous mangeons trop de nourriture, alors le montant de la leptine dans notre corps sera au-dessus du seuil. Pour prévenir l'obésité, nos cerveaux vont diminuer notre appétit et nous faire réaliser davantage d'activités coûteuses en énergie de sorte que nous pouvons perdre la graisse supplémentaire et être de retour à l'équilibre normal.

Ces concepts peuvent être plus facilement compris en consultant les schémas dans les pages suivantes.

Lorsque nous perdons du poids et de descendre en dessous de l'optimum poids / seuil Lorsque nous gagnons du poids et allons-dessus de notre poids optimal Chez les personnes qui sont leptine résistant, quelque chose d'autre qui se passe: au lieu de détecter les quantités de leptine dans le sang, leurs hypothalamuses sont "aveugles" à elle et ne font pas les changements nécessaires pour réduire l'appétit et augmenter l'activité physique. Ceci sera expliqué plus loin dans la section suivante.

## **Quelle est la résistance à la leptine et**

### **comment il fonctionne**

Avant d'entrer dans une explication en profondeur de ce que résistance à la leptine est vraiment, nous résumons ce que nous avons appris jusqu'ici:

La leptine est l'hormone qui contrôle la dépense énergétique chez l'homme. Il raconte l'hypothalamus du cerveau lorsque nous avons suffisamment d'énergie stockée, ce qui provoque le cerveau pour diminuer notre appétit jusqu'à ce que nous sommes de retour à la normale. Il raconte aussi l'hypothalamus du cerveau lorsque nous avons trop peu d'énergie, et notre cerveau va augmenter notre appétit et nous faire manger plus afin que nous puissions reconstituer nos réserves d'énergie.

La leptine est produite par les cellules adipeuses de notre corps. Le plus nous gagnons du poids, les plus de cellules adipeuses que nous avons, et donc le plus de leptine que nous produisons. Le plus nous perdons du poids, les cellules moins de gras que nous avons, et le moins de leptine que nous produisons.

Chez les personnes leptine-résistantes, l'hypothalamus de leurs cerveaux sont

«aveugle» à la quantité de leptine dans le sang, de sorte que la leptine est incapable de produire ses effets normaux sur l'hypothalamus, qui est donc incapable de faire des changements à notre appétit et / ou de l'activité à nous faire perdre l'excès de poids.

Je suis sûr que vous vous demandez exactement ce que je veux dire quand je dis le cerveau est aveugle, et il est temps que je vous dis. Nos corps sont remplis avec des récepteurs qui nous aident à détecter certains changements et substances dans notre environnement interne et externe.

Il y a un récepteur pour la pression artérielle, un récepteur pour les niveaux de glucose dans le sang, et un récepteur pour le sang niveaux de leptine. Au cours de résistance à la leptine, quelque chose bloque ces récepteurs de la leptine dans le sang et les rend moins réceptifs à la stimulation de la leptine. Par conséquent, les récepteurs de la leptine à tort signalent au cerveau une quantité moindre de leptine que ce qui est réellement présent dans le sang.



Les récepteurs de la leptine peuvent être si défectueuse que le montant de la leptine qu'ils signalent au cerveau est similaire à la quantité qui serait déclarée si le corps était en mode famine. Cela provoque le cerveau à mettre en place des mécanismes pour empêcher la famine parce que, comme vous le savez déjà, la famine peut être l'une des choses les plus dangereuses à abattre sur le corps humain. Ceci est exactement ce qui se passe chez les personnes qui sont obèses. Ils ont des quantités excessives de cellules graisseuses dans leur corps, et ces cellules graisseuses produisent des quantités excessives de leptine, mais les récepteurs ne sont pas détecter les quantités correctes de la leptine qui circulent dans le sang et font état d'un chiffre erroné au cerveau. Ainsi, les corps des personnes obèses leptine résistant signalent qu'ils sont obèses, mais le cerveau croit qu'il est affamé.

Quand le cerveau reçoit ces rapports faibles de leptine des récepteurs de la leptine, il tente désespérément de sauver la personne en augmentant l'appétit de sorte que plus de graisses peuvent être stockées, et il fait aussi la personne moins active de sorte que moins d'énergie peut être dépensé. Cette action du cerveau est la raison exacte pour laquelle les personnes obèses ont des appétits énormes et pourquoi ils sont habituellement si inactive et somnolent trop. Il est des tentatives désespérées de leurs cerveaux pour se sauver de la famine et finalement la mort.

Les personnes obèses, par conséquent, trouver qu'il est très difficile de passer outre les ordres de leurs cerveaux en allant sur des régimes ou de l'exercice et, en fait, cela peut effectivement aggraver la situation. Rappelez-vous que le cerveau devient une figure à tort faible pour la quantité de leptine flottant dans le sang. Quand une personne obèse commence à exercer ou faire un régime, ils sont effectivement à l'origine plus de cellules adipeuses d'être épuisé, si une quantité encore moindre de leptine est signalé au cerveau! Le cerveau, donc, lance une attaque de panique et met toute son énergie dans retrouver cette énergie perdue, à savoir la graisse. Par conséquent, l'appétit de la personne obèse va doubler, peut-être même triple, comme le cerveau tente de sauver la personne de ce

qu'il croit être le dernier tour de la famine avant le décès. La personne sera également sentir plus fatigué et somnolent, et au lieu de vouloir exercer, ils se sentiront comme à peu étendu et dormir - ce qui est la tentative du cerveau pour obtenir le corps à se déplacer moins que moins d'énergie sera dépensée.

"Mais ce qui pourrait provoquer des récepteurs de la leptine d'être si insensible en premier lieu?", Vous pourriez demander; après tout, si ils ne faisaient pas de rapports erronés au cerveau, ne serait ce problème. Lisez la suite pour la section suivante où nous allons explorer la raison derrière ces récepteurs leptine ne répondent pas.

### **Les causes de la résistance à la leptine**

Pour bien comprendre ce qui provoque résistance à la leptine, il est logique d'appeler à la mémoire une histoire que vous avez entendu il ya quelque temps quand vous étiez un enfant -

l'histoire du garçon qui criait au loup. La première fois qu'il criait au loup, il a attiré l'attention de tous les villageois, mais plus il a continué à faire, le moins d'attention qu'il a obtenu de les villageois, jusqu'à ce qu'un jour tous les villageois est devenu totalement insensible à ses appels parce qu'ils se sont habitués à ses blagues idiotes.

Il est un cas similaire avec résistance à la leptine. Les récepteurs de la leptine sont tellement habitués à être bombardé par tant de molécules leptine qu'ils deviennent débordés et arrêter de se protéger. Il est comme le corps est criant, "la leptine, la leptine, la leptine!", Mais les récepteurs ont été tellement utilisé pour détecter ce montant élevé de leptine dans le sang qu'ils deviennent insensibles et ne transmettent pas le signal au cerveau. Le signal ne soit pas au cerveau pour lui dire d'arrêter de manger autant, de sorte que le problème de la résistance à la leptine se développe. Par conséquent, une personne obèse et leptine résistant doit manger plus de nourriture à se sentir rassasié, et plus de nourriture qu'il ou elle mange, plus les graisses sont stockés et plus leptine se produit, et cette plus grande quantité de leptine flottant dans le sang va

causer encore plus de récepteurs de la leptine à perdre leur sensibilité. Comme vous pouvez l'imaginer, cela forme un cercle vicieux d'une augmentation de l'appétit et la faim constante, augmentation de la prise de poids due à plus de stockage de graisse, et une diminution de la sensibilité à l'hormone leptine.

## **Diets**

Il ya d'autres facteurs qui peuvent affecter les récepteurs de la leptine dans le corps. Les régimes riches en graisses et en glucides simples peuvent grandement affecter les récepteurs de la leptine et les empêcher de faire leur travail. Le régime alimentaire occidental est rempli avec des aliments qui ont été édulcorés par les sucres simples (saccharose et fructose habituellement) et les graisses malsaines. Vous seriez surpris de constater que même les aliments qui ont été commercialisés comme étant sain et bon pour vous avez été farcies avec de grandes quantités de graisses saturées, le sirop de maïs à haute teneur en fructose, et d'autres édulcorants dangereuses qui sont riches en énergie, mais faible dans tout le reste.

Une molécule de saccharose est composé d'une molécule de glucose et une molécule de fructose.

Les deux sucres ont la même formule chimique, mais le fructose est métabolisé dans le corps d'une manière complètement différente de celle du glucose. Lorsque le glucose est ingéré, il peut être utilisé par une cellule dans le corps directement de l'énergie. Il est utilisé pour faire d'autres sucres qui sont nécessaires dans votre matériel génétique, et il peut également être utilisé pour faire des complexes protéine-sucre qui constituent vos fluides de lubrification et les tissus conjonctifs. Quand il y a des quantités excessives de glucose dans le corps, une partie de celui-ci est converti en glycogène, et lorsque les réserves de glycogène ont été remplies, le reste du glucose est converti en graisses.

Lorsque le fructose est ingéré, il prend un itinéraire complètement différent. Il est métabolisé par les cellules uniquement du foie et

converti en triglycérides, des radicaux libres, et l'acide urique.

Ayant des niveaux élevés de radicaux libres et d'acide urique dans le sang peut avoir des répercussions dangereuses sur les différents systèmes du corps, mais quand il ya une forte concentration de molécules de fructose, ils peuvent effectivement bloquer les récepteurs de la leptine directement, empêchant ainsi le message de satiété de étant porté vers le cerveau. Cela contribue à la résistance encore plus leptine. Les triglycérides qui sont produites lorsque le fructose est décomposé peuvent aussi interférer avec les récepteurs de la leptine, et même si elles ne le font pas, quand ils sont stockés, ils deviennent encore une partie des cellules graisseuses de l'organisme et aider à produire encore plus la leptine qui désensibilise en outre les récepteurs de leptine.

En résumé, de grandes quantités de sucres comme le saccharose augmenter la quantité de glucose qui flotte dans le sang; cela peut conduire à une résistance à l'insuline, qui est une autre complication connexe qui sera discuté plus loin dans le livre. L'excès de glucose qui se trouve dans le sang peut aussi être converti en graisses corporelles (également appelés triglycérides) qui aideront à produire encore plus de leptine et de rendre le corps plus résistant que la leptine est déjà. Molécules de fructose bloquent les récepteurs de la leptine directement, et quand ils se décomposent, ils forment triglycérides qui interfèrent également avec les récepteurs de la leptine et aident à rendre les cellules graisseuses qui va produire encore plus l'excès de leptine, ce qui contribue au problème de la résistance à la leptine.

Régimes riches en graisses, en particulier ceux riches en graisses saturées, posent également ce même risque de provoquer résistance à la leptine, car ils ajoutent tellement triglycérides supplémentaires pour le corps.

## **Hormones**

L'hormone insuline est également cité comme un coupable dans la résistance saga leptine, mais cela est toujours liée à une forte

consommation de sucre. Chaque fois que nous ingérons de grandes quantités de sucres, nos niveaux d'insuline dans le sang augmentent comme l'hormone supprime les sucres en excès dans le sang. Il aide les cellules du corps en les aidant à absorber le glucose dans le sang et signale également le foie à prendre une partie du glucose et de le stocker sous forme de glycogène. Lorsque les réserves de glycogène ont été remplies, l'insuline signale les cellules graisseuses pour relever le glucose et le stocker sous forme de triglycérides; ce qui ajoute ainsi à plus de graisses du corps.

L'insuline et résistance à la leptine sont liés parce que les niveaux élevés de sucre qui causent les récepteurs de leptine ne pas répondre aussi causent les récepteurs de l'insuline d'être insensibles.

Par conséquent, une grande quantité de glucose reste dans le sang, et une grande quantité d'insuline est produite par le corps ainsi parce que le glucose ne soit pas absorbé. Des niveaux élevés d'insuline nous empêchent de brûler la graisse du corps et, en fait, induire de stockage encore plus de gras. Cette graisse supplémentaire produit l'hormone leptine encore plus ce qui aggrave encore la résistance à la leptine et mène à la suralimentation en outre, l'augmentation des niveaux de glucose dans le sang encore plus. L'insuline peut également aider à bloquer les récepteurs de la leptine et les rendre insensibles à relayer le message de satiété dans le cerveau.

Un cercle vicieux de la suralimentation et le gain de poids, alors  
Ensuite.

## Stress

Le cortisol, l'hormone est l'hormone libérée pendant les périodes de stress. À court terme, il provoque des niveaux de glucose dans le sang augmente et provoque à la graisse d'être convertie en énergie, ce qui conduit à une diminution de la quantité de cellules graisseuses. Cela signifie que les niveaux de leptine diminuera pendant les périodes de stress à court terme. Les gens augmentent généralement leur consommation de nourriture par rapport au stress

lorsque le facteur de stress est prolongée; par conséquent, sur le long terme, le stress nous fait gagner plus de graisse et, par conséquent, produisons plus leptine. Si le stress continue d'augmenter et est pas traitée, elle continuera à augmenter les taux sanguins de leptine et de la résistance à la leptine suivra peu de temps après.

## **Les signes de résistance à la leptine**

Le premier et le plus évident signe de résistance à la leptine serait certainement être en surpoids.

Les scientifiques conviennent que si quelqu'un est obèse, alors il ya presque un 100% de chances qu'ils sont leptine résistant. Fatigue constante est également un autre symptôme fréquent chez les personnes qui sont leptine résistant.

Avoir un gros appétit et les fringales de glucides, surtout la nuit, est aussi un autre signe commun que quelqu'un est résistant à la leptine. Cette énorme appétit conduit généralement à la suralimentation, donc si vous voyez quelqu'un qui est toujours trop manger, alors il est très probable qu'ils sont leptine résistant.

Ayant un niveau élevé de stress, étant irritable, ou qui ont des sautes d'humeur peuvent aussi être un signe que quelqu'un est résistant à la leptine. Ayant une glycémie élevée, couplée avec des triglycérides et de cholestérol élevé, peut également signifier que vous êtes résistant à la leptine.

Des problèmes de thyroïde, des problèmes de foie, des problèmes de reproduction et sont également très fréquente chez les personnes qui sont leptine résistant.

## **Le traitement de résistance à la leptine**

### **Naturellement**

Habitudes et Actions à adopter et à éviter:

Gestion du stress Proper - Vous avez vu l'effet que le stress malsain et prolongée a sur l'équilibre hormonal dans le corps. Elle conduit à une myriade de complications qui travaillent tous à l'unisson pour faire de la résistance à la leptine pire. Donc, pour réduire votre résistance à la leptine et finalement l'éliminer, vous avez besoin de prendre des mesures pour réduire ou éliminer les facteurs de stress dans votre vie. A quelques minutes chaque jour de la méditation peuvent aller un long chemin à soulager l'anxiété ou d'autres facteurs de stress qui peuvent être vous déprime. Il suffit de fermer les yeux et répéter un mantra positif comme «Je me aime» ou «Je suis en paix" et laissez aucune pensée distrayant flotter au loin à chaque respiration vous expirez. Prendre cinq minutes de pause pour respirer profondément peut également aider à vous détendre. La respiration profonde aide à nier les effets du stress en abaissant votre tension artérielle et votre rythme cardiaque ralentit. Parler avec des amis proches et la famille peut aussi aider à éliminer un peu de stress et d'anxiété. Donnez-leur un cri, de connaître leurs jours; juste être en compagnie de quelqu'un que vous aimez peut aller un long chemin à réduire votre stress et l'anxiété et ainsi réduire votre résistance à la leptine.

Exercer le droit chemin - Avez-vous jamais demandé pourquoi votre appétit diminue au fil du temps une activité physique modérée? Ouais, ce droit! Votre appétit diminue parce que l'exercice atténue l'effet que le cortisol a sur votre corps et réduit votre résistance à la leptine.

Commencez lentement lorsque vous décidez d'ajouter l'exercice à votre routine régulière parce que le corps puisse considérer un exercice intense d'être une forme de stress sur le corps, et ce serait seulement de rendre votre résistance à la leptine pire. Évitez cardio lorsque vous venez de commencer à exercer; à la place, opter pour la formation de résistance (poids). Rappelez-résistant leptine si vous, votre cerveau est en mode famine, il refusera de brûler ses magasins "faible"

d'énergie pour nourrir vos muscles - même si vous en avez besoin. Donc, faire cardio qui exige beaucoup d'énergie ne serait pas avoir des effets positifs sur votre corps lorsque vous avez juste commencé. L'entraînement en résistance va entraîner votre corps à produire des hormones de croissance, ce qui serait redémarrer votre métabolisme et entraîner votre corps à commencer à brûler de l'énergie pour alimenter vos muscles. Une fois que vous avez commencé à perdre du poids et vos envies avez commencé à diminuer, alors vous pouvez ajouter cardio à votre routine d'exercice parce que cela signifie que votre métabolisme est en marche et votre corps est prêt à brûler les graisses. Vous devriez également envisager de travailler dans le milieu de l'après-midi ou le soir pour soutenir les niveaux d'hormones.

obtenir des quantités suffisantes de sommeil - sommeil est essentiel pour la santé générale et le métabolisme, mais il est extrêmement important pour le renversement de résistance à la leptine et voici pourquoi: le sommeil vous aide à perdre du poids, le sommeil améliore votre performance à tout ce que vous faites, et le sommeil aide à restaurer et de rajeunir vos tissus. Obtenir systématiquement moins de six heures de sommeil nocturne rend plus difficile pour vous de perdre du poids. Ceci est parce que pendant le sommeil, votre corps sécrète des hormones qui régulent votre taux de sucre dans le sang et votre appétit. Manque de sommeil diminue l'hormone leptine et augmente le cortisol; ce qui augmente ainsi la quantité de sucre dans le sang circulant. Constamment avoir une forte concentration de sucre dans votre sang va inévitablement conduire à un gain de poids parce que l'insuline provoque les excès être convertis en graisse. Il peut éventuellement conduire à un mauvais contrôle de la glycémie et même le diabète.

Obtenir des quantités suffisantes de sommeil permettra également d'améliorer votre performance dans tout ce que vous faites. Quand nous sommes éveillés, une substance appelée adénosine (un sous-produit de l'activité neuronale) est produite dans notre corps et construit jusqu'à ce que nous dormons. Elle conduit à nous sentir somnolent, et tout le monde sait que vous êtes moins efficace



lorsque vous êtes somnolent que lorsque vous êtes reposé. Par conséquent, avec le repos approprié, vous serez mieux en mesure de compléter votre formation de poids et éventuellement votre cardio; cela vous aidera à perdre du poids et le maintenir. Vous pourrez également faire mieux à chaque autre activité dans votre vie, et cela va augmenter votre confiance et de réduire votre niveau de stress ainsi.

Enfin, le sommeil aide à restaurer vos tissus et de rajeunir eux aussi. Alors que la plupart des

activités physiologiques sont diminuées pendant le sommeil, la libération de l'hormone de croissance dans la circulation sanguine est pas. L'hormone de croissance aide à réparer les tissus, notamment des muscles, de l'usure de la vie quotidienne. Des muscles plus forts signifient que vous serez mieux en mesure d'entreprendre plus d'activité physique qui vous aidera à obtenir votre métabolisme à nouveau opérationnel à nouveau. La restauration de votre taux métabolique normale est l'une des choses les plus importantes que vous pouvez faire pour réduire votre résistance à la leptine, afin d'assurer que vous obtenez un sommeil suffisant la nuit.

Mangez toutes les trois à quatre heures - Vous devriez essayer d'espacer vos repas de sorte qu'ils sont au moins trois à quatre heures d'intervalle. Ceci inclut les boissons qui contiennent des calories, mais thé sans sucre ou de la crème, du café, de l'eau et des tisanes sont très bien. Vous devez également vous assurer que vous disposez de trois repas par jour, et il ne devrait pas être le grignotage entre les repas. Cela aidera à obtenir vos hormones équilibrées à nouveau. Lorsque vous mangez constamment tout au long de la journée, votre foie ne soit pas une chance de se reposer afin que vos niveaux hormonaux peuvent revenir à la normale, afin d'éviter de grignoter à tout prix. Vous pouvez en toute sécurité réduire vos niveaux de leptine en engageant le jeûne intermittent si vous le souhaitez.

Évitez les régimes très hypocaloriques - A présent, vous devriez savoir que les régimes très hypocaloriques devraient être évités si votre but est de réduire votre résistance à la leptine. Régimes à basses calories seraient ceux que vous restreindre à mille calories ou moins par jour. Cela ne ferait que mettre l'accent sur le corps, augmenter votre taux de cortisol, et vous faire gagner encore plus de poids; votre corps irait dans le surmenage comme il essaie de vous protéger de "famine." régimes à faible teneur en calories provoqueraient hormonal surgit dans votre corps, et que ne ferait que conduire à la faim incontrôlable, donc vous assurer que vous restez loin de ces régimes très hypocaloriques.

Évitez de glutamate monosodique (GMS) et de l'aspartame - glutamate monosodique et de l'aspartame vous mèneront sur le chemin de l'obésité, le syndrome métabolique et le diabète, et il fera de votre appétit spirale hors de contrôle. Le glutamate monosodique et de l'aspartame sont ajoutés à 80% de tous les aliments aromatisés.

Ils excitent la zone de votre cerveau qui est responsable du métabolisme de la graisse et le stockage des graisses, et des expériences ont même prouvé qu'ils peuvent cicatrifier l'hypothalamus et conduire à ce qui est connu comme l'obésité

hypothalamique. Par la cicatrisation votre hypothalamus, le glutamate monosodique et de l'aspartame perturbent votre métabolisme des graisses et vous faire prendre du poids. Cette graisse supplémentaire produit ainsi plus de leptine qui conduit finalement à résistance à la leptine, et avec un hypothalamus défectueux et excès de leptine en jeu, votre poids sera inévitablement spirale hors de contrôle. Le glutamate monosodique et de l'aspartame sont également connus pour augmenter les niveaux d'insuline dans le sang. Cela conduit également à l'insulinorésistance, le diabète, et une myriade de problèmes par la suite.

prendre en plus d'oméga-3, des acides gras et de réduire vos oméga-6 acides gras -

résistance à la leptine, résistance à l'insuline, et d'autres complications résultant de déséquilibres hormonaux sont tout simplement des inflammations dans le corps.

Vous pouvez réduire ces inflammations en augmentant les quantités d'oméga-3 les acides gras que vous consommez et en réduisant les quantités d'oméga-6 acides gras que vous consommez. Les acides gras oméga-3 aident à soutenir les niveaux de leptine santé en aidant à réparer les récepteurs de la leptine qui ont été désensibilisés. Oméga-6 acides gras font le contraire et aident à rendre les récepteurs de leptine encore plus insensibles. Par conséquent, manger des aliments qui sont riches en acides gras oméga-3. Ces aliments comprennent le chou frisé, les courges d'été, les graines de lin, les graines de chia, la truite, le maquereau, les sardines, les anchois, le saumon, les noix, les viandes et nourris à l'herbe. Les aliments à éviter sont les huiles végétales, les viandes classiques, et les grains, car ils contiennent une quantité importante d'acides gras oméga-6 acides gras.

Mangez plus de protéines - Il est recommandé que vous mangiez des protéines à chaque repas, surtout au petit déjeuner. Il est très efficace pour améliorer la sensibilité à la leptine, et il prend aussi plus de temps pour digérer. Par conséquent, il sera à vous sentir plein pour une longue période de temps. Protéines ralentissent également la libération de glucose dans le sang, afin qu'ils réduire les grands élans hormonaux qui surviennent lorsque nous mangeons et de l'aide pour contrôler et réduire l'apparition du diabète. Une autre chose à propos de la protéine est qu'il augmente votre métabolisme par autant que 30% pour une demi-journée ou moins.

Ceci est l'équivalent de brûler les calories d'une course de deux ou trois mile.

Redémarrage de votre métabolisme et de le faire revenir à la normale est l'une des choses les plus importantes pour vous d'atteindre si vous voulez retrouver la sensibilité à la leptine. Les protéines peuvent vraiment vous aider à atteindre votre

objectif et vous obtenez de nouveau dans une parfaite santé.

Rapide retour sur les aliments riches en glucides élevés, les aliments raffinés et les aliments sucrés - Vous pouvez penser que la meilleure façon de corriger votre résistance à la leptine serait de couper les glucides de votre alimentation complètement, mais ce genre de pensée est faux! Couper les glucides de votre corps ne ferait que vous en moins bonne santé; vos muscles affaibliraient, votre système digestif serait compromise, l'hormone de croissance ne serait pas libéré correctement, votre cœur allait devenir stressé, vos électrolytes deviendraient non réglementée, votre graisse ne serait pas brûler efficacement, et votre glande thyroïde serait fermé! Éviter les glucides complètement ne serait pas la réponse à tous parce que les hydrates de carbone eux-mêmes ne sont pas mauvais. Il est à seulement les quantités et les types de glucides que nous consommons qui causent des problèmes.

La plupart des personnes en surpoids et obèses mangent doubler, voire tripler les quantités de glucides que leurs corps ont besoin. En tant que tel, leurs corps stocker les glucides excédentaires sous forme de graisses et ces réserves de graisse sans cesse croissantes produisent plus de leptine et conduisent à résistance à la leptine. Pour déterminer avec précision combien de glucides que vous devriez être ingéré, vous devriez regarder la nourriture dans votre assiette et utiliser la technique 50/50. Vous devriez avoir une partie de paume de la main de protéines (six à huit pour partie de l'once pour les hommes ou une partie de quatre à six onces pour les femmes), et vous devriez également voir une partie de paume de la main pour les glucides. Voilà la technique 50/50. Vous devez aussi avoir beaucoup de légumes riches en fibres et des quantités modérées de fruits.

Vous devriez essayer de manger de grandes quantités d'aliments riches en fibres à chaque repas.

Cela inclut les légumes et certains fruits. Les aliments riches en fibres aideront à remplir votre ventre rapidement et vous rendre moins susceptibles de trop manger. Vous vous sentirez plus

complète, et qui plus est, ces aliments riches en fibres ne disposent généralement pas trop de calories soit. Cela aidera à stabiliser vos hormones, et, au fil du temps, il aidera à réduire votre leptine et de sensibilité à l'insuline et vous ramener à la santé normale.

Vous devez réduire les aliments raffinés et les aliments sucrés, car plus que probable qu'ils contiennent du fructose et d'autres édulcorants qui ne fera que nuire à votre équilibre hormonal encore plus. En fait, vous devriez éviter de fructose et de ces autres édulcorants comme la peste!

Vous savez déjà l'effet que l'ingestion a haute teneur en fructose sur le corps et les raisons pour lesquelles il endommage votre sensibilité à la leptine. Les fruits sont aussi une source de fructose, mais les fruits contiennent souvent des antioxydants, fibres et autres substances utiles qui ralentiront la libération de fructose dans le sang et aussi aider à inverser les dommages que cela peut causer. Fruits ne contiennent généralement pas de telles grandes concentrations de fructose de toute façon, manger des fruits ne devraient pas être une préoccupation majeure; il suffit de ne pas trop. Vingt-cinq grammes ou un morceau de fruit de fruits par jour serait bien.

Vous devez également être préoccupé par la teneur en fructose au jus de fruits et fruits secs, qui sont souvent modifiés pour augmenter leur teneur en sucre et les rendre plus acceptable.

prendre des suppléments - Il existe de nombreux suppléments là-bas qui vous aideront à réduire votre résistance à la leptine; vous avez juste à choisir la bonne.

Fucoxanthine est un caroténoïde qui a été utilisé pendant des siècles pour réduire l'inflammation, et il a montré des résultats positifs dans la réduction de résistance à la leptine trop. Il peut être trouvé dans l'algue brune, mais vous pouvez également prendre des suppléments de fucoxanthine et de récolter les mêmes avantages.

Le zinc a également révélé utile dans la lutte contre la résistance à la leptine. Il a été prouvé pour renforcer la performance de la leptine et de l'aider à fonctionner à des niveaux optimaux dans le corps. Certaines sources importantes de zinc comprennent agneau, le porc, le bœuf, le poisson, le poulet et la levure. Un autre supplément à considérer est celui qui guérit vos intestins et aide à contrôler le poids de votre corps et de votre appétit donc. Il a été utilisé pour traiter les intestins à cause de ses propriétés curatives. Je parle de probiotiques. Les probiotiques sont des bactéries bénéfiques qui vivent dans notre tractus digestif. Ils peuvent également être trouvés dans de nombreuses sources de nourriture. Les médecins ont réalisé que lorsque le rapport des probiotiques est inférieure à 85% le long du tractus intestinal, de nombreux problèmes de santé se posent, y compris la résistance à la leptine. Les probiotiques ont été montré pour réduire les concentrations de leptine dans le corps et ont été utilisés pour aider les troubles intestinaux tels que la colite. Donc, manger des bouillons d'os et de prendre des probiotiques pour guérir vos parois intestinales. Quelques bonnes sources de probiotiques comprennent la choucroute, miso, le kimchi, le tempeh, kombucha, kéfir, marinés / légumes fermentés, pain au levain, le natto, fromages à pâte molle, et le yogourt. Vous pouvez également prendre des suppléments de probiotiques. Les aliments qui contiennent de l'inuline, y compris les bananes, les chaises étranglements, les artichauts, les poireaux, les oignons et l'ail, nourrissent les bonnes bactéries de l'intestin et favorisent leur reproduction et sont donc tout aussi efficace que la prise de suppléments de probiotiques.

Extraits de la plante gabonensis de Irvingia ont également été progressent à aider les gens obèses à perdre du poids et garder au large, même sans autres altercations de style de vie. Il a également montré des résultats prometteurs en aidant les gens à retrouver sensibilité à la leptine et d'inverser les effets de l'inflammation cellulaire. Il a eu un impact positif sur d'autres systèmes hormonaux, y compris celle de l'adiponectine et de l'insuline.

Cet extrait de plante a été utilisée dans de nombreuses expériences à inhiber l'action de l'enzyme digestive qui est utilisé pour briser les glucides complexes en sucres simples. Cela ralentit ainsi en bas de la vitesse à laquelle le glucose pénètre dans le sang et empêche les surtensions hormonaux rapides qui auraient eu lieu sans le gabonensis de Irvingia donc. Il contribue également à inhiber l'hormone qui facilite la conversion de glucose dans le sang en triglycérides ou graisses corporelles. Cela réduit la quantité de glucose dans le sang qui est converti en graisses, et vous pouvez voir comment cela profite résistance à la leptine. Si vous pouviez obtenir une partie du fruit de la plante gabonensis de Irvingia ou des extraits de celui-ci, ce serait aller un long chemin à réduire votre résistance à la leptine et l'aidant à obtenir à nouveau en bonne santé.

Éviter les lectines - Grains de céréales telles que le seigle, l'orge, le blé et contiennent une substance connue comme l'agglutinine de germe de blé, ou WGA, qui est un type de lectine. Les lectines sont des substances que les plantes produisent pour se protéger contre les maladies et les insectes. Cette substance se lie effectivement les récepteurs de leptine directement et empêche ainsi l'hormone leptine de se lier à eux et de les stimuler. Ceci contribue évidemment à la résistance à la leptine. Par conséquent, éviter les céréales, les légumineuses, le soja et les arachides, autant que possible, jusqu'à ce que vous retrouviez votre sensibilité leptine, car ils contiennent de grandes quantités de lectine.

## **Idées de repas**

Après avoir lu tant de choses à faire et à ne pas faire pour réduire la résistance leptine, vous pouvez vous sentir accablé et pouvez penser que vous ne pouvez jamais être en mesure de planifier les bons repas qui respectera les règles ci-dessus. Certains d'entre vous peuvent penser que les repas que vous aurez à préparer sera ennuyeux et fade, mais vous avez tort! Vous pouvez toujours faire des repas merveilleux qui sont sains et délicieux. Essayez les recettes suivantes et faire les ajustements à eux comme vous le

souhaitez; inverser votre résistance à la leptine sera aussi facile que de un, deux, trois avec ces repas ambrosie.

## **Déjeuner**

Crêpes Paleo avec purée de fraises

"Ce Paleo-friendly, flourless crêpes recette est garni de fraises en purée."

Temps de préparation: 10 Minutes

Temps de cuisson: 20 Minutes

Prêt en: 30 Minutes

Portions: 10

### **INGRÉDIENTS:**

2 oeufs

1 ½ tasse de farine d'amande

½ cuillère à café de cannelle moulue

½ extrait de vanille de cuillère à café

¼ de cuillère à café de poudre à pâte

½ tasse de compote de pommes

¼ tasse de lait de coco, ou plus si nécessaire

1 cuillère à café d'huile d'olive, pour la friture

### **Garniture**

1 tasse de fraises



## DIRECTIONS:

1. Mélanger les oeufs, la farine d'amande, la cannelle, extrait de vanille, la poudre à pâte, la compote de pommes, de noix de coco et le lait dans un bol.
2. Huilez légèrement une plaque chauffante et le mettre à feu moyen-élevé.
3. Déposez grande cuillerées de la pâte sur la plaque et cuire jusqu'à ce que les bords de crêpes deviennent sèches et des bulles se forment.
4. Retournez la crêpe et laisser l'autre côté de cuire jusqu'à ce qu'il soit doré 5. Répétez la procédure avec le reste de la pâte.
6. purée les fraises jusqu'à ce qu'ils deviennent lisses dans un robot culinaire.
7. Haut les crêpes avec les fraises en purée.

## INFORMATION NUTRITIONNELLE:

Portions par recette: 10

Calories: 112

Quantité par portion

Lipides: 5,9 g

Cholestérol: 42 mg

Sodium: 29 mg

Total des Glucides: 8,4 g

Fibres alimentaires: 0,7 g

Protéines: 8,2 g

## **Bacon Crêpes (Paleo)**

"Commencez votre journée du bon pied en faisant vos crêpes avec bacon torsion parce que vous savez ce qu'ils disent: '! Tout est meilleur avec le lard"

Temps de préparation: 15 Minutes

Temps de cuisson: 20 Minutes

Prêt en: 40 minutes

Portions: 2

### **INGRÉDIENTS:**

3 tranches de bacon

1 banane, hachées

2 oeufs

1 cuillère à café d'extrait de vanille

1 pincée de bicarbonate de soude

2 cuillères à soupe de farine de noix de coco

1 pincée de sel

1 pincée de poudre à pâte

### **DIRECTIONS:**

1. Placer les tranches de bacon dans une grande poêle et faire cuire à feu moyen-vif pendant environ 10 minutes tout en les tournant de temps jusqu'à ce qu'ils soient bien dorés.

2. Égoutter les tranches de bacon sur des serviettes en papier, puis versez le jus de cuisson du bacon en un bol en verre.
3. Émietter le bacon
4. Battre la banane et les œufs dans un bol avec un batteur électrique jusqu'à ce que le mélange devienne lisse et mousseuse.
5. Battre 1 1/2 cuillères à soupe de graisse de bacon et aussi les morceaux de bacon émietté avec l'extrait de vanille, puis remuer dans le mélange d'oeuf.
6. Fouetter le bicarbonate de soude, la farine de noix de coco, le sel et la poudre à pâte dans le mélange d'oeuf jusqu'à ce que la pâte est juste combiné.
7. Laisser la pâte reposer pendant 2 minutes.
8. Graisser légèrement une plaque avec les gras de bacon et de la chaleur au-dessus feu moyen-élevé.
9. Dérouler grande cuillerées de la pâte sur la plaque et cuire jusqu'à ce que les bords deviennent sèches et des bulles commencent à se former en eux; cela prendra 3-4 minutes.
10. Retourner les crêpes et cuire l'autre côté pendant 2-3 minutes ou jusqu'à ce qu'ils soient dorés.
11. Répétez la procédure avec le reste de la pâte.

#### INFORMATION NUTRITIONNELLE:

Portions par recette: 2

Calories: 264

Quantité par portion

Lipides: 12,3 g

Cholestérol: 226 mg

Sodium: 766mg

Total des Glucides: 24,5 g

Fibres alimentaires: 7,5 g

Protéines: 13,9 g

### **Gruau Paleo (pas vraiment de Gruau à tous)**

"Ce Paleo-amical, chaleureux, 'avoine' chaud est rempli de noix, noix de pécan, raisins secs et les pommes."

Temps de préparation: 10 Minutes

Temps de cuisson: 10 Minutes

Prêt en: 20 minutes

Portions: 2

#### **INGRÉDIENTS:**

1/2 cuillère à café d'épices tarte à la citrouille

1/2 cuillère à café de cannelle moulue

1 cuillère à café d'huile de coco

1/2 tasse de raisins secs

1 pomme, coupée en dés

1 splash extrait de vanille

1 cuillère à soupe beurre d'amande

1/4 tasse de lait d'amande

3 oeufs

1 banane

1/4 pacanes au sol de coupe, ou au goût

1/4 noix moulues de coupe, ou au goût

Le sirop d'érable 1 cuillère à soupe, ou plus au goût

#### DIRECTIONS:

1. Mélanger les épices tarte à la citrouille, la cannelle, l'huile de coco, raisins secs, et dés de pomme ensemble à feu moyen dans une casserole.
2. Amener le mélange à ébullition et faire cuire pendant environ 5 minutes pour marier les saveurs.
3. Mélanger l'extrait de vanille, beurre d'amande, lait d'amande, les oeufs et la banane ensemble dans un robot culinaire.
4. Ajouter les noix de pécan et noix au mélange de banane et les mélanger ensemble.
5. Incorporer le mélange de banane et le sirop d'érable dans le mélange de pomme; porter à ébullition et faire cuire pendant 5-10 minutes ou jusqu'à ce que le mélange devienne épais.

#### INFORMATION NUTRITIONNELLE:

Portions par recette: 2

Calories: 615

Quantité par portion

Fat Total: 35.9g

Cholestérol: 317mg

Sodium: 168 mg

Total des glucides: 66.8g

Fibres alimentaires: 7,8 g

Protéines: 16,4 g

### **Paleo grec «Riz»**

"Un délicieux choux-fleurs Paleo 'de riz» qui est cuit à la vapeur avec les poivrons, les oignons et les tomates et ensuite recouvert d'un pansement et de menthe citronnée. "

Temps de préparation: 15 Minutes

Temps de cuisson: 15 Minutes

Prêt en: 1 heure

Portions: 6

#### **INGRÉDIENTS:**

1/4 tasse de jus de citron frais

1/2 oignon jaune, coupé en petits dés

1 tête de chou-fleur, couper en gros bouquets

1/2 tasse de tomates raisins, coupées en deux

1/2 poivron rouge, coupé en petits dés

3 cuillères à soupe de menthe fraîche hachée

1/4 tasse d'huile d'olive extra vierge

De poivre noir moulu, au goût

Sel, au goût

#### DIRECTIONS:

1. Mélanger le jus de citron et l'oignon dans un bol et laisser reposer le mélange pendant une demi-heure ou jusqu'à ce que la saveur d'oignon adoucit.
2. Égoutter l'oignon, mais sauver le jus de citron.
3. Shred le chou-fleur dans un robot culinaire jusqu'à ce qu'il soit la taille de petits grains de riz.
4. Mettre le chou-fleur à feu moyen dans une poêle.
5. Couvrir la poêle et faire cuire le chou-fleur, tout en remuant de temps pendant 8-10 minutes ou jusqu'à ce que le chou-fleur est entièrement cuit à la vapeur.
6. Retirer le couvercle de la poêle et remuer dans les tomates raisins et le poivron rouge.
7. Cuire le tout en remuant occasionnellement pendant environ 3 minutes ou jusqu'à ce qu'il soit complètement chaud.
8. Ajouter la menthe et de l'oignon au mélange de chou-fleur; remuer et laisser cuire pendant environ 3 minutes ou jusqu'à ce que le mélange est entièrement chauffé à travers.
9. Fouetter 3 cuillères à soupe de jus de citron réservés, l'huile d'olive, le poivre noir et le sel dans un bol.

10. Verser le mélange de jus de citron sur le mélange de chou-fleur et le jeter à cuire.

11. Enfin, la saison le riz grecque avec du poivre noir et le sel au goût.

#### INFORMATION NUTRITIONNELLE:

Portions par recette: 6

Calories: 120

Quantité par portion

Lipides: 9,5 g

Cholestérol: 0 mg

Sodium: 95mg

Total des Glucides: 8g

Fibres alimentaires: 2,9 g

Protéines: 2,3 g

#### **Déjeuner**

Burgers de saumon Paléo

"Burgers de saumon faites avec le persil et sans gluten chapelure peut tenir sur toute Paleo ou régime sans gluten."

Temps de préparation: 10 Minutes

Temps de cuisson: 10 Minutes

Prêt en: 20 minutes



Portions: 8

## INGRÉDIENTS:

1/4 cuillère à café de sel d'ail

2 cuillères à café de jus de citron

1 cuillère à soupe de persil frais, haché

3 cuillères à soupe de mayonnaise

2 oeufs battus

1/2 tasse oignons, hachés

1 tasse de chapelure sans gluten

1 boîte (14 oz) saumon, égoutté et émietté

1 cuillère à soupe d'huile d'olive, ou plus si nécessaire

## DIRECTIONS:

1. Mélanger le sel d'ail, le jus de citron, le persil, la mayonnaise, les œufs, les oignons, la chapelure et le saumon dans un bol.
2. Façonner le mélange en galettes.
3. Chauffer l'huile d'olive à feu moyen dans une poêle ou un grill-pan.
4. Cuire les galettes pendant environ 5 minutes de chaque côté ou jusqu'à ce qu'ils soient dorés.

## INFORMATION NUTRITIONNELLE:

Portions par recette: 2

Calories: 556

Quantité par portion

Fat Total: 53.6g

Cholestérol: 0 mg

Sodium: 9 mg

Total des Glucides: 17,6 g

Fibres alimentaires: 7,2 g

Protéines: 11,2 g

### **Paleo Banana Bread**

"Ceci, pain aux bananes Paleo-friendly sans gluten est humide et dense."

Temps de préparation: 15 Minutes

Temps de cuisson: 45 Minutes

Prêt en: 1 heure

Portions: 12

#### **INGRÉDIENTS:**

1 portion aérosol de cuisson

1 cuillère à café de bicarbonate de soude

1 cuillère à soupe de cannelle moulue

2 tasses de farine d'amande

2 oeufs

1/2 tasse d'eau

1 cuillère à café d'extrait d'amande

Sirop d'agave 1/4 tasse

2 bananes, mûres et purée

1/2 cuillère à café de pâte de vanille, option

#### DIRECTIONS:

1. Préchauffer le four à une température de 350 ° F (175 ° C).
2. Vaporiser le moule à pain avec un peu aérosol de cuisson.
3. Mélanger le bicarbonate de soude, la cannelle moulue, et de la farine d'amande dans un bol.
4. Battre les oeufs dans un bol
5. Mélanger la pâte de vanille, purée de bananes, le sirop d'agave, l'extrait d'amande, et de l'eau.
6. Mélanger le mélange de banane dans le mélange de farine d'amande jusqu'à ce qu'aucune zones sèches restent.
7. Verser la pâte dans le moule à pain que vous avez préparé avant.
8. Cuire le pain aux bananes dans le four préchauffé pendant environ 45 minutes ou jusqu'à ce que le pain soit doré et croustillant sur les bords.

#### INFORMATION NUTRITIONNELLE:

Portions par recette: 12

Calories: 127

Quantité par portion

Lipides: 4,3 g

Cholestérol: 31 mg

Sodium: 117 mg

Total des Glucides: 15,8 g

Fibres alimentaires: 1,1 g

Protéines: 8,6 g

### **Italienne Paleo Chicken Meat Loaf**

"Ce pain de viande de poulet d'inspiration italienne fait un déjeuner savoureux et simple, et il est Paleo-sympa aussi."

Temps de préparation: 15 Minutes

Temps de cuisson: 2 heures

Prêt en: 2 heures 35 minutes

Portions: 8

#### **INGRÉDIENTS:**

1 cuillère à café de poivre noir moulu

1 cuillère à soupe assaisonnement à l'italienne

2 gousses d'ail

1/4 gros oignon

1 branche de céleri

6 carottes

7 filets de poulet

4 œufs

1 peut sauce tomate (8 onces), sans sel ajoutée et divisée

#### DIRECTIONS:

1. Préchauffer le four à une température de 350 ° F (175 ° C).
2. Graisser un moule à pain de 9x5 pouces.
3. Mettre le poivre noir, assaisonnement à l'italienne, l'ail, l'oignon, le céleri, les carottes dans un robot culinaire et hacher eux.
4. Prenez le mélange de légumes sur le processeur de la nourriture et le mettre dans un grand bol.
5. Placer les filets de poulet dans le robot culinaire et le processus jusqu'à ce qu'ils soient mis à la terre.
6. Utiliser une fourchette pour mélanger les oeufs dans le mélange de légumes jusqu'à ce qu'ils soient pleinement intégrés.
7. Puis ajouter moitié de la sauce tomate dans le mélange et mélanger à nouveau.
8. Incorporer le poulet dans le mélange de sauce légumes tomate et versez dans le moule à pain préparé.
9. Faire cuire la pâte dans le four préchauffé pendant une heure et demie.
10. Passez le reste de la sauce tomate sur le pain de viande.
11. Faire cuire le pain de viande pendant environ une demi-heure de plus ou jusqu'à ce que le pain de viande soit bien cuit. Un thermomètre à lecture instantanée inséré au centre du pain de viande devrait lire au moins 165 ° F (74 ° C).

12. Que le pain de viande refroidir dans le moule à pain pendant 20 minutes avant d'essayer de le trancher.

#### INFORMATION NUTRITIONNELLE:

Portions par recette: 8

Calories: 123

Quantité par portion

Lipides: 3,3 g

Cholestérol: 134mg

Sodium: 110 mg

Total des Glucides: 8,1 g

Fibres alimentaires: 2,3 g

Protéines: 15,3 g

#### **Paleo Crevettes épicées Sauté**

"Cette recette savoureuse Sauté aux crevettes est Paleo-amical et aromatisé au gingembre, de citron et de l'ail."

Temps de préparation: 20 Minutes

Temps de cuisson: 10 Minutes

Prêt en: 8 heures 30 minutes

Portions: 4

#### INGRÉDIENTS:

1/2 tasse de jus de citron

1 petit oignon, haché finement

1/2 tasse d'huile d'olive

3 gousses d'ail, hachées

1 cuillère à soupe de zeste de citron

1 cuillère à soupe gingembre râpé

1 cuillère à café de curcuma moulu

24 grosses crevettes, décortiquées et déveinées

1 cuillère à soupe d'huile de coco, ou au besoin

#### DIRECTIONS:

1. Mélanger le curcuma, le gingembre, le zeste de citron, l'ail, l'huile d'olive, l'oignon et le jus de citron dans un bol.

2. Mettez les crevettes dans la marinade que vous avez créé à l'étape précédente, couvrir et réfrigérer pendant la nuit.

3. Retirer les crevettes, mais sauver la marinade.

4. Chauffer une poêle ou un wok à feu moyen-vif et faire fondre l'huile de noix de coco en elle.

Faire revenir les crevettes dans l'huile de noix de coco chauffée pendant 5 à 10 minutes ou jusqu'à ce qu'elles soient roses et opaques.

5. Ajouter la marinade réservée et l'amener à ébullition et assurez-vous que vous remuez constamment le mélange.

#### INFORMATION NUTRITIONNELLE:

Portions par recette: 4

Calories: 388

Quantité par portion

Fat Total: 31.7g

Cholestérol: 192 mg

Sodium: 222mg

Total des Glucides: 5,9 g

Fibres alimentaires: 0,8 g

Protéines: 21,1 g

## **Dîner**

Paleo Ragoût de poulet

"Ce ragoût de poulet est fait avec les épinards et les patates douces, et vous pouvez ajuster les quantités de bouillon de poulet que vous utilisez pour changer sa consistance."

Temps de préparation: 15 Minutes

Temps de cuisson: 35 Minutes

Prêt en: 50 minutes

Portions: 6

### **INGRÉDIENTS:**

2 cuillères à café d'huile d'olive

2 gousses d'ail, hachées

1 petit oignon rouge, haché



2 poitrines de poulet, désossées, sans peau, et couper en cubes

2 pommes de terre douces, pelées et hachées

1 tasse d'épinards frais, ou au goût

1 pincée de piment rouge broyé, ou plus au goût

1 pincée de paprika, ou plus au goût

Le sel de mer, au goût

1/2 tasse de bouillon de poulet, ou plus au goût

#### DIRECTIONS:

1. Chauffer l'huile d'olive à feu moyen-vif dans une casserole.
2. Faire revenir l'ail et l'oignon pendant environ 5 minutes dans l'huile d'olive chauffée jusqu'à ce qu'ils ramollissent.
3. Incorporer le sel de mer, le paprika, le piment rouge broyé, les épinards, les patates douces, et le poulet avec l'oignon et l'ail dans la casserole.
4. Verser le bouillon de poulet autant dans la casserole pour faire le mélange en ragoût comme la soupe ou comme comme comme vous le désirez.
5. Porter le bouillon à ébullition, réduire le feu à moyen-doux et le mélange mijoter pendant une demi-heure ou jusqu'à ce que les patates douces soient tendres et que le poulet ne soit plus rose au milieu.

#### INFORMATION NUTRITIONNELLE:

Portions par recette: 6

Calories: 144

Quantité par portion

Lipides: 2,5 g

Cholestérol: 21 mg

Sodium: 207mg

Total des Glucides: 20,8 g

Fibres alimentaires: 3,2 g

Protéines: 9,6 g

### **Paleo Tilapia plongé dans la noix de coco**

"Filets de tilapia qui ont été trempés dans des noix de coco sont Paleo-friendly, savoureux, et poêlé à l'huile de noix de coco. Vous pouvez les servir avec quelques savoureux légumes verts! "

Temps de préparation: 15 Minutes

Temps de cuisson: 10 Minutes

Prêt en: 25 minutes

Portions: 4

#### **INGRÉDIENTS:**

2 cuillères à soupe d'huile de noix de coco

Le sel de mer au goût

1/2 tasse de farine de noix de coco

3/4 tasse de noix de coco, en flocons et non sucré

3 oeufs battus

4 (4 oz) filets de tilapia, ou plus si nécessaire

#### DIRECTIONS:

1. Chauffer l'huile de noix de coco à feu moyen-vif dans une poêle.
2. Mélanger le sel, la farine de noix de coco, et de coco non sucré ensemble sur une plaque.
3. Badigeonner le œuf battu sur chaque filet de tilapia.
4. Appuyez sur chaque filet dans le mélange de noix de coco de sorte qu'il est uniformément revêtue.
5. Mélanger délicatement les filets entre vos mains afin que les morceaux de noix de coco en excès peuvent tomber.
6. Placer les filets enrobés sur une plaque et du pain le reste, mais ne se cumulent pas les filets.
7. Faire frire les filets dans l'huile chaude pendant 5-7 minutes de chaque côté ou jusqu'à ce que les flocons facilement de poisson avec une fourchette et jusqu'à ce que les filets soient dorés.

#### INFORMATION NUTRITIONNELLE:

Portions par recette: 4

Calories: 462

Quantité par portion

Lipides: 26,5 g

Cholestérol: 200mg

Sodium: 189 mg

Total des Glucides: 24,7 g

Fibres alimentaires: 15g

Protéines: 32.9g

## **Spaghetti carbonara Paleo-Style**

"Ce Carbonara Paleo-friendly remplace pâtes avec courge spaghetti aux tomates et bacon."

Temps de préparation: 10 Minutes

Temps de cuisson: 50 Minutes

Prêt en: 1 heure

Portions: 4

### **INGRÉDIENTS:**

1 courge spaghetti, grande, réduit de moitié, et ensemencées

L'huile d'olive 1/4 tasse extra-vierge

8 tranches de bacon, coupées en dés

1 cuillère à café de poivre noir moulu

1 cc de sel

1 grosse tomate, en dés

4 grandes jaunes d'œufs

3 brins de basilic frais

### **DIRECTIONS:**

1. Préchauffer le four à une température de 400 ° F (200 ° C).

2. Placez la courge sur une plaque de cuisson côté coupé vers le haut.
3. Faire cuire la courge dans le four préchauffé pendant 45-60 minutes jusqu'à ce qu'il soit tendre.
4. Retirer la chair de la courge et utiliser une fourchette pour le déchiqeter en brins.
5. Chauffer l'huile d'olive à feu moyen-vif dans une grande poêle
6. Placez le bacon dans l'huile chaude et faire cuire en remuant pendant 5-10 minutes ou jusqu'à ce que doré et bien cuit.
7. Ajouter la courge déchiqeté dans la poêle et cuire en remuant pendant 3-5 minutes ou jusqu'à ce que la courge soit tendre.
8. Incorporer le poivre, le sel, et la tomate dans le mélange de squash puis retirez la poêle du feu.
9. Mélanger les jaunes d'œufs dans le mélange de squash jusqu'à ce que le mélange devienne crémeux mais ne permettent pas les jaunes d'oeufs de toucher le poêle.
10. Transfert de la courge Carbonara un bol de service et garnir avec les trois brins de basilic frais.

#### INFORMATION NUTRITIONNELLE:

Portions par recette: 4

Calories: 428

Quantité par portion

Fat Total: 28.7g

Cholestérol: 225mg

Sodium: 1091 mg

Total des glucides: 34.4g

Fibres alimentaires: 0,7 g

Protéines: 12,9 g

### **Paleo rapinis et saucisse**

"Cette recette paléo-friendly est un simple à la poêle de rapini et la saucisse qui a été assaisonné avec du citron et l'ail dans un peu d'huile d'olive."

Temps de préparation: 10 Minutes

Temps de cuisson: 20 Minutes

Prêt en: 30 Minutes

Portions: 2

#### **INGRÉDIENTS:**

3 cuillères à soupe d'huile d'olive divisés, ou plus au goût

4 (3,5 oz) relie la saucisse italienne, tranchés

2 grosses gousses d'ail, hachées

2 bouquets de brocoli rabe, parés

1 pincée de zeste de citron, ou au goût

1 pincée de poivre rouge, ou au goût

Le sel de mer au goût

1/2 citron

## DIRECTIONS:

1. Enduire le fond de la poêle avec une mince couche d'huile d'olive.
2. Chauffer la poêle à feu moyen.
3. Cuire en remuant les tranches de saucisse pendant 3-5 minutes dans une poêle jusqu'à ce qu'ils soient dorés
4. Ajouter l'ail et poursuivre la cuisson pendant une minute supplémentaire ou jusqu'à ce que l'ail devient parfumé.
5. Ajouter le brocoli rabe dans la poêle et assaisonner avec le sel de mer, poivre rouge, et le zeste de citron.
6. Verser l'huile d'olive sur le rabe de brocoli et de le jeter à enduire.
7. Cuire le brocoli rabe tout en remuant occasionnellement pendant environ 15 minutes ou jusqu'à ce qu'il soit complètement fanée
8. Presser la moitié de citron dans le rabe de broccoli et le mélange de saucisses.

## INFORMATION NUTRITIONNELLE:

Portions par recette: 2

Calories: 688

Quantité par portion

Fat Total: 54.6g

Cholestérol: 72 mg

Sodium: 1 743 mg

Total des Glucides: 18,7 g

Fibres alimentaires: 6,4 g

Protéines: 32.4g

## **Autres façons de traiter résistance à la leptine**

### **Acupuncture**

L'acupuncture a été utilisée dans la médecine traditionnelle chinoise (MTC) pour un temps très long pour traiter une variété de troubles, mais il a plus récemment révélée utile dans le traitement de résistance à la leptine. Elle le fait en aidant à perdre du poids.

L'acupuncture permet de promouvoir la libération d'endorphines, qui sont des hormones dans le corps qui vous font sentir plus calme et plus positive. Il aide également à diminuer la libération de cortisol dans le sang. Cette hormone perturbe la digestion, contribue à la dépression, et peut l'encourager à manger émotionnel. Lorsque sa concentration est réduit votre corps, vous êtes moins susceptibles de prendre du poids et donc gagner plus de cellules adipeuses qui sécrètent encore plus leptine dans le sang.

Dans une étude menée par des chercheurs turcs sur quarante femmes obèses, il a été constaté que les cinq semaines de l'acupuncture ont diminué les niveaux de leptine et d'insuline dans le sang, ce qui a entraîné une perte de poids significative. D'autres études menées sur d'autres espèces donnent les mêmes résultats, si l'acupuncture peut être une solution pour ceux qui sont leptine résistant et le surpoids.

### **Le jeûne intermittent**



Le jeûne intermittent est une forme de restriction alimentaire dans lequel les gens alternent entre des périodes d'alimentation et des périodes de consommation de rien. Il a été une partie de certaines pratiques spirituelles pour les âges, mais des études récentes ont confirmé qu'il existe de nombreux avantages que vous pouvez tirer de jeûne.

Le jeûne intermittent abaisse votre taux de triglycérides et, par conséquent, vous aide à perdre du poids

Le jeûne intermittent réduit les dommages causés par les radicaux libres de votre corps et réduit également l'inflammation

jeûne intermittent favorise l'hormone de croissance humaine (HGH) formation.

Hormone de croissance humaine joue un rôle important dans la remise en forme, de la santé, et de ralentir le processus de vieillissement.

Le jeûne intermittent contribue également à normaliser les niveaux de leptine dans le corps et, par conséquent, contribue à améliorer la sensibilité à la leptine et de réduire la résistance à la leptine

Le jeûne intermittent aide à vous protéger contre les maladies cardiaques, le diabète, et même le cancer parce qu'elle contribue à normaliser les niveaux d'insuline dans le sang et d'améliorer votre sensibilité à la leptine.

Le jeûne intermittent augmente également catécholamines, qui augmentent votre dépense énergétique de repos tout en diminuant votre taux d'insuline. Cette graisse stockée permet d'être plus facilement comme combustible.

Avant que vous puissiez comprendre comment intermittente jeûne aide à perdre du poids, je dois vous expliquer la différence entre l'état nourri et l'état de jeûne que votre corps passe par.

Pendant l'état nourri, votre corps digère et absorbe la nourriture. Cela commence généralement lorsque vous commencez à manger et dure de trois à cinq heures après le repas parce que votre corps continue à se décomposer et absorber la nourriture que vous venez de manger. Lorsque

vous êtes dans cet état, il est très difficile pour vous de perdre du poids en brûlant les graisses parce que votre taux d'insuline dans le sang sont élevés.

Après les trois à cinq heures se sont écoulées, votre corps entre dans l'état post-absorption. Cet état dure de huit à douze heures après votre dernier repas, et il est tout simplement l'état où votre corps ne traite pas un repas.

Après cet état, votre corps entre dans l'état de jeûne. Dans cet état est très facile pour vous de brûler les graisses et perdre du poids parce que votre taux d'insuline dans le sang seraient faibles et votre corps pourrait facilement utiliser les graisses comme source d'énergie. Ceci est la raison pour laquelle tant de gens qui commencent à jeûner intermittence vont perdre la graisse du corps sans changer leur alimentation ou leurs habitudes d'exercice.

Puisque nous ne concluons pas l'état de jeûne jusqu'à au moins douze heures après un repas, il est très rare que nous entrons dans cet état alors que nous sommes sur nos plans alimentaires normales sans aucun effort directs faits. Le jeûne permet de mettre nos corps dans l'état où il est optimisé pour brûler les graisses comme source d'énergie.

Cette réduction de la graisse sera donc de réduire la quantité de leptine pompé dans le sang, en aidant à augmenter la sensibilité à la leptine. Après un certain temps, vous trouverez que le jeûne aide à normaliser votre taux de leptine et de vos niveaux de glucose dans le sang.

Il existe de nombreuses formes de jeûne intermittent; vous avez juste à choisir celui qui est bon pour vous. Certaines des formes les

plus courantes comprennent Leangains, Mangez Arrêtez Mangez, le régime Guerrier, la perte de graisse pour toujours, et L'autre jour de jeûne.

Les demandes de régime Leangains que les femmes rapides pendant quatorze heures par jour et les hommes rapide pour seize heures. Le reste du temps peut être passé à manger votre nourriture normale. Vous ne devez pas consommer des calories au cours de la période de jeûne cependant, mais la gomme sans sucre, soda, édulcorants sans calories, et le café noir sont autorisés. La plupart des gens rapide à travers la nuit, puis environ six heures après qu'ils se réveillent. Ils brisent alors le jeûne après cette période de six heures est écoulé. La plupart des gens trouvent ce programme de jeûne pour être très flexible, mais même si il ya la flexibilité, le programme de jeûne a des directives très spécifiques pour quoi manger. Ce plan de nutrition stricte peut rendre

ce programme plus difficile à respecter.

Le Mangez Arrêtez Mangez exigences des régimes de jeûne que vous rapide pour vingt-quatre heures une ou deux fois par semaine. Au cours de la période de jeûne de vingt-quatre heures, vous ne devez pas consommer les calories, même si les boissons sans calories sont autorisés.

Après vous avez terminé vos vingt-quatre heures, vous allez beaucoup revenir à votre régime alimentaire normal.

Ce plan de jeûne est également flexible, et il n'y a pas de restrictions sur ce que vous pouvez et ne pouvez pas manger. Going vingt-quatre heures sans nourriture peut être très difficile pour certaines personnes, surtout quand ils commencent juste le plan de régime. Ce plan de régime peut également causer de la fatigue, des maux de tête, et de l'anxiété au premier abord et il peut aussi rendre certaines personnes de mauvaise humeur. La période de jeûne de longue peut également faire plus de gens binge après le jeûne.

Dans le plan de jeûne Guerrier Diet, vous jeûnez pendant environ vingt heures par jour et puis manger un grand repas à la nuit. Il existe des directives sur précisément ce que vous devriez et ne devriez pas manger pendant ce grand repas pour la nuit, et il ya aussi des directives spécifiques sur l'ordre dans lequel vous mangez groupes d'aliments spécifiques. Vous devriez commencer avec des légumes, puis les protéines et les graisses alors. Si vous avez encore faim après avoir terminé ces groupes d'aliments, alors vous pouvez consommer des glucides. Lors de la vingt-heures de jeûne, vous êtes autorisé à manger des légumes ou fruits crus, quelques portions de protéines, ou de jus fraîchement pressé. Beaucoup de gens aiment ce programme de jeûne, car ils sont encore autorisés quelques collations pendant le jeûne, mais il ya des directives précises à suivre et les horaires stricts qui peuvent rendre plus difficile pour certains.

La perte de graisse jeûne plan tient toujours la meilleure partie des Leangains, Guerrier alimentation, et le plan Mangez Arrêtez Mangez et les combine tous de faire un plan. Avec ce plan de jeûne, vous obtenez un hebdomadaire de tricheur jour, et ce jour de triche est suivie par un trente-six heures de jeûne. Le reste du cycle de sept jours est subdivisée entre les différents plans de jeûne. Ce plan est grande pour certains parce que vous obtenez une journée entière de triche, mais cela peut poser un problème pour beaucoup de ceux qui peuvent trop manger le jour de triche. Ce plan peut également être un peu déroutant pour certains.

Le jeûne les jours de remplacement est assez facile et intuitive: vous mangez très peu d'un jour et puis mangez normalement le lendemain. Plus précisément, vous mangez un cinquième de votre apport calorique normale sur la journée de jeûne. Cette méthode a montré des résultats très impressionnants où la perte de poids est concernée; certaines personnes ont perdu deux livres et demie par semaine en coupant leurs calories de 20% -35%. Beaucoup de gens peuvent être tentés de se gaver le jour de leur alimentation normale, cependant, si cela peut être inconvenient de ce régime.

## **Autres fonctions de la leptine dans le corps**

La leptine est également une hormone importante qui aide à réguler le début de la puberté. Il a été observé que les femmes sous-alimentées et très minces prennent plus de temps pour atteindre la puberté que les filles avec plus de poids. En outre, les filles très minces ne peuvent ovuler au cours de leurs cycles menstruels, et certains pourraient ne jamais atteindre la puberté, avec leurs corps restants pré-pubère pour le reste de leur vie.

La leptine joue également un rôle important dans l'immunité, la fonction cardiovasculaire et le métabolisme de l'os. Il a été montré que lors d'une infection, les niveaux de leptine augmentent de façon drastique et il diminue après que le corps revient à la normale. Il a été démontré que les personnes souffrant d'insuffisance cardiaque et de certains autres problèmes cardiaques, tels que la cachexie cardiaque, ont de faibles niveaux de leptine circulant dans leurs sangs. La leptine a été prouvée pour favoriser la formation osseuse chez les humains et d'autres espèces. Il stimule les cellules qui fabriquent les os et les aide à la formation de nouveaux vaisseaux sanguins afin qu'ils puissent fournir des éléments nutritifs à l'os nouvellement formé.

## **Conclusion**

Résistance à la leptine est une complication grave qui peut dégénérer et conduire à de nombreux autres problèmes. Elle est causée par un excès de l'hormone leptine dans le sang de sorte que après un certain temps les récepteurs de l'hormone leptine deviennent insensibles à son signal. Il ya beaucoup de facteurs qui peuvent augmenter votre résistance à la leptine, mais cela ne signifie pas qu'il ne peut pas être corrigée. Avec les changements comportementaux et alimentaires à droite, vous pouvez inverser votre résistance à la leptine et de nombreuses autres hormones et récupérer votre santé, votre condition physique et votre vie.

BHomemade Body Butter: Amazing faits

maison, bio, bricolage beurres corporels pour  
une peau radieuse

*Une peau saine sans briser le Beurre Corporel*

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## **introduction**

Dans un monde plein des horaires fous et moins-que-parfait  
habitudes alimentaires, nous sommes tous coupables de négliger  
notre peau. Chaque jour, nous faisons face à un barrage constant de  
cosmétiques entreprises nous disent au sujet de la meilleure façon  
de gagner, une peau radieuse, saine plus jeune: acheter leurs  
produits. Et nous le faisons. L'industrie des cosmétiques râteaux en  
milliards de notre argent durement gagné dans nos efforts pour  
paraître plus jeune. Mais tout ce qui est vraiment nécessaire? Quel  
est exactement dans les sérums

"miracle" les entreprises vantent? Est-ce qu'ils travaillent?

Dans ce livre, je expose les entreprises de cosmétiques et leurs  
ingrédients de mystère: un cocktail chimique véritable garantie de

faire grincer des dents quiconque dans l'horreur. Non, je ne veux pas être mélodramatique. Il ya un secret d'une belle peau, bien sûr. Mais vous ne disposez pas de gagner un doctorat en biochimie à comprendre. Procurez-vous votre bouteille préférée de crème hydratante. Pouvez-vous identifier tous les ingrédients? Pouvez-vous même vous prononcer la moitié d'entre eux? C'est le problème. Nous passons tellement de temps à essayer de

«réparer» notre peau que nous ne lui donnons une chance de se fixer. Voilà ce que ce livre est tout au sujet.

Vous apprendrez comment la peau fonctionne et comment il maintient une humidité adéquate et l'équilibre de l'huile elle-même ... et ce que nous faisons tout gâcher. Vous allez apprendre la vérité derrière l'industrie des cosmétiques. Vous serez en mesure de prendre une décision plus éclairée sur la façon d'aider votre soins de la peau pour lui-même. Vous pourrez également en apprendre davantage sur une chose: ce que vous pouvez faire pour aider votre peau une apparence de son mieux!

Oui, le bricolage est à la mode maintenant, à partir de remodelage de votre salle de bain pour la construction de points d'eau et des pergolas dans votre jardin. Bricolage a également fait son chemin au soin de la peau. Je vais vous donner les outils dont vous avez besoin pour créer des produits de beauté qui laissera votre peau hydratée, éclatante, douce, élastique et jeune.

Votre peau est un organe merveilleux qui a aussi besoin d'être rénové. Vous trouverez des

recettes pour créer des beurres pour le corps, qui sont tout aussi nourrissant que des lotions, mais seulement utiliser des ingrédients que vous choisissiez. Beurres corporels ont aussi, une consistance tartinable lisse qui rend facile pour votre peau à absorber. Vous pourrez en apprendre davantage sur les ingrédients et la façon de transformer un gob d'huile végétale solide blanc en un produit de luxe qui va nourrir et transformer votre peau. Et parce que les recettes demandent des ingrédients biologiques, vous savez

exactement ce que vous mettez sur votre peau (et dans votre corps ... voir chapitre 2). Ce livre va vous montrer comment faire vos propres beurres corporels bricolage fabriqués à la main, et pourquoi vous devriez les faire!

## **Chapitre 1:**

### **Votre peau - La première ligne de défense**

Dans notre monde moderne, nous sommes constamment bombardés par des publicités promettant "une peau jeune incandescente" et un «teint radieux." Regardez tous les magazines, la télévision commerciale, ou de papier magasin de vente et vous trouverez un assortiment de lotions, potions, toniques, hydratants, et décoctions qui dépasse l'entendement. Nous sommes tellement obsédés par avoir notre peau une apparence saine que nous ignorons complètement faire réellement en bonne santé!

Donc, ce qui est une peau saine? L'industrie des cosmétiques nous fera croire que toute tache, la sécheresse, onctuosité, ou la décoloration est un problème qui doit être traité immédiatement avec un de leurs produits. La vérité est que toutes les conditions que nous rencontrons avec notre peau sont parfaitement normales. Il n'y a pas une telle chose comme la sécheresse et T-zones. Ce sont tout simplement signes que quelque chose dans le système de votre peau est hors de l'équilibre. Mais, comment voulez-vous résoudre ce problème? Cela ne veut pas une réponse simple parce que la peau est un organe très complexe. Pour comprendre pourquoi vous pouvez avoir un déséquilibre (et imperfections de la peau), vous devez savoir ce que la peau est et comment elle fonctionne.

### **Discuter de la peau**

La première chose à savoir est la fonction réelle de votre peau. Elle effectue une variété d'emplois pour nous: elle stocke les graisses et de l'eau, aide à maintenir une température corporelle constante, convertit l'énergie du soleil en vitamines, absorbe les rayons UV



nocifs, permet d'éliminer certains déchets, et contribue à transmettre des sensations.

Comment une couche seulement quelques millimètres d'épaisseur peut faire tout cela? Il est un organe complexe composé de trois couches distinctes, les vaisseaux sanguins, les terminaisons nerveuses, les follicules pileux et des glandes sudoripares. Tous ces éléments se combinent pour créer notre peau.

Alors que la plupart des gens croient que la peau nécessite une hydratation constante, qui est tout simplement pas vrai. La peau est parfaitement capable de se renouveler et de se garder hydraté.

On utilise différents types de substances pour y parvenir.

Le sébum est une substance cireuse fabriqué à partir de graisses et est l'un des principaux hydratants du cru de la peau. Sébum aide à garder les cheveux, la peau, les ongles et imperméabilisé, empêchant le séchage et la fissuration. Il contribue également à inhiber la croissance de divers micro-organismes sur la peau. Le sébum est produit tout au long de l'année, bien que le montant peut varier de saison en saison et peut également être prédéterminée par des facteurs génétiques. Ceux d'entre nous qui ont perpétuellement "huileux" peau ont fait une bonne quantité de sébum! Et même les gens qui se sentent comme leur peau est juste dégoulinant d'huile produisent seulement environ 2 grammes de sébum par an.

Peau produira sébum que nécessaire, même si nous essayons généralement d'intervenir en appliquant une autre lotion huileuse destinée à «verrouiller» l'humidité. Et de nombreuses entreprises de cosmétiques nous disent que nous avons besoin de nettoyer en profondeur la peau pour éviter les pores obstrués qui sont causés par, comme ils disent, de sébum, les cellules mortes de la peau, et les micro-organismes. Ew. Alors, nous devenons convaincus d'utiliser de produits chimiques sur notre peau. Malheureusement, ces produits chimiques interfèrent avec la capacité naturelle de la peau à se normaliser. Grinçant propre est absolument fabuleux pour nos toilettes, mais pas pour notre peau!

Alors que le sébum aide à retenir l'humidité, une autre combinaison de substances naturelles connues que le NMF (facteur naturel d'hydratation) maintient la peau hydratée et souple en attirant et en retenant l'eau. Les cellules de peau ont également des graisses et acides gras qui aident à prévenir la perte d'eau par évaporation.

Comme nous vieillissons, notre peau perd certains des acides gras de nos cellules, laissant notre sentiment de la peau sèche. Au lieu de slathering sur les films huileuses susmentionnées, nous devrions utiliser des substances qui ressemblent à des huiles naturelles de la peau, comme les acides gras essentiels. La peau normale est composé d'environ 30% d'eau, mais ce pourcentage peut augmenter en fonction d'autres facteurs. Certaines substances, comme l'acide hyaluronique (humectant, qui sera décrit plus tard), fait augmenter la quantité d'eau de la peau peut contenir.

### **Quels sont hydratants naturels?**

Pour le dire simplement, hydratants naturels sont censés travailler avec votre propre peau hydratants, sébum, et NMF pour aider à garder votre peau en parfait état. Une bonne crème hydratante va augmenter la teneur en eau de la peau, ralentir la perte de l'eau, et de rendre la peau jeune et saine. Certains peuvent même ajouter de l'humidité directement sur la peau.

Mais, ce sont hydratants en? Toute bonne crème hydratante contiendra cinq groupes d'ingrédients:

Les émoullients, qui lubrifient et protéger la teneur en humidité de la peau humectants, qui attirent l'humidité

Des activateurs de pénétration qui améliorent l'absorption de la peau des ingrédients Les émulsifiants qui maintiennent les ingrédients mélangés

Les ingrédients actifs, qui sont ajoutés à d'autres fins spéciales

### **Émoullients**

Le groupe le plus important, les émoullients, effectuer de nombreux emplois dans une crème hydratante. Ils aident à maintenir la teneur en eau de la peau, ils guérissent et hydrate, et ils se ramoullissent. Émoullients infiltrer réellement dans et de remplir toutes les fissures entre les cellules mortes de la peau. Les meilleures sources naturelles émoullientes sont la lécithine (à partir d'oeufs ou de soja non-OGM), l'huile d'olive, l'huile de ricin, l'huile de jojoba et l'huile de coco.

L'une des substances «miracles» utilisées comme émoullient est de la vaseline ou une huile minérale. La gelée de pétrole est un produit pétrolier. Essentiellement, enduire de vaseline sur votre peau crée un film plastique étanche à l'eau sur votre peau qui conserve toutes les cellules mortes de la peau, le sébum et autres saletés (y compris les bactéries et la sueur) dans votre peau.

Alors que beaucoup de gens vantent les merveilles de la gelée de pétrole, l'amère vérité est qu'il ne soit pas absorbé, il ne guérit pas, adoucir, apaiser, ou hydrater votre peau: elle couvre juste en haut les imperfections de votre peau.

## **Humectants**

Les humectants attirent l'humidité de l'air en combinant chimiquement avec elle et le maintien de l'humidité sur la peau. Ils libèrent lentement l'eau que la peau l'exige, presque comme un système d'arrosage des plantes à libération prolongée.

Les meilleurs agents hydratants naturels sont la glycérine et l'alcool de sucre (sorbitol). La glycérine est une substance naturelle dérivée d'huiles végétales. Il est également un sous-produit de l'industrie du savon commercial (ils enlèvent cette substance merveilleuse), ou il peut être acheté à tout savon artisanat magasin ou site web offre. Humectants fonctionnent de deux manières: ils aident la peau absorbent l'humidité de l'air et ils aident l'absorption d'eau dans les couches profondes de la peau (l'épiderme).

Un autre produit pétrolier souvent utilisé comme agent humectant est le propylène glycol (PG). Il est un irritant connu de la peau et il peut même causer l'inflammation des yeux. Le propylène glycol ne doit jamais être utilisé sur la peau, et encore moins sur la peau sèche ou endommagée.

## **Activateurs de pénétration**

Activateurs de pénétration aident les ingrédients à pénétrer la peau. L'eau est l'un des meilleurs promoteurs de pénétration, comme le sont certaines huiles essentielles comme la camomille et la menthe poivrée. Mais, d'autres activateurs de pénétration grandes comprennent l'huile de foie de morue, le squalène (à partir de l'huile d'olive), et les acides gras comme l'acide linoléique, oléique et les acides arachidonique.

## **Émulsifiants**

Nous savons tous que l'huile et l'eau ne se mélangent pas. Mais hydratants sont faites d'huiles et de l'eau! Émulsifiants seront garder l'huile et de l'eau combinée à une consistance lisse, sans séparer. L'émulsifiant le plus connu est la cire d'abeille. La cire d'abeille chauffée liera huile et l'eau ensemble. D'autres émulsifiants naturels comprennent la lécithine (qui fonctionne à double devoir comme un émoullient), cires de plantes, y compris l'alcool cétéarylique, cétéarylglucoside, cetearyl olivate, coco caprylate / caprate de noix de coco, le cholestérol, et des extraits d'algues.

## **Ingrédients actifs**

Les ingrédients actifs sont les bonus ajoutés et des ingrédients de spécialité dans hydratants. Ils sont ajoutés à des fins spécifiques telles que Sun-blocage, anti-vieillesse, anti-inflammatoire, antibactérien, et des fonctions antioxydantes. Beaucoup de ces substances ne emplois multiples et peut aider à d'autres fonctions. Par exemple, le thé vert, non seulement fournit des propriétés anti-vieillesse, il contribue également à améliorer les propriétés de protection des écrans minéraux.

## **Chapitre 2:**

### **La vérité sur**

#### **Hydratants commerciales, alias "pétrochimiques cocktails"**

Dans le premier chapitre, nous avons mentionné quelques-uns des produits pétroliers couramment utilisés dans les crèmes hydratantes. Mais, il ya beaucoup plus de produits chimiques provenant de diverses sources utilisées dans les produits hydratants commerciales qui sont connus pour être irritants (de l'œil, de la peau, du nez, ou du système respiratoire), les substances cancérigènes, toxiques pour la reproduction, des neurotoxines, les toxines respiratoires, les toxines du système immunitaire, et de l'environnement toxines. Certains sont interdites dans l'Union européenne. Certains sont interdits au Canada et au Japon. Et certains sont interdits aux États-Unis.

Le problème est que la plupart des hydratants ne contiennent pas un ou deux ingrédients: il ya beaucoup d'ingrédients qui se combinent pour créer un cocktail toxique, qui est complète avec des activateurs de pénétration d'assurer que tous ces produits chimiques sont facilement absorbés dans votre peau. Mais, hydratants sont pas les seuls produits que nous appliquons à nos corps, non? Qu'en est-il des lotions, savons, gels douche, shampooings, revitalisants, crèmes de rasage, cosmétiques, déodorants, parfums, eaux de Cologne, et ainsi de suite? Regardez tous ces produits de soins personnels: nous multiplions les effets des cocktails toxiques! Chacun de ces articles de toilette est chargé avec les ingrédients! Voyez-vous pourquoi votre peau est criant pour le soulagement?

Juste pour le plaisir, je attrapé une bouteille de crème hydratante de marque hors de la salle de bain de ma mère. Ce sont les ingrédients et de leurs effets possibles. Gardez à l'esprit que cette est commercialisé pour apaiser et guérir la peau sèche. La bouteille a même dit «testé dermatologiquement pour une belle peau.»

Eau: activateur de pénétration naturelle (un bon ingrédient)  
Glycérine: humectant naturel (un autre bon ingrédient)

Acide stéarique: émulsifiant naturel de la plante (de préférence) ou de source animale (bonne) Glycol Stearate: fabriqué à partir de l'acide stéarique; peut provoquer une irritation chez les personnes sensibles

L'huile minérale: peut causer le sang et le cancer de la peau chez les animaux; irritant la peau /

des yeux; produit de pétrole; toxine environnementale non biodégradables Triéthanolamine (TEA): peut causer lymphatiques ou rénaux tumeurs chez les animaux; irritant la peau / des yeux, même à petites doses; souvent contaminé par 1,4-dioxane Glyceryl Stearate: affaiblit la peau; irritant oculaire et pulmonaire

Diméthicone: produits pétroliers; toxine environnementale Vaseline: produits pétroliers; irritant les poumons en cas d'inhalation; toxine environnementale non biodégradables

Alcool cétylique: peau et irritant oculaire

Silicate de magnésium aluminium: sel d'aluminium (voir ci-dessous); la peau douce / irritant pour les yeux

Parfum: (voir ci-dessous)

Hydantoïne DMDM: contient du formaldéhyde; cancérigène; peau, des yeux et des poumons irritant; la toxine de l'environnement; peut être contaminée avec du 1,4-dioxane; interdite au Canada et au Japon

Carbomère: doux peau / irritant pour les yeux

EDTA tétrasodique: contient du formaldéhyde; cytotoxique, irritant pour les poumons, génotoxique chez les animaux; renforce la peau; la plus répandue dans les voies navigables toxine

Methylparaben: peau et irritant oculaire; perturbateur endocrinien lié au cancer de l'ovaire et du sein; toxine environnementale

Iodopropynyl Butylcarbamate: contient DEA (diéthanolamine, liée à des anomalies cérébrales chez les animaux); la dermatite allergique; toxine gastro-intestinal et le foie; peut être contaminée avec du 1,4-dioxane; utilisation restreinte au Japon

Stearamide AMP: pas de toxicité connue; fabriqué à partir de l'acide stéarique  
Feuille d'aloès jus: aloe naturel (bonne)

Cucumis sativus Fruit Extrait: concombre (bonne)

Dioxyde de titane: récemment reclassé comme potentiellement cancérigène par inhalation

## **Décomposant**

En lisant les ingrédients de cette crème hydratante, voyez-vous ce que je voulais dire par un

«effet combiné?» Regardez tous les irritants la peau, du poumon, et des yeux. Comment la plupart des ingrédients sont associés à des tumeurs et des cancers? Combien sont les toxines environnementales? Et ce fut seulement d'un produit!

Une chose à garder à l'esprit ici est que tout produit de soins personnels, indépendamment de savoir si il est appelé «biologique», «écologique», «hypoallergénique» ou «naturel», peut encore contenir ces produits chimiques. Soyez sûr de vérifier les produits pour bébés et des produits de nettoyage, aussi. Plusieurs fois, leurs listes d'ingrédients sont juste comme celle-ci.

## **Risques Multipliez par absorption**

Alors que les gourous de l'industrie des cosmétiques garantissent aux consommateurs que leurs produits sont sûrs, la vérité est que ces produits "sûrs" peuvent être très bien sur la surface de votre

peau. Mais, ne sont pas censés hydratants à tremper dans la peau pour la rendre douce? Et que dire du cocktail toxique inclus dans la crème hydratante? Où faut-il aller?

Lorsque les produits sont absorbés par la peau, tous les trucs nuisibles va droit avec elle. La peau contient des vaisseaux sanguins et les ganglions lymphatiques. Les produits chimiques sont absorbés dans le système lymphatique et est transporté dans tout votre corps. Maintenant, le cocktail chimique chargé avec des produits chimiques cancérigènes et nocifs circule dans le sang et peut affecter toutes les parties de votre corps! Ce lotion apaisante peut maintenant vous empoisonner de l'intérieur. Ceci est une révélation. Gardez à l'esprit quand vous apprenez à propos de certains des pires contrevenants.

### **Les pires contrevenants**

Beaucoup de produits commerciaux comprennent des ingrédients tels que ceux énumérés ci-dessus. Mais, il ya quelques substances qui sont répandues et posent un risque pour la santé potentiellement plus que d'autres. Je vais énumérer les délinquants les plus communément trouvées afin que vous puissiez vous familiariser avec les noms, leurs risques, et où ils se trouvent. Dans le temps, vous serez en mesure de les repérer en un tournemain!

Bien que les produits sont vendus pour être utilisé sur les humains, presque tout le test est effectué sur des animaux - rats, habituellement. Et, les fabricants de cosmétiques sont responsables de faire en sorte que leurs produits sont sûrs. Mais, contrairement aux médicaments, la sécurité réelle des cosmétiques est découvert après qu'ils sont déjà sur les tablettes.

Alors qu'il ya eu substances retirées de cosmétiques pour la toxicité, la plupart du temps, les fabricants reformulera le produit "fautif". Cela montre qu'ils sont bien conscients des dangers potentiels des cocktails chimiques qu'ils fabriquent. En fait, dans 67 ans, les États-Unis a interdit seulement 9 ingrédients utilisés dans les produits de soins personnels.



Et parce que les produits chimiques ne sont pas toujours efficacement éliminés par le corps, les dangers ont tendance à accumuler. Porte-parole de l'industrie des cosmétiques se plaignent que les médias dramatisent des réclamations concernant des produits dangereux. Mais, preuves scientifiques à l'effet contraire est de montage.

Par exemple, la recherche médicale a montré que les parfums synthétiques (généralement des alcools, les produits pétroliers, et toute une série de produits chimiques) peuvent déclencher de l'asthme. Les produits chimiques dans la teinture des cheveux sont connus pour provoquer le lymphome et le cancer de la vessie. Ingrédients dans les tissus des dommages oculaires de shampooing. Les phtalates (produits pétroliers) sont trouvés dans l'urine humaine. Le tissu du cancer du sein a nourri produits chimiques antibactériens (Triclosan) et comme les parabens. Un produit chimique connu pour perturber les hormones utilisées couramment dans les «parfums», xylène, se trouve dans le lait maternel humain!

### **Le 1,4-dioxane**

Le problème avec ce produit chimique est qu'il est jamais inclus dans une liste d'ingrédients.

Pourquoi? Il est en fait un sous-produit du procédé de fabrication qui oxyde d'éthylène (un produit de pétrole) pour produire à partir de douceur ingrédients difficiles. Le processus est appelé éthoxylation, et il est essentiellement un raccourci pas cher utilisé par les fabricants de produits de soins personnels.

La FDA et le département américain de l'Agriculture sont pleinement conscients de la présence étonnante de 1,4-dioxane dans les produits de soins personnels. L'État de Californie a classé comme probablement cancérigènes et mutagènes. Les règlements fédéraux évaluer la puissance du 1,4-dioxane à être égal à ou supérieur au risque imposée par de nombreux pesticides! Pour cette raison, la FDA a suivi les niveaux de 1,4-dioxane depuis 1979.

Mais, comment pouvons-nous trouver? Vous devez être comme Sherlock Holmes et de lire vos étiquettes. Depuis le processus qui crée 1,4-dioxane est "éthoxylation," chercher des produits chimiques qui ont le suffixe "-eth": laureth, oleth, cetareth, etc. Très probablement, ces produits chimiques seront un test positif pour le 1,4-dioxane

## **Phtalates**

Les phtalates sont des composés pétrochimiques fabriqués et vendus dans le monde entier. Ils sont partout. Beaucoup de produits autour de nous sont faites de phtalates y compris les canards en caoutchouc, rideaux de douche, des vêtements, des meubles, des écouteurs électroniques, et un éventail étourdissant de produits de soins personnels comme le parfum, le vernis à ongles, et la laque. Ce «odeur de voiture neuve?» Yep, qui est parmi les phtalates! Les phtalates sont connus pour être toxiques pour la reproduction et peuvent causer le dysfonctionnement sexuel, des malformations congénitales et d'autres maladies, y compris le syndrome des ovaires polykystiques, une diminution du nombre de spermatozoïdes, le cancer des testicules, résistance à l'insuline masculin, l'obésité abdominale, l'infertilité et le cancer du sein.

«Phtalates» sont également pas mentionnés dans la liste des ingrédients. Ils sont généralement énumérés comme le phtalate de di-n-butyle (DBP abrégée d) et de di (2-éthylhexyl) phthalate (DEHP abrégée). Habituellement, cependant, ils se déguisent comme ingrédient fantôme sous le nom ambigu de «parfum».

L'Union européenne a interdit l'utilisation de deux types de phtalates, mais les entreprises de cosmétiques utilisent encore tous les autres. Certains fabricants européens comme Louis Vuitton Moët Hennessey-(LVMH) sont retire volontairement tous les phtalates de leurs produits cosmétiques. Les entreprises de cosmétiques à base de États-Unis ne sont pas si désireux de retirer les phtalates de leurs produits, en disant que l'interdiction européenne est «inutile».

## **Aluminium**

Bien qu'il n'y ait rien de pire que les aisselles en sueur et funky, nos antisudorifiques peut poser d'autres problèmes plus graves et. Presque tous les antisudorifiques commerciaux contiennent un peu de sel d'aluminium, jusqu'à une concentration de 25%. Aluminium favorise la sécheresse grâce à l'application des ions aluminium (le formulaire qui se trouve dans les sels) à la peau. Ces ions provoquent les cellules d'absorber l'eau et à la houle. Le gonflement ferme effectivement les pores, empêchant la sueur.

Donc, ce qui est si mal à ce sujet? Nos aisselles ne pue pas, de sorte que les antisudorifiques en aluminium font très bien leur travail. Oui, mais l'aluminium est une neurotoxine très forte. Il obtient également absorbée par les ganglions lymphatiques et les déplacements dans le corps.

Aluminium affecte la barrière hémato-encéphalique et l'élimination des toxines (de la sueur il bloque). L'aluminium dans les antisudorifiques, en particulier lorsqu'il est combiné avec des antiacides contenant de l'aluminium, est maintenant connu pour contribuer au développement du cancer du sein et la maladie d'Alzheimer!

**Propylène Glycol (PG) et le polyethylene glycol (PEG)** Ces deux substances sont des produits pétrochimiques, très souvent utilisés dans les produits de soins personnels - de lingettes pour bébé aux lubrifiants personnels. Ils sont facilement biodégradables, ce qui est probablement leur seule qualité de rachat. Bien qu'ils soient considérés comme sûrs pour être utilisés dans les cosmétiques, les deux sont également utilisés comme conservateurs alimentaires.

Ils peuvent provoquer une dermatite de contact sévère, mais qui est pas tout. Les deux peuvent être contaminés par 1,4-dioxane. Les deux sont aussi souvent contaminé par des métaux lourds comme le plomb, le cobalt, le fer, le nickel, et l'arsenic. Le polyéthylèneglycol contient souvent de petites quantités d'un autre glycol, le diéthylène glycol, qui est toxique pour les animaux et les plantes.

Alors que la plupart des gens ne sont pas des problèmes avec le propylène glycol et le polyéthylène glycol, les risques augmenter de façon spectaculaire quand une personne a endommagé la peau, en particulier brûlé. Tant le propylène glycol et le polyéthylène glycol peuvent provoquer des réactions graves si elle est utilisée sur la peau brûlée. Et, le polyethylene glycol peut aggraver l'eczéma et l'acné, car il peut en fait se rompre les cellules de la peau

## **Parfums synthétiques**

Dans un monde où l'on peut acheter à peu près tout parfumé, nous sommes constamment en contact avec les parfums synthétiques. Il n'y a plus de 5000 produits chimiques utilisés dans l'industrie de la parfumerie, mais seulement environ 1,300 ont été testés pour la sécurité.

Fragrance artisanat est devenu un art, et les secrets sont jalousement gardé. Rarement seront fabricants divulguer leurs formules de parfum, même à des fonctionnaires de la santé! Après tout, parfums déclenchent des réactions chimiques dans notre cerveau, alors pourquoi un fabricant révéler leurs recettes secrètes?

Le problème est que, tandis que les composés odorants synthétiques peuvent causer une multitude de sensibilités et des allergies, de nombreux composés parfaitement naturels et biologiques (comme les huiles de roses et de cannelle) peut causer autant de problèmes.

Il ya une énorme liste de produits chimiques qui composent «parfum» et «parfum». La plupart sont modérés à sévères allergènes et peuvent provoquer des éruptions tout à une détresse respiratoire et une diminution de la pression artérielle! Aucun produit parfumé est à l'abri contenant un nombre quelconque de ces composés. Et, comme je l'ai mentionné plus tôt, la plupart des produits chimiques d'origine naturelle de fruits, de fleurs et de plantes, peut être tout aussi mauvais!

## **Chapitre 3:**

## **Prendre en charge et Revitalize**

### **Votre peau de la Voie Droite**

Après le dernier chapitre, vous vous demandez probablement à propos des alternatives plus saines. Si les produits que vous achetez causent beaucoup plus de problèmes qu'ils résolvent, est-il un moyen de récolter les avantages escomptés sans toutes les ordures? Peut-on personnaliser un hydratant qui a fait les ingrédients délicieux notre peau a besoin sans toutes les toxines et les produits chimiques inclus?

Oui! Telle est la beauté de bricolage! Vous pouvez mettre ce que vous voulez dans la formulation. Vous pouvez choisir combien et quels types de substances à ajouter. Vous pouvez utiliser des matériaux standards ou vous pouvez aller tout organique. Vous pouvez ajuster les pourcentages d'ingrédients pour répondre à vos propres besoins. Il est entièrement à vous!

Dans le premier chapitre, nous avons décrit ce que la peau est constituée de et les meilleurs types de substances à utiliser. Vous pouvez adopter votre crème hydratante à votre propre goût et les préférences. Et, vous pouvez changer la crème hydratante que votre peau change.

Maintenant que vous savez que vous pouvez éliminer beaucoup de produits chimiques dangereux de vos produits de soins de la peau, vous voulez probablement commencer. Vous voulez savoir où trouver les matériaux. Et vous voulez savoir ce que l'équipement dont vous aurez besoin pour faire votre propre crème hydratante.

Seront répondues dans ce chapitre ces questions. Depuis le livre est sur beurres pour le corps, je vais énumérer les outils nécessaires du métier et une description des ingrédients les plus communs. Ces éléments vous permettront de créer votre propre, de bonne foi, beurre corporel adoucissant.

### **Équipement**

Toutes les recettes de ce livre peut être fait avec quelques pièces d'équipement. Vous avez probablement déjà la plupart de celui-ci comme des pots et des casseroles, un bain-marie (ou un équivalent suffisant), spatules en bois, cuillères à mesurer, tasses à mesurer, etc. Il ya des équipements spécialisés qui peuvent ne pas être nécessaire, mais il fera de votre vie plus facile ...

et faire le travail plus rapidement.

Voici quelques choses que je vais recommander. Je vais les énumérer par point et ajouter l'utilisation (s) prévue. Beaucoup de choses peuvent servir à plusieurs fins dans la procédure. Je vais aussi faire une note sur les matériaux. Parce que vous serez en utilisant des huiles essentielles et en chauffant les ingrédients, la prudence dicterait prêter attention aux avertissements et restant sur le côté sécuritaire. Par exemple, pour des bols et des pots, je vous conseille d'utiliser émail, inox ou verre / pyrex. Ces matériaux sont très faciles à nettoyer, ils ne réagissent pas avec les huiles essentielles, les parfums des huiles ne seront pas s'attarder (plastique est tristement célèbre pour la tenue odeurs), et ces matériaux peuvent résister à bien la chaleur.

Bols: différentes tailles sur un plus petit; pour mélanger et fouetter.

Petite échelle: pour mesurer les matériaux en poids.

Fouets: pour mélanger et fouetter; l'acier inoxydable est la meilleure.

Mixer: autonome, batteur à main, ou un bâton mélangeur pour mélanger et fouetter.

Mortier: marbre semble résister à l'écrasement, la pulvérisation, et de broyage de graines et de sucres meilleures que celles en porcelaine ou en porcelaine dure.

Pipettes: travail du verre ou jetable mieux; verre ne tiendra pas parfum et vous pouvez jeter les piles jetables après mesure de gouttes de vitamines ou d'huiles essentielles.

Processeur alimentaire: pour le mélange, réduire en purée et mélange des ingrédients.

sacs de pâtisserie: pour transférer des beurres corporels fouettée dans des conteneurs sans le gâchis de l'aide d'une cuillère.

bocaux avec couvercles des conteneurs pour vos beurres.

Il est également conseillé de chauffer les huiles sur le feu au lieu d'utiliser un micro-ondes. Les micro-ondes ont tendance à surchauffer les huiles ou les chauffer de façon inégale. Ne jamais chauffer les huiles plus de chaleur directe: toujours utiliser un bain-marie pour un réchauffement doux. Vous souhaitez chauffer les huiles seulement à fondre et à mélanger les matières solides, de ne pas les faire bouillir.

### **Ingrédients de base**

En tout état de beurre pour le corps (ou un produit de soins de la peau) recette, il ya plusieurs ingrédients différents. Bien sûr, les ingrédients les plus évidentes sont les huiles. Il ya aussi d'autres substances qui peuvent être ajoutées comme ingrédients de bonus, tels que des antioxydants (conservateurs), des émulsifiants, et de senteurs. Comme indiqué dans le chapitre précédent, éviter les huiles de parfum de synthèse - ils sont presque jamais organique ou bon pour votre peau. Les huiles essentielles pures sont de meilleurs choix, avec des huiles essentielles bio étant le meilleur choix.

Je dois également souligner l'importance d'acheter des ingrédients qui sont organiques et non-OGM (organismes génétiquement modifiés). Ces règles générales applicables: seulement acheter de sources fiables indiquant clairement leurs produits; plus fraîche est mieux; organique est mieux pour minimiser la contamination possible par des produits chimiques comme les pesticides; prêter attention à la durée de vie! Oui, les ingrédients et le corps des beurres eux tous ont des durées de conservation.

Si vous utilisez de l'eau dans une recette, distillée ou filtrée est meilleure. L'eau du robinet et de l'eau minérale sont chargés avec des impuretés que vous ne voulez certainement pas dans vos produits de soins de la peau.

Dans les recettes de beurres pour le corps, je l'ai fait une liste de quelques-uns des ingrédients les plus communs et je les ai décrites dans cette section. Il explique pourquoi ces ingrédients sont bon pour votre peau et pourquoi vous devriez les utiliser. Elles sont répertoriées par type. Ceci est loin d'être une liste exhaustive: seulement les ingrédients les plus communs utilisés dans le corps de beurre recettes que je vous donne. Le dernier chapitre servira de guide de ressources à des sites Web où vous pouvez acheter les ingrédients, ainsi que quelques conseils d'achat sur la façon d'économiser de l'argent lorsque vous commandez (par exemple de petites quantités par rapport aux achats en vrac).

## **Huiles / Butters**

Le beurre de karité provient de l'écrou de l'arbre de karité africain. Il a une très forte concentration d'acides gras inamovibles qui ont été utilisés pendant de nombreuses années pour apaiser, nourrir, guérir, de rajeunir, et hydrater. Le beurre de karité est disponible en deux formes: raffinée et brute (non raffiné). Beurre de karité raffiné a pas d'odeur, tandis que le beurre de karité brut a une odeur de noisette. Si elle est correctement stockée, beurre de karité a une durée de vie de plusieurs années.

L'huile de coco (ou de beurre) est un solide à température ambiante qui fond facilement à la température du corps. Il a une forte odeur qui est merveilleux dans beurres corporels. L'huile de coco est une huile plus lourde que ne pas absorber dans la peau aussi facilement, et donc il peut obstruer les pores chez certaines personnes. Il ajoute de la substance à des huiles plus légères dans les recettes de beurre pour le corps à équilibrer la cohérence. Il existe différents types (fractionnées ou non fractionnées), les qualités et les températures de fusion de l'huile de noix de coco. Tous les types serait probablement approprié dans beurres pour le corps, mais faire



un peu de lecture pour déterminer le type qui convient le mieux à vos besoins.

Huile d'amande douce (ou tout simplement l'huile d'amande) est une huile très légère riche en oméga-6 et oméga-9 acides gras. Il est largement utilisé dans les produits de soins de la peau, car il est aussi une merveilleuse source de vitamine E. Elle hydrate la peau en réduisant la perte d'eau par évaporation et est excellent pour une utilisation sur tous les types de peau. Soyez conscient qu'il est une huile de noix et peut provoquer des réactions allergiques chez les personnes allergiques aux noix!

Le beurre de cacao est une graisse très stable en raison de son incroyable concentration d'antioxydants. Il est souvent utilisé en combinaison avec d'autres huiles dans les produits de soins de la peau pour empêcher le mélange de rancissement. Il a de magnifiques propriétés émollientes couplées avec la forte odeur de chocolat! Cependant, il est également livré sous une forme désodorisée. Il est solide à température ambiante mais fond à la température du corps.

L'huile d'olive est aussi largement utilisé dans les produits de soins de la peau en raison de son acide gras (oléique) concentration et des propriétés antioxydantes. Il existe différentes formes de

l'huile d'olive qui peuvent être utilisés dans des produits de soins de la peau. La forme la plus commune est que l'huile d'olive extra vierge. Ce type est non raffiné et possède un arôme caractéristique forte. Il est également de la qualité alimentaire. Grignons d'olive à huile est en fait la forme raffinée. Il conserve les nutriments et a un parfum très fade encore. Les deux types sont différentes nuances de jaune verdâtre en couleur.

L'huile de jojoba est en fait une cire gras très riche en vitamine E. Il a une durée de vie presque illimitée. L'huile de jojoba ressemble aux huiles se trouvent normalement dans la peau humaine, de sorte qu'il est facilement absorbé sans sensation de gras. L'huile de jojoba ne pas obstruer les pores et, en fait, est utilisé pour traiter l'acné. Le

sébum est produit plus largement sur le visage et le cuir chevelu, ce qui peut causer de l'acné et de tout les points noirs, à des pellicules, la peau grasse et les pores dilatés, dont aucun ne sont attrayants. Des études ont montré que l'utilisation régulière d'huile de jojoba peut former vos glandes sébacées de produire effectivement moins de sébum et réduire les pores! L'huile de jojoba est naturellement de couleur dorée, mais peut être affinée dans une huile claire.

L'huile de noyau d'abricot est une huile assez léger avec un léger parfum de noisette qui est extrêmement riche en vitamine A et des acides gras oléique / linoléique. Il absorbe aussi bien dans la peau, les cheveux et le cuir chevelu sans laisser de résidu gras. L'huile de noyau d'abricot est aussi souvent substitué à l'huile d'amande douce pour les personnes allergiques aux noix. Il est également très approprié pour une utilisation sur une peau irritée ou sèche.

L'huile d'avocat est largement utilisé dans les produits de soins de la peau, car il a tendance à pénétrer la peau en profondeur tout en fournissant une dose copieuse de vitamine E et de l'acide oléique. L'huile d'avocat est souvent utilisé pour traiter la peau très sèche et la peau qui a été endommagée par le soleil. Non seulement il contient de la vitamine E et de l'acide oléique, il contient également de l'acide linoléique, de potassium et de minéraux.

L'huile de pépins de raisin est un sous-produit de la production commerciale de vins. L'huile est riche en acide linoléique, vitamine E, et un ensemble très excitant de composés appelés OPC

(complexes de proanthocyanidin oligomères). Les OPC sont des antioxydants considérés comme beaucoup plus efficace que les vitamines C et E. Dans les produits de soins de la peau, l'huile de pépins de raisin est léger, pénétrant, et nourrissante sans laisser de résidu gras. Pour les personnes qui utilisent coup-cheveux, défrisage, fers à friser, ou d'autres dispositifs de chauffage,

de pépins de raisin peut aider à protéger vos cheveux contre les dommages de la chaleur en raison de sa résistance à la chaleur.

## **Huiles de spécialité / Butters**

Beurre de mangue est riche en antioxydants et est utilisé pour cibler, endommagées, ou vieillissement de la peau sèche irritée. Il est un solide à température ambiante mais fond à la température du corps.

Huiles de noix qui ne sont pas utilisés aussi souvent peuvent encore être merveilleux à ajouter à beurres corporels. Certains des huiles de noix les plus courants sont considérés comme des ajouts luxueux: kukui huile de noix, huile de noix de macadamia, huile tanamu de noix, huile de noix et l'huile de noisette sont d'excellents exemples. Huiles de noix contiennent de la vitamine E et des acides gras. Beaucoup ont un parfum de noisette caractéristique, et certains peuvent être très forte. Les huiles peuvent être coûteux, mais sont seulement utilisé dans de petites proportions à d'autres huiles et beurres dans une recette. Ils ajoutent soyeux aux recettes.

Il ya aussi d'autres huiles d'origine végétale qui peuvent ajouter de vitamines, minéraux, acides gras et de nutriments pour vos produits de soins de la peau. Parce qu'il ya tellement de nombreux exemples, je vais faire une table au lieu de les énumérer individuellement.

L'huile d'argan (huile marocaine)

L'huile de babassu

Huile de cameline

huile de castor

L'huile d'onagre

L'huile de chènevis

Huile de graines de Meadowfoam

L'huile de neem

L'huile de graines de citrouille

L'huile de carthame

Huile de tournesol

L'huile de germe de blé

### **La cire d'abeille**

La cire d'abeille est un émulsifiant, comme décrit plus haut, mais il porte plusieurs chapeaux. Il travaille sans relâche dans les produits de soins de la peau sur une variété de niveaux. Il scelle l'humidité dans la peau et aide à guérir la peau endommagée. Il ne bouche pas les pores. Parce qu'il contient de la vitamine A, des propriétés anti-inflammatoires, anti-allergènes, et antioxydantes, est idéal pour les personnes atteintes, peau irritée, enflammée.

### **Huiles essentielles**

Les huiles essentielles ajoutent plus que juste un parfum à vos produits de soins de la peau.

Beaucoup d'huiles essentielles offrent une variété de guérison, apaisante, nourrissante, revitalisant, et des propriétés rajeunissantes au produit. Parce que les huiles essentielles sont très différents, il est impossible de les énumérer par type ou même par la propriété. Mais je vais vous donner quelques directives générales sur le choix d'huiles essentielles.

Même si les huiles essentielles sont naturels, ils peuvent encore provoquer des réactions allergiques ou d'autres problèmes chez les personnes qui y sont sensibles. Ils peuvent être falsifiées par certaines entreprises. Certaines huiles essentielles sont bio. Certaines huiles essentielles sont toxiques. La meilleure règle pour considérer une huile essentielle est de lire à ce sujet en premier.

La première chose à déterminer est de savoir si l'huile est l'huile essentielle pure ou si elle a été

"trafiqué" avec d'autres substances ou de ces huiles "parfum" embêtants. Beaucoup de fournisseurs réputés décriront l'huile, le lieu d'origine, processus de fabrication (pressage, distillation, etc.), la durée de vie, et toute autre information pertinente. Le meilleur outil pour choisir des huiles essentielles est votre nez. Est-ce que le parfum odeur vrai? Une odeur géniale?

Une odeur fraîche ou périmé? Aimez-vous réellement l'odeur?

Une fois que vous déterminez les huiles que vous souhaitez utiliser, assurez-vous de les stocker correctement. Cela permettra d'assurer la meilleure qualité tout au long de la durée de vie suggéré. Les huiles essentielles sont très forts et ne doivent jamais être appliqués directement ou traitées directement par la peau nue. Certaines huiles essentielles peuvent tacher. Certaines huiles essentielles peuvent affaiblir plastique, donc je toujours utiliser acier inoxydable ou verre / pyrex.

Les huiles essentielles peuvent varier en force, l'odeur et la couleur en fonction de l'origine (lavande française sent différente de lavande bulgare), processus de fabrication (ylang ylang je huile essentielle est très différente de celle de l'ylang-ylang III de l'huile essentielle), et le type (huile essentielle de rose est différente de rose de Damas huile essentielle). En outre, certaines huiles essentielles ne doivent pas être utilisés par les femmes enceintes. Armez-vous de l'information est toujours une bonne idée, surtout quand il vient aux huiles essentielles.

## **Autres additifs**

Il ya un certain nombre d'autres substances qui peuvent être ajoutés pour améliorer l'efficacité de vos produits de soins de la peau. Certains peuvent ajouter des propriétés cicatrisantes et apaisantes (comme le miel), ou des propriétés antioxydantes (comme le thé vert). Additifs peuvent être des fleurs, des herbes, des fruits, des noix, des algues, des épices, ou d'autres sources naturelles. Ils sont ajoutés pour augmenter les propriétés nutritives et hydratantes de

votre produit fini. Additifs comprennent également tout colorant vous souhaitez ajouter.

Alors que beurres corporels acquièrent généralement leur valeur à partir des huiles et beurres utilisés, l'addition d'un ingrédient spécial peut prévoir que facteur de personnalisation supplémentaire à vos besoins de produits. Parfois, un beurre corporel peut avoir besoin de la puissance d'un écran solaire supplémentaire, de sorte que vous pouvez ajouter un métal conçu à cet effet, tels que le magnésium ou le dioxyde de titane. (Rappelez-vous d'éviter les produits d'aluminium!)

Peut-être que vous souhaitez atteindre, une sensation soyeuse sec à votre beurre corporel. L'ajout d'amidon de maïs peut fournir la texture que vous désirez. Amidon de maïs naturel est une poudre, d'origine végétale qui peut être utilisée comme épaississant ainsi. Féculé de maïs a une sensation glissante et peut absorber l'excès d'humidité ainsi que la poudre de talc. Gel d'Aloe vera est un autre excellent ajout à beurres pour le corps pour son refroidissement et des propriétés curatives.

Mais, ce livre aborde également d'autres produits de soins personnels au chapitre 5. La liste des additifs pour ce chapitre, sera beaucoup plus longue que la liste des beurres corporels. Ceci est parce que vous pouvez avoir besoin de différentes substances pour revitaliser vos pieds fatigués et endoloris, que vous le feriez pour guérir vos coudes secs! Donc, ce chapitre aura ses propres listes et les descriptions.

Encore une fois, vous voulez garder vos additifs en ligne avec le reste de votre produit. Vous ne voulez pas de créer un produit entièrement organique, puis ajouter quelques gouttes de colorant alimentaire artificiel en elle! Il ya beaucoup de colorants naturels disponibles à partir de sources végétales et naturelles. Être Sherlock Holmes et d'enquêter sur le meilleur colorant de votre

produit est le meilleur moyen de garantir la plus haute qualité et la sécurité. Certains pigments naturels peuvent être tout aussi toxique,

donc soyez sûr de lire à leur sujet. Et plusieurs fois, vous aurez à préparer le colorant en ajoutant la substance à l'huile, bouillante, ou par d'autres moyens.

Soyez conscient de tout ce que vous ajoutez à ce point! Le parfumer et la coloration sont les additions finales à votre produit, alors ne soyez pas pressé d'ajouter tout ce que vous pouvez trouver. Rester vigilants.

## **Chapitre 4:**

### **Vous donner une tape - Recettes pour vos**

#### **Homemade beurres corporels**

Alors que de nombreuses recettes affirment que le beurre corporel est crémeuse et non fouettée, il n'y a rien de dire que toute recette pour un beurre corporel ne peut être fouettée. Il est une question de préférence: vous aimez la texture lisse et dense de crème ou vous aimez la lumière, texture aérée du beurre fouetté? Comme dans tout le reste de bricolage, vous décidez ce que vous voulez et comme vous voulez. Vous ne disposez pas de ce choix quand il vient à pré-faites, les produits préemballés. Vous obtenez la façon dont il vient, comme lui ou elle forfaitaire. Dans ce chapitre, je vais fournir à la fois la recette et tout, des informations pertinentes supplémentaires sur la recette, comme fins, propriétés de soleil capacité de blocage, apaisant, et même la comestibilité!

Beaucoup de recettes de beurre corporel ne remettent pas pour l'utilisation de l'eau. Ceci ne pose aucun problème et élimine la nécessité d'émulsifiants supplémentaires. La fabrication du beurre de corps est presque comme faire glaçage à gâteau: glaçage à gâteau est fabriqué à partir de graisses, de sucre, et des aromatisants avec des ajouts possibles de lait ou d'eau pour l'éclaircir.

Beaucoup de glaçages doivent être fouettée pour une texture légère, mais qui ne veulent pas que épais, crémeux caramel cerise sur un

gâteau de beurre? La texture est une question de préférence.

Donc, autant que je peux dire, si vous préférez la texture fouettée, puis fouetter la recette. De la même façon, si vous préférez la texture crémeuse, alors ne pas fouetter la recette, même si elle appelle à fouetter.

Pour fouetter, vous pouvez utiliser des mélangeurs, des mélangeurs, fouets, ou ce que vous avez disponible. Il est comme la cerise, car la température doit être correcte ou vous obtiendrez une texture résultante très différent. Un mot de prudence: les huiles doit être refroidi avant fouetter!

Huiles chaudes ne seront pas fouetter dans une texture légère et mousseuse!

Aussi, tout comme une procédure soupçon, l'huile de coco (en particulier 76 degrés) fond très rapidement, de sorte qu'il devrait être ajouté après les autres beurres solides ont été fondus.

L'ajout d'huiles essentielles, des vitamines (comme la vitamine E), et des colorants devrait être ajouté après les autres huiles et beurres ont fondu et légèrement refroidi. Certains colorants nécessitent un chauffage ou l'ébullition avant le colorant est libéré ... assurez-vous que le contenu sont refroidis avant de l'ajouter au mélange d'huile et le beurre. Certaines de ces substances, en particulier les huiles essentielles, modifier les propriétés si chauffé. Certaines huiles peuvent aussi perdre des éléments nutritifs si chauffé trop. Comme je l'ai dit plus tôt, vous voulez faire fondre doucement les beurres et huiles, pas les faire bouillir!

Une façon de vous assurer que vos mélanges fixera et fouetter correctement est de les refroidir dans le réfrigérateur ou le congélateur pendant quelques minutes pour un cool-off rapide. Si vous utilisez le congélateur, laisser le mélange refroidir pendant environ 20 minutes. Si vous oubliez et les gels de mélange, pas de problème: laisser reposer à température ambiante pendant un petit moment jusqu'à ce qu'il ramollisse un peu nouveau. Si vous voulez



utiliser le réfrigérateur, laisser reposer le mélange pendant environ 45 minutes à une heure à régler. Soyez sûr d'ajouter et mélanger tous les autres ingrédients avant de refroidir le mélange.

Aussi, permettez-moi de dire quelques choses sur les huiles essentielles. Si une recette demande pour un parfum que vous méprisez absolument, alors ne pas l'utiliser! Utilisez ce que vous aimez! Ces recettes sont 100% personnalisable! Personnellement, je ne me soucie pas de patchouli, et je ne vais pas l'utiliser en toutes circonstances. Si je vois une recette demandant patchouli, je vais le remplacer par un parfum différent. Et qui est-à-dire que vous devez utiliser une huile essentielle à tous? Si vous aimez l'odeur du beurre de cacao dans une recette et ne voulez pas ajouter une huile essentielle pour le couvrir, alors ne pas l'ajouter. Parfois, les huiles essentielles sont ajoutées pour des propriétés nutritives ou de guérison spécifiques à cette huile.

Mais, si vous ne souhaitez pas ajouter de l'huile essentielle, alors ne pas l'ajouter. C'est si simple.

Beaucoup de recettes peut être conservé à température ambiante, mais gardera mieux dans le réfrigérateur. De plus, si le beurre pour le corps reste réfrigéré, il conservera la consistance fouettée. A température ambiante, le produit sera plus dense et crémeuse.

## **Beurre corporel Recettes**

Huile de noix de coco de base fouettée Body Butter

Avec seulement 3 ingrédients, telle est la recette d'un vrai débutant!

2 c. l'huile de coco 1 cuillère à café d'huile essentielle de choix

2 c huile de vitamine E

Chauffer doucement l'huile de noix de coco dans un bain-marie jusqu'à ce que fondu. Laisser refroidir légèrement avant d'ajouter l'huile et de la vitamine E. essentielle fois qu'il commence à mettre

(huile de coco est un solide à température ambiante), a battu le mélange avec un fouet ou au batteur jusqu'à formation de pics fermes. Transférer le beurre pour le corps dans un récipient pour le stockage.

### **Shea fouettée Basic Body Butter**

½ c. beurre de karité brut ¼ c. huile d'amande douce

¼ c. huile de noix de coco

Le beurre de karité et de la chaleur jusqu'à ce que l'huile d'amande fondus. Ajouter l'huile de coco et laisser refroidir jusqu'à ce que SET (peut utiliser le congélateur ou réfrigérateur comme décrit ci-dessus). Fouetter jusqu'à formation de pics fermes. Transférer dans un récipient pour stockage.

### **Fouettée Body Butter 1**

¼ c. ¼ de beurre de karité c. huile d'amande douce

¼ c. l'huile de coco 15 gouttes d'huile essentielle de choix

¼ c. le beurre de cacao

Chauffer tous les ingrédients à l'exception de l'huile essentielle dans un bain-marie jusqu'à ce que mélangé et fondu. Retirer du feu et laisser refroidir légèrement. Ajouter l'huile essentielle. Après mélange a mis (à la température ambiante ou dans le réfrigérateur), fouetter jusqu'à formation de pics fermes et moelleux. Transférer dans un récipient pour stockage.

### **Fouettée Body Butter 2**

¼ c. ¼ de beurre de karité c. huile de jojoba

¼ c. l'huile de coco 15 gouttes d'huile essentielle

¼ c. beurre de mangue

Chauffer tous les ingrédients à l'exception de l'huile essentielle dans un bain-marie jusqu'à ce que fondu. Retirer du feu et laisser refroidir légèrement. Ajouter l'huile essentielle. Laisser le mélange à définir. Fouet jusqu'à formation de pics moelleux et fermes. Transférer dans un récipient pour stockage.

### **Body Butter 1**

1 c. ½ de beurre de karité c. huile d'amande douce

½ c. l'huile de coco 20 gouttes d'huile essentielle

Chauffer tous les ingrédients sauf l'huile essentielle dans un bain-marie jusqu'à ce que fondu.

Laisser refroidir légèrement avant d'ajouter l'huile essentielle. Laisser le mélange refroidir complètement. Fouetter le mélange afin d'alléger la texture. Si vous voulez fouetter jusqu'à formation de pics fermes, vous le pouvez. Transférer dans un récipient pour stockage.

### **Lavender Body Butter**

Ce beurre corporel est destiné à être très apaisant. Il serait également bon pour la peau qui a été endommagée par le soleil en raison de l'ajout de gel d'aloë vera.

1 c. l'huile de coco ¾ c. gel d'aloë vera

Huile 4 capsules de vitamine E 6 c Olive

½ c. la cire d'abeille ½ cuillère à café d'huile essentielle de lavande 4 Miel

Chauffer l'huile d'olive et cire d'abeille jusqu'à ce qu'il fonde sur un bain-marie. Retirer du feu.

Ajouter l'huile de coco et de miel. Laisser refroidir légèrement et ajouter l'aloès, la vitamine E, et l'huile essentielle. Fouetter bien

mélanger. Refroidir le mélange jusqu'à ce set. Ajouter à conteneurs pour le stockage.

### **Cacao Fou fouettée Body Butter**

½ c. beurre de cacao ¼ c. huile d'amande douce

¼ c. huile de noix de coco

Chauffer tous les ingrédients dans un bain-marie jusqu'à ce que fondu. Congeler mélange environ 20 minutes à définir. Battre au mélangeur ou au fouet jusqu'à ce que forme duveteuse et de pics fermes. Transférer dans un récipient pour stockage.

### **Uplifting Rosemary Mint Body Butter**

½ c. beurre de karité 20 gouttes d'huile essentielle de menthe verte

¼ c. beurre de cacao 10 gouttes d'huile essentielle de romarin

¼ c. kukui huile de noix

Chauffer tous les ingrédients sauf les huiles essentielles dans un bain-marie jusqu'à ce que fondu.

Retirer du feu et laisser refroidir légèrement avant d'ajouter des huiles essentielles. Laisser refroidir jusqu'à ce set. Fouet mélange jusqu'à formation de pics moelleux et fermes. Transférer dans un récipient pour stockage.

### **Tropical Paradise fouettée Body Butter**

1 c. ¾ de beurre de karité c. le beurre de cacao

1/3 c. la cire d'abeille ¾ c. beurre de mangue

½ c huile d'amande douce capsules de vitamine E 4

15 gouttes d'huile essentielles mangue 15 gouttes d'huile essentielle de chaux 20 gouttes d'huile essentielle d'orange douce

Chauffer tous les beurres et la cire d'abeille dans un bain-marie jusqu'à ce que fondu. Retirer du feu et laisser refroidir légèrement avant d'ajouter toutes les huiles essentielles. Laisser refroidir le mélange jusqu'à ce set. Battre avec un mélangeur ou d'un fouet jusqu'à ce que forme duveteuse et de pics fermes. Transférer dans un récipient pour le stockage.

### **Magnésium solaire Body Butter**

Ce beurre corporel va aider à contrecarrer les dommages causés par le soleil en raison de l'ajout de flocons de magnésium. Le magnésium est très réfléchissant et est considéré comme étant généralement sûrs lorsqu'ils sont utilisés comme un écran solaire.

½ c. coco non raffinée huile ¼ c. beurre de karité

¼ c. pastilles de cire d'abeille (forme de granulés)

1 c. flocons de magnésium plus d'eau bouillante 6 cuillères à soupe

Ajouter l'eau bouillante pour les flocons de magnésium et mélanger pour dissoudre. Laisser refroidir à température ambiante. Pendant ce temps, dans un bain-marie, faire fondre l'huile de noix de coco, la cire d'abeille et de beurre de karité. Retirer du feu et laisser refroidir à température ambiante. Transférer les huiles dans un bol à mélanger. Commencer à mélanger le mélange avec un mélangeur tout en ajoutant lentement le liquide de magnésium quelques gouttes à la fois. Continuez à mélanger jusqu'à ce que tout le magnésium a été ajouté. Placez le mélange dans le réfrigérateur pendant 20 minutes à définir. Mélanger à nouveau à la cohérence d'un beurre corporel épaisse et crémeuse. Transférer dans un récipient et le conserver dans le réfrigérateur jusqu'à 2 mois.

### **Healing Body Butter**

L'addition d'huile d'arbre à thé ajoute guérison et qualités antiseptiques à ce beurre corporel recette.

1 c. l'huile de coco 3 gouttes d'huile d'arbre à thé

½ c. huiles essentielles de beurre de karité comme souhaité (facultatif) Chauffer l'huile de noix de coco et le beurre de karité dans un bain-marie jusqu'à ce que fondu.

Laisser refroidir légèrement avant d'ajouter l'huile d'arbre à thé et l'huile essentielle. Laisser le mélange mis en avant fouettage soit à une consistance crémeuse ou pour obtenir une consistance fouettée. Transférer dans un récipient pour stockage.

### **Soyeux fouettée Body Butter**

1 c. beurre de karité 3 cs d'huile de pépins de raisin

1 c. beurre de cacao 8 capsules de vitamine E huile

½ c. l'huile de noyau d'abricot 1 cuillère à café d'huile essentielle de choix Chauffer tous les ingrédients sauf l'huile de vitamine E et d'huile essentielle dans un bain-marie jusqu'à ce que fondu. Laisser refroidir un peu et ajouter de la vitamine E et d'huile essentielle.

Laisser refroidir jusqu'à ce set. Battre avec un mélangeur jusqu'à consistance mousseuse et forme des pics fermes. Transférer dans un récipient pour stockage.

### **Velouté Rose Body Butter**

1 c. beurre de karité féculé de maïs ½ c

¼ c. Huile de Jojoba 20 gouttes huile essentielle de rose

½ c colorant naturel huile infusée (comme alkanet racine dans l'huile de jojoba) Chauffer le beurre de karité et de l'huile de jojoba jusqu'à ce que fondu dans un bain-marie.

Retirer du feu et laisser refroidir légèrement. Ajouter le reste des ingrédients et bien mélanger.

Laisser le mélange à définir. Battre légèrement avec un mélangeur ou d'un fouet jusqu'à ce que le mélange a une texture lisse et crémeuse. Transférer dans un récipient pour stockage.

### **Smooth Legs fouettée Body Butter**

Cette recette cible la peau qui a été irritée par le rasage. Il a des propriétés apaisantes et adoucissantes pour aider à apaiser la peau. Il n'y a pas les huiles essentielles énumérées à maintenir le risque d'irritation à un strict minimum.

1 c. l'huile de coco ¼ de c. huile de jojoba

¾ c. beurre de cacao 4 capsules de vitamine E

Chauffer toutes les huiles et les beurres à l'exception de la vitamine E dans un bain-marie jusqu'à ce que fondu. Laisser refroidir un peu avant d'ajouter ainsi la vitamine E. Mix. Placer le mélange dans le réfrigérateur jusqu'à définir. Battre avec un batteur jusqu'à ce qu'il soit léger et mousseux et de pics fermes ont formé. Transférer dans un récipient pour stockage.

**Sensual chocolat au lait beurre corporel comestibles** Oui, ce beurre corporel est réellement comestible aussi longtemps que vous utilisez des ingrédients de qualité alimentaire! Quelle idée délicieux! Pensez aux possibilités!

1 ½ c. l'huile de coco ½ c. poudre de cacao

2/3 c. nectar d'agave 2 c extrait de vanille pure

Faire fondre l'huile de noix de coco dans un bain-marie et retirer du feu. Laisser refroidir un peu avant d'ajouter le reste des ingrédients. Bien mélanger. Placez au réfrigérateur jusqu'à ce que le mélange

est réglé. Battre le mélange jusqu'à ce qu'il ait une texture crémeuse. Transférer dans un récipient pour stockage.

### **Orange Creamsicle fouettée Body Butter**

Pour ceux qui aiment les vieilles creamsicle orange barres de crème glacée, je l'ai créé ce beurre pour le corps délectable!

$\frac{3}{4}$  c. l'huile de coco 2 c huile de vitamine E

$\frac{1}{2}$  c. beurre de cacao  $\frac{1}{2}$  cuillère à café d'huile essentielle d'orange douce Faire fondre l'huile de noix de coco et le beurre de cacao dans un bain-marie. Laisser le mélange refroidir légèrement avant d'ajouter la vitamine E et d'huile essentielle. Bien mélanger et placer au réfrigérateur jusqu'à ce que SET. Battre le mélange avec un mélangeur jusqu'à ce qu'il soit moelleux et forme des pics fermes. Transférer dans un récipient pour stockage.

### **Vanilla Dream fouettée Body Butter**

2 c. beurre de cacao 1 c. huile d'amande douce

1 c. huile de coco 2 gousses de vanille entières

Broyez les gousses de vanille dans un robot culinaire ou un moulin à café jusqu'à très bien. Faire fondre le beurre de cacao et d'huile de noix de coco dans un bain-marie. Retirer du feu. Laisser refroidir un peu avant d'ajouter l'huile d'amande et de vanille. Placez au congélateur pendant environ 20 minutes jusqu'à ce set. Battre avec un batteur électrique jusqu'à formation de pics fermes. Transférer dans un récipient pour stockage.

## **Chapitre 5:**

### **Pourquoi arrêter là? Recettes**

**supplémentaires pour rajeunir le reste**

**d'entre vous!**



Ce chapitre sera consacré à des recettes pour prendre soin de votre peau par d'autres moyens.

Vos pieds ont besoin d'un pick-me-up? Voulez-vous faire votre propre parfum? Aimeriez-vous faire, un déodorant sans aluminium sécuritaire? Vous trouverez ces recettes et plus encore dans ce chapitre.

Mais, avant de sauter dans les recettes, laissez-moi vous donner un bref mot sur les ingrédients.

Encore une fois, nous voulons éviter les mauvaises choses comme décrit dans le chapitre 2. Nous tenons également à garder les recettes organique. Gardez cela à l'esprit quand vous regardez à travers les recettes. Les mêmes règles sont applicables ici comme ils le faisaient avec beurres corporels: ces recettes sont 100% personnalisable. Si vous ne l'aimez un ingrédient, le remplacer.

Si vous aimez une huile essentielle différente, utiliser à la place. Il n'y a pas de règles dures et rapides avec les soins de la peau de bricolage. Il est pour votre peau. Je vous donne quelques suggestions. Prenez-les, modifiez-les, ajoutez à eux, soustraire de leur part. Faites-leur vos recettes. Voilà ce bricolage est tout au sujet: faire ce qui fonctionne pour vous.

## **Recettes pour le reste de Vous**

Gruau Nettoyant Visage

1 c. avoine acier coupées (pas instantanés) 1 oeuf

2 c de lait entier 1 c cassonade

1 cuillère à café d'huile d'amande douce

Broyer la farine d'avoine dans un robot culinaire ou avec un mortier et un pilon. Ajouter le reste des ingrédients et bien mélanger. Il devrait être une pâte épaisse. Si elle est trop épaisse, mince vers le

bas avec un peu d'eau. Massez le nettoyant sur votre visage pendant quelques minutes.

Rincer avec un gant de toilette et d'eau chaude.

### **Thé vert antioxydant Toner**

Même en tant qu'adultes, nous nous réveillons, parfois avec des taches qui sont apparus du jour au lendemain. Ce toner donne une impulsion puissante d'antioxydants pour apaiser et calmer la peau et pour aider à éliminer les imperfections.

3 sacs de thé vert 1 mg d'extrait d'açaï

5 gouttes d'huile de théier 2 gouttes d'huile essentielle de géranium  
1 mg d'extrait de thé vert de l'huile essentielle d'eucalyptus 1 goutte  
Placez les sachets de thé dans un pot qui peut être scellé. Versez l'eau sur les sachets de thé et laissez infuser pendant 10 minutes environ. Couvrir les sachets de thé comme ils raide pour préserver les ingrédients volatils dans la vapeur. Laisser le liquide refroidir à température tiède puis retirez soigneusement les sachets de thé. Ajouter le reste des ingrédients au liquide et bien mélanger. Couvrir et conserver au réfrigérateur jusqu'à un mois.

### **Bees Knees acné Fighter**

2 c miel 20 gouttes d'huile essentielle d'arbre à thé

2 c jus d'aloé vera 1 g de vitamine C (agent de conservation)

Mélanger tous les ingrédients dans un bol. Transfert à un bocal avec couvercle et conserver au réfrigérateur jusqu'à 6 mois.

### **Stimuler Katmandou thé tremper**

Ceci est une délicieuse recette de sel de bain pour réveiller vos sens et obtenir le sang qui coule.

Assurez-vous que les sels sont dissous avant d'entrer dans la baignoire, à moins que vous ne vous dérange pas exfoliant votre derrière!

1 c. les sels d'Epsom 2 c bicarbonate de soude

2 c. le thé vert (brassée forte) 2 gouttes d'huile essentielle de lavande 2 c. huile de pépins de raisin 2 gouttes d'huile essentielle d'encens Mélanger tous les ingrédients dans un bol et bien mélanger. Placez mélange dans un bocal hermétique jusqu'à ce que nécessaire. Pour l'utiliser, ajouter ½ tasse de sels à un bain chaud et de permettre aux sels de se dissoudre.

### **Monnaie Sac Citrus Bath**

Cette recette est pour un bain à base de plantes. Mettre herbes dans un bain fera un gâchis et obstruer le drain, donc à utiliser un sac de mousseline ou de coton cordon pour maintenir les herbes (qui peut être lavé et réutilisé!) Pour parfumer votre bain.

2 c. séchée zeste de citron ¼ c. feuilles de menthe poivrée séchées

1 c. séchée citronnelle ¼ c. feuilles de laurier

½ c. feuilles de thé vert 1 sac de cordon, 3 "x4"

Mélanger tous les ingrédients dans un bol et bien mélanger. Stocker le mélange dans un bocal hermétique. Pour un bain, remplir le sac avec le mélange, fermer le sac et placez-le sous l'eau du bain en cours d'exécution pour infuser l'eau à base de plantes avec la bonté! Laisser le contenu du sac à sécher, le vider et laver votre sac pour une autre fois.

### **Revitalizer main et cuticules réparation**

Partie 1: cuticules réparation

1 c. Brown Sugar 4 gouttes d'huile essentielle de lavande

1 c. de pépins de raisin 2 gouttes d'huile essentielle de bois de santal 10 gouttes d'extrait de vanille

Mélanger tous les ingrédients dans un bocal à large ouverture. Sceller jusqu'à ce que nécessaire.

Placez les doigts dans le mélange et le déplacer sur le point de le mélange de massage dans les cuticules et les jointures. Rincer immédiatement les mains pour enlever tout excès d'huile. Sec.

Appliquer main Revitalizer crème.

Partie 2: Main Revitalizer Crème

1 oz de cire d'abeille 2 cs d'huile d'amande douce

2 citrons (besoin le jus) 4 gouttes d'huile essentielle de lavande

10 gouttes huile essentielle de citron

Chauffer la cire d'abeille dans une casserole jusqu'à ce que fondu. Ajouter le reste des ingrédients et bien mélanger. Ajouter le mélange à un bocal. Agiter le bocal de temps en temps jusqu'à ce que le mélange ait une texture lisse et crémeuse. Stockez jusqu'à ce que nécessaire.

### **Fatigué et Achy bain de pieds**

Ceci est une pétillante bain bombe recette pour soulager et désodoriser les pieds qui travaillent dur. La recette de base ne changera pas, de sorte que les huiles et sels essentiels peuvent être modifiées pour créer un nombre illimité de combinaisons pour des bombes plus petites (comme celles-ci) ou d'utiliser un plus grand moule pour un pétillant de bain.

1 c. bicarbonate de soude ½ c. filtrée ou de l'eau distillée

½ c. fécule de maïs 10 gouttes d'huile essentielle de menthe poivrée

¼ c. les sels d'Epsom 10 gouttes d'huile d'arbre à thé

Mélanger tous les ingrédients dans un grand bol. Squash le mélange dans un bac à glaçons glace de plastique ou en silicone et laisser sécher. Stocker les cubes dans un récipient hermétique jusqu'à ce que nécessaire. Si vous voulez un pick-me-up, utilisez 1 cube dans votre bain de pieds.

Si vous voulez une pétillante tremper, puis utilisez 3 cubes dans votre bain de pieds.

### **Rescue Cheveux Gras Conditioner**

Ceci est pour les gens comme moi qui ont les cheveux perpétuellement huileuse. La recette peut être modifiée à votre couleur de cheveux: blonde ou rousse (ou brunes qui voudraient qu'il allégé un peu) peut utiliser le jus de citron; brunes ou les personnes aux cheveux sombres peuvent utiliser le vinaigre de cidre comme indiqué.

2 c. l'huile de jojoba 10 gouttes d'huile essentielle de romarin

1 c. vinaigre de cidre 10 gouttes d'huile essentielle de sauge

4 c de sucre brun 19 gouttes d'huile d'arbre à thé

Mélanger tous les ingrédients dans un bocal en verre et remuer ou secouer bien jusqu'à ce que tous le sucre soit dissout. Stockez jusqu'à ce que nécessaire.

Pour l'utiliser, appliquer sur les cheveux secs, à partir du cuir chevelu et de travailler votre chemin vers les extrémités de la chevelure. Massez le mélange dans le cuir chevelu pour aider à désobstruer les pores et débarrasser les cellules mortes de la peau. Peigner soigneusement vos cheveux. Ne mouillez vos cheveux, il suffit d'ajouter un shampoing doux et seulement ajouter de l'eau lorsque l'huile a été dissoute dans le shampoing. Faire mousser et rincer.

## **Parfum de base**

Telle est la recette la plus simple pour un parfum de bricolage. Il peut être tout parfum que vous souhaitez; Je la laisse à vous. Il ya des recettes de fantaisie impliquant herbes et des épices, mais telle est la recette de base.

½ oz de vodka 5 gouttes d'huile essentielle de choix

1 cuillère à soupe d'eau distillée

Ajouter la vodka et d'huile essentielle à une bouteille en verre foncé et secouer pour bien mélanger. Laisser reposer le mélange dans un endroit sombre pendant deux jours pour l'huile et de la vodka de bien mélanger. Après 2 jours, ajouter l'eau au mélange et bien agiter à nouveau.

Placez-le dans l'emplacement sombre pour 2 jours de plus (ou, si vous voulez un parfum plus fort, quelques jours plus). Versez le parfum dans un flacon pulvérisateur pour l'utilisation.

## **Déodorant à base de plantes**

Ce parfum vivifiant peut être porté par des hommes ou des femmes. Assurez-vous de bien agiter le flacon avant chaque utilisation. Il peut également être utilisé comme une éclaboussure du visage rafraîchissant.

2 c. vodka 2 gouttes d'huile essentielle de genévrier

4 c hamamélis 2 gouttes d'huile essentielle de citron

6 gouttes d'huile d'arbre à thé

Stériliser un flacon pompe. Ajouter tous les ingrédients pour la bouteille et secouez bien.

## **Herbal insectifuge**

Ce spray devrait garder même les créatures les plus irritants de suite!

2 c. la vodka 10 gouttes d'huile essentielle de thym

20 gouttes d'huile de citronnelle huile essentielle cataire 10 gouttes d'huile essentielle 20 gouttes d'huile essentielle d'eucalyptus

Mélanger tous les ingrédients dans un flacon pulvérisateur et bien agiter. Vaporisez généreusement sur les vêtements et la peau, mais il faut éviter les yeux.

\* Si vous voulez l'utiliser comme un insectifuge dans les lampes brûler du pétrole, remplacer la vodka 1 oz de pépins de raisin ou d'une autre huile légère.

## **Chapitre 6:**

### **Ce qui arrive si...? Et où puis-je trouver les matériaux?**

Bien que ces recettes ont été essayées et vrai, quelque chose peut mal tourner. Ne panique pas.

Beurres corporels sont assez indulgent. Ce chapitre vous donnera des conseils sur la façon de sauver un beurre corporel qui ne fouettent ou d'autres problèmes que vous pouvez rencontrer. Et où trouvez-vous les ingrédients? Il ya une section consacrée aux fournisseurs des matières premières pour votre commodité.

### **Dépannage**

Le plus gros problème que vous pourriez rencontrer est que d'un lot de beurre pour le corps ne sera pas fouetter correctement. La cause principale de ceci est que les huiles sont trop chaud. Des huiles chaudes ne seront pas fouetter. Vous pouvez récupérer le lot en mettant le mélange au réfrigérateur pendant environ une heure pour que les huiles sont froid. Ensuite, essayez fouetter à nouveau. Si

vous ne recevez pas le joli moelleux beurre corporel fouettée, vous finirez probablement avec un beurre corporel crémeuse place.

Un autre problème est une odeur funky ou impair croissance sur le beurre. Ces deux questions devraient vous amener à jeter le lot à la poubelle. Une mauvaise odeur qu'au moins un de vos huiles tourné rance, peut-être de garder trop chaud ou pas assez ajoutant conservateurs (comme les vitamines E ou C) s. Une croissance de microorganismes. Encore une fois, la température de stockage peut-être été trop chaud, permettant aux bactéries ou de moisissures.

Qu'en est-il des réactions bizarres à des ingrédients? Votre peau peut devenir rouge ou démangeaisons. Ne pas utiliser cette recette plus! Il est un ingrédient dans ce que votre peau ne aime pas. Si vous vous sentez il pourrait être à partir d'une huile de noix ou d'une huile essentielle, changer la formulation d'échanger l'huile de délinquance ou d'omettre les huiles essentielles tout à fait. Votre peau est le meilleur juge. Écoute le.

## **Fournisseurs**

Marché de votre fermier local peut être un moyen de trouver des ingrédients biologiques. Votre supermarché ou magasin d'aliments peut être une autre source. Mais qu'en est-il l'achat en vrac?

Où trouver les huiles essentielles? Ou de la glycérine? Pour la plupart des ingrédients utilisés dans les recettes dans ce livre, certains détaillants en ligne peuvent être votre meilleur ami.

Beaucoup d'entre eux offrent des alternatives biologiques et listera les informations nécessaires sur les huiles essentielles pour vous aider à prendre des décisions.

Mountain Rose Herbs

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)



Mountain Rose Herbs offre une grande variété de produits pour l'artisanat de soins de la peau de bricolage. Le report des huiles essentielles, huiles de support, des plantes, et de nombreux autres produits.

Peau Actives scientifique

[www.skinactives.com](http://www.skinactives.com)

Actives peau est un fournisseur pour des ingrédients de spécialité de soins de la peau et offre une tarification raisonnable et l'expédition.

Bio Infusions, Inc.

[www.organicinfusionswholesale.com](http://www.organicinfusionswholesale.com)

Infusions bio propose une gamme complète de certifié, sans pesticides, sélectionnez ferme biologique, d'origine sauvage, et d'huiles essentielles et d'hydrolats sans OGM. Ils affirment que leurs sources sont tous conformes à un code strict de la durabilité, pas de travail des enfants, pas de produits animaux, et aucune expérimentation animale.

Source Vital

[www.sourcevital.com](http://www.sourcevital.com)

Source Vital propose des huiles essentielles, hydrolats, et les mélanges d'huile essentielle pour l'aromathérapie et la guérison holistique. Ils sont 100% holistique, organique, entièrement naturel, sans produits d'origine animale.

Eden Botanicals

[www.edenbotanicals.com](http://www.edenbotanicals.com)

Eden Botanicals propose des huiles essentielles biologiques et absolus. Ils portent des huiles difficiles à trouver, rares et inhabituelles (je vis une huile essentielle de beurre, par exemple).

Bulk Apothicaire

[www.bulkapothecary.com](http://www.bulkapothecary.com)

Bulk apothicaire est un fournisseur complet de spectre pour les artisans de soins de la peau de bricolage. Ils offrent des huiles essentielles bio, plantes, huiles de support, pots, etc.

Bramble Berry

[www.brambleberry.com](http://www.brambleberry.com)

Bramble Berry est également un fournisseur à spectre complet pour les produits de soins de la peau de bricolage y compris les huiles essentielles bio, huiles de support, des plantes, des pots, des colorants, additifs, etc.

## **Conclusion**

Maintenant que vous connaissez les tenants et les aboutissants de beurres pour le corps de bricolage, vous pouvez commencer l'élaboration de vos propres recettes ou ramification et la création d'autres types de produits. Ce livre vous donne les bases et une fondation sur laquelle construire. Une façon de réduire la quantité de toxines dans votre corps est à être plus diligents sur ce que vous mettez sur votre peau, sous la forme de crèmes hydratantes et les produits de soins de la peau.

Bien que ce livre a donné des recettes pour les beurres pour le corps et d'autres produits de soins de la peau, il ne finit pas là. Ceci est juste un point de départ. Tout ce qu'il faut est un peu de créativité et d'une volonté d'expérimenter. Si vous créez vos propres produits de soins de la peau de bricolage (crème hydratante, parfum, démaquillant, savon, déodorants, etc.), pensez à tous les produits chimiques qui ne seront plus posant un danger pour vous. De plus, vous aurez l'avantage supplémentaire de l'utilisation de parfums que vous aimez. Vous avez le contrôle total sur ce que vous utilisez. En raison de cette flexibilité, vous pouvez créer exactement les produits

que vous voulez quand votre peau a besoin d'eux. Vous pouvez les modifier à tout moment. La plupart des recettes sont de petits lots, vous aurez donc éliminer les déchets quand une grande bouteille perd sa puissance (ou vous savoir qu'il ne fonctionne pas bien avec votre peau). Un lot plus petit sera également plus favorable à l'expérimentation: vous ne serez pas gaspiller beaucoup d'ingrédients si un lot se révèle être un buste.

Une fois que vous commencez à l'élaboration de vos propres produits de soins de la peau, votre corps vous remerciera par incandescent radieux. Mon espoir est que cela vous incitera à des choses plus grandes et mieux: créer toutes vos propres produits. Que les entreprises de cosmétiques gardent leurs cocktails toxiques.

Et tout cela se résume à l'argent, non? Avec ces recettes, le coût peut sembler être un peu raide au début, mais combien de recettes appeler pour une livre de beurre de karité? Chaque ingrédient que vous achetez peut être utilisé dans une multitude de produits. Ajouter les coûts de tous les produits que vous pouvez faire à partir de n'importe quel ensemble de matières premières que vous achetez. Ensuite, ajouter le coût de la même quantité de produits commerciaux. Votre

portefeuille vous remercie parce que, avouons-le: les produits chimiques et le pétrole sont chers, alors que les produits végétaux renouvelables ne sont pas. Ensuite, facteur dans la sécurité et la véritable nourriture des produits de bricolage par rapport aux produits commerciaux. Produits de bricolage sortent en avance!

En bref, ce livre est juste pour obtenir vos pieds humides et de donner à expliquer pourquoi vous êtes mieux de faire vos propres produits de soins de la peau. Une fois que vous clouer les bases, le reste viendra très facilement. Produits de bricolage de la peau peuvent vous donner le jeune, magnifique peau vous voulez. Et beurres corporels sont un très bon début pour la création d'un régime de soins de la peau organique qui va transformer votre peau. Et il le fera sans casser la banque. Je préfère de loin utiliser l'huile de jojoba sur mon visage à la place d'une crème 300 \$

chargé de produits chimiques cancérigènes et toxiques. Et vous?

Huile de noix de coco Hacks

*19 Life Changing façons d'utiliser Coconut OIL Hacks pour Weight Loss, Radiant Santé*

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**introduction**

L'huile de coco a une réputation bien méritée comme un super, avec des avantages pour la santé tels que la perte de graisse, des améliorations dans le taux de cholestérol et l'amélioration de la fonction cérébrale.

Si vous êtes curieux de savoir si il est possible pour l'ensemble de ces revendications pour être vrai, alors je suis heureux de vous dire que les faits sont valables!

Tout au long de ce livre, je vais vous expliquer certaines façons étonnantes que vous pouvez utiliser de l'huile de noix de coco pour perdre du poids et améliorer votre santé globale. Vous allez apprendre à stimuler votre énergie naturellement, freiner vos envies de malbouffe et améliorer votre peau - tous grâce à cela, l'huile naturelle incroyable très abondante!

Je ne vais pas tout vous enseigner les théories qui entourent l'huile de coco ou l'autre; Je vais vous donner des conseils, des astuces et des recettes que vous pouvez utiliser immédiatement pour commencer à gagner tous les avantages que la noix de coco offres d'huile! Et tout cela va arriver très vite.

Donc, si vous avez passé des années demandant si il existe un moyen plus facile de perdre du poids et augmenter votre énergie ... Oui, il est! Et ce livre vous expliquera tout.

Si vous avez passé des années demandent si il ya des façons de prendre soin de votre peau sans médicaments ou des produits chimiques dangereux ... Oui, il est!

Si vous avez regardé l'huile de coco et avez toujours demandé comment cette huile naturelle peut produire autant d'avantages polyvalents et étonnantes santé, alors lisez la suite et laissez-moi vous dire!

**SomeThe sciences Partie**

Si vous êtes comme moi, vous avez acheté beaucoup de livres dans le passé qui vous dira:

«Regardez ce super aliment, il a tous ces avantages!" Mais même si vous essayez et essayez de trouver des preuves de ces allégations, vous ne pouvez pas trouver quelque chose - un résultat beaucoup trop commun.

Ce livre ne sera pas comme ça. Il est important pour moi que vous pouvez lire à travers cette publication avec la confiance que ce que je vous dis est basé sur des faits.

## **Graisses saturées**

La première chose à faire clair est que l'huile de coco est riche en graisses saturées; il est l'un des plus riches sources de graisses saturées connues de l'homme!

Oui c'est vrai.

Beaucoup de gens hésitent immédiatement loin de graisses saturées en raison de la recherche menée dans les années 1950 par le Dr Benjamin Ancel Keys, qui liait les graisses saturées élevé de cholestérol sanguin et les maladies cardiaques. À l'époque, il a été une preuve convaincante.

Ces résultats sont venus à propos à un moment où les Américains étaient à la recherche des réponses que les maladies cardiaques, qui avait été autrefois très rare, avait soudainement devenir tueur numéro un du pays. Les gens voulaient des réponses à ce problème et, malheureusement, de graisses saturées est devenu le bouc émissaire.

Dr. Clés réalisé l'étude "Sept pays" en 1958, qui était la plus grande étude sur la nutrition à ce jour. Cette étude a examiné la relation entre mode de vie, l'alimentation, les maladies coronariennes et d'AVC. Les points clés ont été faites, mais pas toutes les théories mises en avant étaient valides.

Avant l'étude, il a souvent pensé que la maladie cardiaque était juste une partie normale du vieillissement, mais l'étude du Dr Clés semblait prouver que la nutrition pourrait également être un facteur contributif - un énoncé vrai, que le régime alimentaire est directement liée à la santé et la qualité de vie globale.

Les résultats de cette étude ont formé la base de la diète méditerranéenne, qui a été rendue publique par le Dr clés dans un livre en 1975.

En 1961, Dr. Clés débarqué une position sur le comité de nutrition de la American Heart Foundation, et la même année, l'AHA a publié des directives visant les graisses saturées.

### **Ceci est quand tout a commencé ...**

Le département américain de l'Agriculture a emboîté le pas en 1980. Politique grandement influencé ces actions, un fait que tout sceptique de santé devrait évaluer.

D'autres essais ont été réalisés dans les années 70, y compris certains qui opposait les régimes riches en huiles végétales contre les régimes riches en graisses saturées. Les résultats semblaient pour sauvegarder l'hypothèse du Dr Keys. Il a été tout sonne très légitime.

Puis en 1977, Mark Hegsted, un professeur de nutrition à Harvard, a persuadé le Sénat américain de recommander le régime méditerranéen à l'ensemble de la nation, en disant que les avantages sont clairs pour tout le monde à voir et qu'il n'y avait pas les risques identifiés.

Tout cela semble être des informations fiables, non?

Malheureusement, il y avait beaucoup de défauts dans les études - trop nombreuses pour les énumérer.

### **Défauts avec les études**

Les défauts ont commencé avec l'étude sept pays. Les pays de l'étude ne sont pas choisis au hasard, comme ce serait le cas échéant, chose scientifique à faire, mais ils ont été spécifiquement choisis parce qu'ils seraient susceptibles de sauvegarder les croyances de Dr. Clés. Lorsque des facteurs influents ne sont pas choisis au hasard, les résultats seront très unilatérale.

Des pays comme la France, la Suisse, la Suède et l'Allemagne de l'Ouest, où les gens consomment beaucoup de gras, mais ne souffrent pas de niveaux élevés de maladie cardiaque, ont été exclus de l'étude. Ce sont certains pays qui auraient été examinées de manière plus approfondie.

Notre compréhension de la diète méditerranéenne est venu des personnes étudiées en Crète. Ces personnes semblaient vivre longtemps dans la vieillesse suivant un régime qui comprenait un apport très faible de graisses saturées.

Cependant, ces résultats étaient viciées, comme le Dr Clés visité Crète après la Seconde Guerre mondiale, lorsque le pays souffrait des difficultés extrêmes et il mesura leur alimentation pendant le carême. En d'autres termes, à un moment où un grand nombre de personnes sur l'île avait renoncé à la viande et le fromage; cela signifiait qu'il leur largement sous-estimé la consommation de graisses saturées.

Ce ne fut pas le meilleur moment pour procéder à une évaluation juste et équilibrée pour une affaire contre les graisses saturées.

Le pire de tout, ses conclusions se fondent sur des données tirées de seulement quelques dizaines d'hommes - à peine assez pour faire de telles demandes fortes. Lorsque l'on étudie une population, des centaines devraient être évalués au minimum.

Ces défauts ont été seulement révélé en 2002 dans un rapport de scientifiques qui étudient la recherche de Crète, longtemps après la désinformation avait été utilisée pour recommander le régime



alimentaire que beaucoup d'entre nous suivent aujourd'hui. Cela signifie que près de la

moitié d'un siècle, les gens ont suivi des conseils viciés.

En plus de cela, les études menées dans les années 70 étaient incroyablement défectueuses; ils ne tiennent pas compte des habitudes tabagiques des gens et il y avait très peu de réglementation des participants tout au long de l'expérience.

Inquiétant, les gens avaient déjà été mis en garde contre les conséquences imprévues qui pourraient être causés par ce régime, et ces revendications semblent avoir eu raison parce que nous sommes confrontés à un grand nombre de ces questions aujourd'hui!

Graisses saturées a été découpée dans le régime alimentaire occidental, mais nous en tant que peuple restent malades - quelque chose ne colle pas ici.

### **Conséquences inattendues**

Pour un début, en gardant un régime alimentaire faible en graisses saturées a conduit à nous de manger au moins 25% plus de glucides depuis le début des années 1970. Ceci est un facteur qui doit être examiné et évalué.

Preuve datant des années 1950 suggère que des quantités excessives de glucides peuvent conduire à l'obésité, le diabète de type II et les maladies cardiaques. Au fil du temps, cette théorie a prouvé véridiques et exacts.

Un autre aspect qui doit être modifié et sera expliqué dans ce livre est la consommation d'huiles végétales, comme la quantité d'huiles végétales dans notre alimentation a considérablement augmenté au cours des 100 dernières années.

Ceci est la plus forte augmentation seule de la consommation de tout type de nourriture au cours du dernier siècle.

Les premiers essais cliniques ont constaté que les personnes suivant des régimes impliquant un grand nombre d'huiles végétales ont été trouvés à avoir des taux plus élevés de cancer et les calculs biliaires. Certes, personne ne veut faire face à ces types de problèmes de santé.

### **La Lie données Doesn't**

Si vous n'êtes pas complètement convaincu par tout expliqué ci-dessus, nous allons explaintalk pourquoi vous devriez réévaluer vos opinions.

Une étude réalisée par l'Université de Cambridge qui a été publié dans la revue *Annals of Internal Medicine* en Mars 2014, est sorti avec deux conclusions importantes :.

Pour commencer, ils ont dit, "gras saturés ne provoque pas de maladie cardiaque.» Cette déclaration semble fou, non?

Cette revendication est importante, mais les chiffres le sauvegarder! L'étude a porté sur les données de plus de 600 000 participants de soixante-deux pays, et il a constaté que la consommation totale des sujets de gras saturés n'a pas été corrélée à la maladie de coeur.

La deuxième grande conclusion est que les graisses polyinsaturées, que nous avons pris en charge sont important dans le maintien de nos coeurs en bonne santé, avoir des effets néfastes.

Dans une autre étude en Février 2015, dirigé par l'Université de l'Ouest de l'Ecosse, chercheur Zoë Harcombe découvert que ce lien n'a jamais été prouvé.

Professeur Iain Bloom de Gordon Douglas Université enchaîne en disant que le conseil d'arrêter de manger des aliments propres, gras ne doit jamais avoir été donné.

Donc, comme vous pouvez le voir, les graisses saturées ne sont pas des substances mal qui doit être éradiqué de votre alimentation. En fait, à l'exclusion des graisses saturées de votre alimentation peut vous mettre à risque de maladie cardiaque! Encore une fois, ceci est une revendication qui brise tout ce que la société a été enseigné pendant les soixante dernières années.

Mettez purement et simplement, les graisses saturées sont une partie importante d'un régime alimentaire sain.

## **Pourquoi vous avez besoin pour arrêter la cuisson**

### **Huile d'Olive aujourd'hui!**

L'huile d'olive est une graisse obtenue à partir de l'olive, un plantfruit trouve dans la plupart de l'Europe et l'Afrique, et itthat fournit un large éventail de prestations.

Cette huile est le plus souvent utilisé pour la cuisson, en particulier dans le cadre de la diète méditerranéenne, mais l'utilise comme une bonne idée?

### **Pas vraiment...**

La principale raison de recommander cette huile particulière est parce qu'elle est composée d'acides gras insaturés, mais lorsqu'il est chauffé, ce qui peut modifier la structure de l'huile.

L'huile d'olive fait réellement avoir beaucoup d'avantages pour la santé; par exemple, les acides gras monoinsaturés et les polyphénols peuvent aider à améliorer la résistance à l'insuline et aider à combattre le cancer. Cela a été prouvé.

**Pourquoi chauffage huile d'olive est une mauvaise idée** Le gros problème avec l'huile d'olive est que les composants qui produisent les avantages pour la santé sont détruits dans le processus de

cuisson. Tout ce qui est bon est à peu près perdu lorsqu'il est chauffé.

Les gras monoinsaturés, les polyphénols et les acides gras oméga sont tous endommagés ou détruits à des températures élevées. La raison à cela est à cause de la structure moléculaire - une fois chauffée, elle change.

Les gras insaturés contiennent des doubles liaisons - des doubles liaisons sont des liaisons chimiques entre les deux atomes différents - et ils sont instables à des températures élevées.

L'huile de coco maintient cette structure à des températures élevées.

Ce que cela signifie est que si vous souhaitez recevoir les prestations de santé promises par l'huile d'olive, vous ne devriez pas être la cuisson des aliments avec elle. Vous devez consommer cru.

Huile d'olive pressée à froid organique brille dans les salades!

**Pourquoi Cuisiner avec l'huile de coco est le meilleur** Comme indiqué précédemment, l'huile de coprah est constituée d'acides gras saturés, qui sont beaucoup mieux pour une utilisation dans la cuisson en raison de leurs structures moléculaires.

Ils ne contiennent pas de doubles liaisons et elles ne sont pas sensibles à la chaleur, ce qui signifie que la structure moléculaire restera intacte après la cuisson. Ces structures sont beaucoup plus fortes!

Donc, si vous voulez recevoir les nombreux avantages pour la santé de l'huile que vous utilisez pour cuire vos aliments, utiliser de l'huile de noix de coco.

### **Besoin d'un regain d'énergie?**

Je suis sûr que d'être fatigué et épuisé est un aspect de la vie que beaucoup d'entre nous pourrait faire sans. Donc, si vous vous

sentez souvent léthargique et lent, vous serez heureux de savoir que vous pouvez vous procurer une belle énergie rapide avec de l'huile de noix de coco. Il est très simple à faire.

### **Comment l'huile de coco t stimuler l'énergie?**

La raison pour laquelle vous obtenez un regain d'énergie à partir de l'huile de coco est parce qu'il est constitué d'acide laurique - un triglycéride à chaîne moyenne autrement connu comme MCT

agissent comme énergie instantanée "(MCT)".

Contrairement triglycérides à chaîne longue, qui se trouvent dans d'autres graisses saturées, les MCT sont pas stockés sous forme de graisse. Au lieu de cela, ils sont envoyés directement vers le foie où ils sont convertis en énergie à un rythme très rapide. Pensez-y comme la consommation d'une boisson énergisante, mais sans tous les conservateurs et les sucres.

Au cours des dernières années, les MCT ont été utilisés comme une source d'énergie alternative par les athlètes sur-haute teneur en protéines, régimes faibles en glucides. Des tests ont été effectués sur des souris pour voir les effets MCT ont sur l'énergie et l'endurance, et les résultats ont été encourageants. Ces tests souris nourris avec un régime par rapport contenant MCT, à des souris nourries avec un régime contenant LCT. Les chercheurs ont constaté que les souris nourries MCT surperformé les souris nourries LCT, et ils ont montré des niveaux de productivité plus élevés ainsi.

### **Comment l'énergie peut stimuler la perte de poids Aide?**

Si vous pouvez obtenir un regain d'énergie juste avant une séance d'entraînement, votre performance sportive sera améliorée. Ceci, à son tour, aidera à perdre du poids. Il peut vraiment améliorer la fonction métabolique.

Rappelez-vous, les MCT peuvent pas se transformer en graisse, donc si vous ne vous engagez pas dans tout exercice après la

consommation, vous ne mettez pas sur toute autre graisse. Ceci est une excellente alternative à la consommation d'aliments riches en glucides ou des boissons riches en sucre. Le sucre est stocké sous forme de graisse et ajouter des livres à une personne, mais la consommation de gras ne fait pas.

Une autre caractéristique à noter est que le coup de pouce de l'énergie tirée de MCT ne résulte pas dans un accident après. Comment est-ce pour un booster de la productivité?

## **Conclusion**

Cette information, il est clair que l'huile de noix de coco doit être recommandé pour toute personne qui veut augmenter leur énergie. Cela peut inclure des personnes qui se remettent d'une chirurgie majeure, des gens qui veulent améliorer leur performance sportive, ou des personnes qui veulent simplement rester productif pour une longue journée de travail.

Tout ce que vous devez faire pour bénéficier de ce regain d'énergie est d'ajouter deux cuillères à soupe d'huile de coco à votre régime alimentaire quotidien. Ceci permet d'accroître votre niveau d'énergie de 5% pour un plein vingt-quatre heures! Il fonctionne vraiment, alors essayez-le aujourd'hui!

## **Curb ces envies avec l'huile de coco!**

Si vous vous retrouvez souvent la sensation de faim ou de soif la nourriture toute la journée, comme la plupart des gens, alors vous savez comment il peut être difficile de coller à un régime strict quand vous voulez perdre du poids.

La pire chose à propos de ces envies est que la plupart du temps, lorsque vous avez un sentiment urgent de nourriture, vous ne choisissez pas la nourriture saine est disponible, mais le plus commode. Cela arrive beaucoup trop souvent.

Il est donc vrai que moins de faim vous permettra de maintenir votre plan de repas sain et nutritif, et vous sera donc perdre du poids plus rapidement.

Mais, malheureusement, en disant que vous voulez vous sentir moins faim est beaucoup plus facile que de réellement se sentir moins faim. Sauf, bien sûr, vous avez de l'huile de noix de coco sur la main!

## **Donc Comment ça marche?**

Lutter contre les fringales de sucre avec l'huile de coco

L'huile de coco est un excellent complément à aider à vous sentir rassasié plus vite, éviter de trop manger, et freiner les envies - en particulier les fringales de sucre. Graisses saturées a cet effet sur le corps humain.

La raison pour laquelle nous aspirons sucre est parce qu'elle est une riche source d'énergie.

Retour dans l'histoire humaine début, les calories ne sont pas quelque chose de nos ancêtres pouvaient obtenir facilement. Donc, leurs corps ont développé les fringales de sucre afin qu'ils seraient obligés de sortir et de trouver des aliments plus caloriques. Ceci est le «chasseur /

gather" ère de notre histoire humaine.

Aujourd'hui, il est beaucoup plus facile à obtenir et à consommer du sucre, et on estime que notre consommation a augmenté de 4 à 8 livres par an au cours de l'époque paléolithique, à plus de 100

livres de sucre par an aujourd'hui. Imaginez-vous manger 100 livres de sucre pur par an.

Cela a évidemment eu un impact sur la montée du diabète et le fait que la maladie cardiaque est la principale cause de décès aux États-

Unis. Ceci est l'une des grandes raisons pour lesquelles beaucoup de gens sont si malsain aujourd'hui.

### **Comment cela fonctionne t-il?**

Les MCT dans l'huile de noix de coco qui nous avons parlé à propos de l'aide plus tôt à vous sentir rassasié et freiner vos envies.

Lorsque les MCT sont traitées par votre corps, ils forment les organes de Tonalité des touches qui permettent de réduire la faim. Ces cétones sont parfaits pour freiner l'appétit.

Donc, tout simplement par la cuisson de vos aliments dans de l'huile de noix de coco, vous verrez que vous deviendrez pleine beaucoup plus vite que vous le faites habituellement. Juste ce simple échange peut lutter contre ces fringales de sucre désagréables.

Ces MCT aussi stimuler notre énergie (tel que discuté dans le chapitre précédent), ce qui signifie que l'huile de noix de coco peut être utilisé pour remplacer le sucre comme source d'énergie.

Donc MCT non seulement vous faire sentir pleinement rapide, mais ils aident aussi à lutter contre les fringales de sucre. Il est une situation gagnant-gagnant.

### **Comment l'utiliser**

La façon la plus simple d'utiliser l'huile de coco pour aider à vous sentir rassasié et freiner vos envies est tout simplement à ajouter deux à trois portions dans votre alimentation chaque jour.

Cela pourrait tout simplement être accompli en prenant une belle grosse cuillerée le matin.

Il ya aussi deux façons spéciaux supplémentaires pour utiliser de l'huile de noix de coco pour l'arrêt de fringales et de vous donner un regain d'énergie. Le premier est juste pour manger deux cuillères à soupe (sur son propre, directement de la cuillère) de -cette huile de



coco vous donnera immédiatement un regain d'énergie et il va vous empêcher de ressentir la faim pour un maximum de quatre heures!

La seconde est d'utiliser les recettes impressionnantes dans la section de la recette à la fin de ce livre. Ne pas oublier de vérifier itthem out!

## **Brûler des calories pendant que vous**

### **dormez!**

Dans le monde moderne, la plupart d'entre nous ne vivent pas le genre de style de vie qui nous aide à rester en forme naturellement ou bien dormir. La plupart d'entre nous assis à un bureau au travail toute la journée et puis revenir à la maison à regarder la télévision ou regarder un ordinateur. Il est une façon très sédentaire de la vie.

Sauf si nous avons une alimentation saine ou nous utilisons notre propre temps d'exercer, nous allons probablement commencer à prendre du poids. Malheureusement, tout cela est trop commun.

Avec nos modes de vie actuels, nous devons trouver d'autres moyens de nous maintenir en forme, et de quelle manière mieux pour rester en forme que de manger un aliment qui va brûler des calories quand vous êtes au repos? Imaginez que - garder la forme pendant que vous dormez!

### **Comment cela fonctionne t-il?**

L'huile de noix de coco raison brûle des calories pendant que vous êtes au repos est parce qu'il provoque une augmentation de votre métabolisme. Fonction métabolique est crucial de maintenir et de l'huile de coco peut vous aider à garder dans efficace.

Quand votre corps digère et la transformation des aliments, il brûle habituellement de 10% des calories que vous consommez. Donc, si vous consommez 250 calories, 25 d'entre eux seront utilisés pour transformer la nourriture en énergie pour alimenter votre corps.

Toutefois, si vous mangez un repas de 250 calories et de remplacer l'huile végétale ou de beurre avec l'huile de noix de coco, votre métabolisme va accélérer et de brûler environ 15-20% (37.5-50 calories) de ce que vous avez consommé. Voilà une augmentation spectaculaire!

Cela est dû à la façon dont notre corps à digérer la structure moléculaire de cette huile, et tout cela concerne les MCT nous avons discuté plus tôt et comment ils sont directement acheminés vers le foie et brûlé pour le carburant.

Dans une étude réalisée à l'aide d'huile composée de MCT, ils avaient trente-et-un hommes et les femmes en surpoids suivent un régime qui nous inclus un peu plus d'une cuillère à soupe d'huile pour les femmes et un peu moins de 2 cuillères à soupe pour les hommes. Certains membres du groupe avaient l'huile d'olive, et une partie du groupe a eu l'huile MCT.

Après quatre mois, le groupe de l'huile d'olive a perdu environ trois livres, mais les utilisateurs d'huile de MCT perdu une moyenne de sept livres - qui est plus du double! Voyant que le groupe avec des huiles MCT a perdu 233% plus de poids que le groupe de l'huile d'olive, je dirais que est assez convaincante.

Les chercheurs ont suggéré que le coup de fouet au métabolisme produite par MCT a joué un rôle dans la perte de poids.

### **Comment l'utiliser?**

Vous pouvez utiliser de l'huile de noix de coco pour stimuler votre métabolisme tout simplement de le cuire avec en dedans vos repas quotidiens. Et oui, cela signifie que vous pourriez avoir à cuisiner plus souvent.

Il suffit de remplacer l'huile végétale que vous utilisez habituellement pour faire cuire vos aliments avec de l'huile de noix de coco pour un bon coup de pouce à votre métabolisme.

Une autre excellente façon de faire usage de ce métabolisme boost est à ajouter dans les smoothies, ainsi. Non seulement cela donner votre smoothie une saveur de noix de coco bien, mais il aidera à freiner vos envies et booster votre énergie.

Si vous consommez beaucoup de boissons énergisantes alors ce peut être une belle, remplacement naturel qui aideront à réduire l'ensemble de ces produits chimiques, les sucres et la caféine de votre alimentation. Ceci est quelque chose que plus de gens devraient faire de toute façon.

Il ya une délicieuse recette smoothie pour vous d'essayer à la fin de ce livre.

Donc, si vous allez être assis autour au travail toute la journée - il suffit d'ajouter un peu d'huile de noix de coco à vos repas et vous serez capable de brûler ces calories supplémentaires.

Pourquoi ne pas opter pour cette solution?

## **Lose That Fat Belly!**

### **La graisse du ventre est une question difficile.**

Un des plus grands problèmes lorsque vous essayez de perdre du poids est que la graisse ne semble jamais déposer dans les endroits que vous souhaitez. Le vagin est un domaine difficile de l'organisme à maintenir.

Si vous essayez de laisser tomber le poids de votre taille, vous trouverez probablement que ça va venir en premier votre visage ou les bras! Peu importe combien vous l'alimentation ou l'exercice, il ne disparaîtra jamais tout à fait de la façon dont vous le souhaitez.

Il est essentiel d'examiner les causes possibles de la graisse du ventre si vous voulez perdre correctement.

### **Comment Belly Fat est causé?**

Une des causes de la graisse du ventre peut être l'anxiété et le stress; cela est parce que l'anxiété et le stress provoquent un certain nombre d'effets secondaires, dont l'un est le gain de poids.

Lorsque vous souffrez d'anxiété et de stress que vous êtes susceptibles de manger plus d'aliments de mauvaise qualité, qui sont riches en sucre et de glucides raffinés. Il est également connu que la graisse semble se construire plus autour de la zone abdominale lorsque vous souffrez de stress.

Cela a été prouvé.

Heureusement, avec l'augmentation de l'énergie, stimuler le métabolisme et la suppression d'appétit, l'huile de coco a l'humeur stimuler ces qualités!

### **Comment l'huile de coco peut améliorer votre humeur?**

Les MCT (ils y sont encore!) À l'intérieur de la noix de coco aide l'huile d'équilibrer les hormones qui réduisent le stress et l'anxiété. Il est comme un égaliseur endocrinien extrême!

Ils aident également à alimenter la production du cerveau de la sérotonine, qui est un gros contributeur à des sentiments de bien-être et le bonheur. Plus de sérotonine est égal à une personne plus heureuse.

**Comment manger de noix de coco aidera à perdre votre ventre** Si la graisse due au stress et l'anxiété est la cause de votre ventre, alors la meilleure façon d'aider à réduire la graisse du ventre est de trouver un moyen de réduire votre stress et l'anxiété.

Si cela devient une partie de votre routine quotidienne, il sera également aider à réduire les chances de vous souffrir de stress et d'anxiété à l'avenir, ce qui peut vous amener à mettre la graisse du ventre de retour sur. Il est question d'équilibre.

Une autre raison why l'huile de coco aidera à réduire la graisse du ventre est raison de ses qualités pour freiner les envies de sucre. Le sucre aide à construire la graisse du ventre, et quand vous réduisez votre consommation de sucre, vous verrez que votre graisse du ventre rapidement commencer à disparaître.

En outre, si vous êtes plus d'énergie que vous allez effectuer mieux quand vous travaillez, et cela aura un impact direct les résultats de vos séances d'entraînement.

Donc, il est non seulement une caractéristique de l'huile de noix de coco qui vous aide à perdre la graisse du ventre, mais toutes les qualités combinées qui va commencer à brûler votre graisse du ventre et de le garder pour la vie. Il est comme un puzzle géant qui doit être mis en place.

Une excellente façon d'utiliser l'huile de noix de coco pour la réduction du stress est d'appliquer de l'huile de noix de coco à votre tête et de masser dans un mouvement circulaire. Vous pouvez soit utiliser l'huile de noix de coco, en laissant fondre sur vos doigts, ou vous pouvez faire fondre la première et l'appliquer à votre peau alors qu'il est un peu chaud. Dans l'ensemble, il est excellent pour la peau.

En l'utilisant pour masser votre tête, il vous apaiseront et aider à réduire votre niveau de stress.

Bien sûr, le moyen le plus efficace d'utiliser l'huile de noix de coco est de consommer plus de lui dans votre alimentation, alors assurez-vous que vous consommez au moins une cuillère à soupe d'huile de noix de coco par jour.

Vous pouvez manger juste à côté de la cuillère et vous pouvez l'utiliser pour cuire vos aliments.

Les deux vous donnera l'ensemble des avantages que discuté jusqu'à présent dans le livre, et vous aidera à se débarrasser de cette graisse du ventre tenace!

Croyez-moi, cela fonctionne !.

## **Heart Disease combat avec l'huile de coco**

La maladie de coeur est toujours un problème majeur dans les pays développés.

Je sais que vous avez probablement entendu des gens dire que toutes les graisses saturées sont mauvaises dans l'ensemble de votre vie et il est difficile de croire le contraire, mais la science a à peu près que la théorie réfutée par l'entreprise. Les gras saturés sont pas le problème.

Les graisses saturées dans l'huile de noix de coco sont grands à l'augmentation de la bonne forme de cholestérol et, par conséquent, la réduction de la mauvaise Type. En d'autres termes, par la consommation de graisses saturées, une personne peut réellement aider à lutter contre les maladies cardiaques.

Semble fou, non? Manger gras pour lutter contre les maladies du cœur?

## **Comprendre les différents types de cholestérol**

Tout cela peut être un peu déroutant ... mais nous allons décomposer tout simplement.

Il existe deux types de cholestérol différentes:

- L'un est appelé HDL, lipoprotéines de haute densité, et l'autre est appelé LDL.

, Une lipoprotéine de basse densité.

Le cholestérol LDL est également connu comme le «mauvais» cholestérol, et a été jugée thusis façon parce qu'il est connu pour bloquer les artères et causer des maladies cardiaques. Ceci est, au moins, ce que la médecine occidentale prêche.

En réalité, il ya un seul «cholestérol», mais les différentes variantes faire différentes fonctions.

Maintenant cholestérol HDL agit d'une manière qui peut réduire le risque de maladie cardiaque en retirant le cholestérol LDL. Il convertit également le cholestérol dans le sang en une forme utilisable, ce qui contribue à réduire l'accumulation de plaque dans les artères et le système circulatoire. Il est un arrangement tout à fait étonnant.

Cholestérol HDL aide à maintenir les parois internes des vaisseaux sanguins et le système circulatoire général. Ce que les gens doivent comprendre est que les dommages aux parois intérieures est la première étape dans le processus de l'athérosclérose. L'athérosclérose est en fait ce qui provoque des crises cardiaques et accidents vasculaires cérébraux, et est encore devenu très courant.

HDL nettoie les parois des artères et contribue à maintenir en bonne santé et fonctionne efficacement.

**Comment MCT peut lutter contre les maladies du coeur** Oui, we're'l'm parle MCT à nouveau parce que leurs capacités sont très nombreux!

We're'l'm parler spécifiquement sur les acides gras trouvés dans MCT, qui sont appelés acides gras à chaîne moyenne (MCFAs). Ce qui est formidable à propos de MCFAs est qu'ils sont capables de tuer des dizaines d'organismes pathogènes permettant, et cela peut être très utile dans la lutte contre les maladies cardiaques et de garder votre système circulatoire en bonne santé globale.

Dans les années 1970, les scientifiques ont découvert que des poulets infectés par le begaun de virus de l'herpès de développer l'athérosclérose - un résultat étrange.

Dans les années 1980, ces mêmes découvertes ont été trouvées dans les êtres humains qui ont été infectés par des bactéries

différentes (par exemple pneumonie Chlamydia) et certains virus de l'herpès.

Une étude réalisée au Baylor College of Medicine a révélé que près de 70% des patients subissant une chirurgie pour l'athérosclérose portés anticorps relatifs à cytomégalovirus (CMV), une infection respiratoire. Ce sont des résultats alarmants, pour dire le moins.

Des études ont continué à être appliquées à des animaux, ce qui a fourni la preuve que les bactéries plus convaincantes contribuent à l'inflammation chronique et la formation de plaques.

L'inflammation est un vrai tueur, et plus de gens ont besoin de comprendre comment elles sont à retrouver la santé.

**Comment l'huile de coco combat les maladies du cœur** Pour commencer, l'huile de coco est incroyablement élevée en cholestérol HDL, donc quand vous consommez vous serez aidés à effacer le taux de cholestérol LDL de votre système et vous serez protégés votre cœur. HDL est grande à nettoyer les choses.

Comme vous pouvez l'imaginer, si vous ne consommez pas beaucoup dans la façon de graisses saturées pour le moment, vous pouvez être encombrés vos artères et vous ne serez pas avoir quoi que ce soit pour aider à briser cette baisse. Il ya un équilibre à atteindre ici.

Également à noter, le foie est principalement responsable pour contrôler les niveaux de cholestérol, afin de maintenir un foie sain peut améliorer considérablement votre taux de cholestérol.

Comme indiqué précédemment, l'huile de coco contient beaucoup de MCT. Cela signifie que la consommation d'huile de noix de coco peut faire ressortir toutes les propriétés d'infection-busting contenues dans le CMAF de.

Rappelez-vous que nous avons discuté plus tôt, comment des endroits comme le Sri Lanka utilisés pour manger huile de coco



comme leur graisse alimentaire primaire et leur taux de maladies cardiaques de mort a été un des plus bas dans le monde? Ce résultat est logique, et les études démographiques ont prouvé maintes et maintes fois.

Au cours des dernières années, la consommation d'huile de noix de coco a plongé au Sri Lanka, en étant remplacé par des huiles végétales et la margarine comme les pays occidentaux, et par conséquent, les taux de maladies cardiaques commencé à augmenter. Des tendances similaires ont commencé à se produire dans les régions de l'Inde ainsi. Ces chiffres ne mentent pas.

Donc, si vous voulez éviter de mourir d'une maladie cardiaque, la réponse est d'ajouter de l'huile de noix de coco à votre régime alimentaire dès que possible! Commencez dès aujourd'hui!

Comment utiliser l'huile de coco pour la lutte contre les maladies du coeur

La première étape dans l'utilisation de l'huile de noix de coco pour lutter contre la maladie de coeur est tout simplement en l'utilisant de quelque façon possible!

Suivez les recettes de l'IFE ont indiqué à la fin de ce livre et commencent à consommer l'huile de coco aujourd'hui. Votre corps va se sentir les avantages presque immédiatement.

Il n'a pas d'importance comment vous obtenez l'huile de coco dans votre régime alimentaire, soit; Vous pouvez faire cuire avec elle ou mangez juste à côté de la cuillère, les deux méthodes sont aussi efficaces. En outre, ne pas oublier de vérifier les recettes à la fin de ce livre.

## **L'huile de coco Cosmétiques**

Il est vrai aussi que l'huile de noix de coco peut fournir de grandes améliorations à la peau et les cheveux.

Sciences prétend que vous pouvez utiliser ce super pour les bienfaits anti-âge, soins de cheveux et d'éclaircir l'acné. De nombreuses études ont mis en lumière sur ce sujet.

Dans ce chapitre, je vais courir à travers tous les différents avantages cosmétiques que l'huile de noix de coco peut fournir et expliquer la science derrière ces grands avantages de beauté.

## **Anti-âge**

Le premier de ces avantages cosmétiques fournis par l'huile de coco est la façon dont il peut être utilisé pour soigner la peau de l'acné et réduire les rides. Cela vaut pour la peau endommagée par le soleil ainsi.

Les propriétés antibactériennes et anti-fongiques de l'aide de l'huile de coco cicatrisation de la peau et peut en particulier aider à guérir les dommages causés par une surexposition. L'huile de coco est également riche en antioxydants et autres vitamines, qui, si vous ne saviez pas déjà, aide la peau à guérir efficacement.

La nature de la réduction des rides de l'huile de coco est le plus excitant de ses propriétés anti-

âge - il réduit les rides dans les manières suivantes:

Les propriétés hydratantes de l'huile de noix de coco naturelle sont brillants pour prévenir la sécheresse de la peau - tout ce que vous devez faire est de simplement frotter dans votre peau au quotidien. La fréquence recommandée est de deux fois par jour, matin et soir.

L'huile de coco contient également un émollient essentielle - un émollient est un agent qui aide à adoucir la peau - et cela peut vous aider à réduire les rides et garder votre peau belle et douce.

Une peau plus douce est une meilleure peau. Qui ne voudrait pas la peau plus douce de toute façon?

Les propriétés antioxydantes Wei a parlé plus tôt aide à prévenir le vieillissement causés par les radicaux libres. Les faits montrent que nous vieillissons parce que nos cellules accumulent dommages des radicaux libres dans le temps, et cela est prouvé pour être vrai.

Les antioxydants ralentissent le processus de vieillissement en arrêtant les radicaux libres de oxydant et en les empêchant de se former. Voilà pourquoi un apport d'antioxydants copieux est recommandé pour ceux qui cherchent à bien vieillir. Les légumes bio aider dans ce processus sensiblement. En combinaison avec de l'huile de noix de coco, des légumes vont ajouter bien dans la lutte contre les effets du vieillissement.

## **Acné**

Améliorations extraordinaires ont été trouvés dans souffrant d'acné à base d'huile de noix de coco. Si vous ne l'avez jamais regardé dans l'acné avant, elle est causée par une infection dans les ouvertures des glandes sébacées. Ces glandes sécrètent des huiles pour garder la peau de sécher et à la fissuration, et ils sont nécessaires pour la santé de la peau de sorte que leur entretien est très important.

Ils peuvent se boucher jusqu'à bactéries, et quand cela arrive, la région commence à devenir enflammée, rouge, enflée et douloureuse. Ceci est l'acné!

L'huile de coco peut fournir des améliorations fantastiques pour les personnes souffrant d'acné, qu'il soit utilisé seul ou avec d'autres traitements. Et ne vous inquiétez pas - comme la plupart des gens sont - sur l'utilisation de quelque chose de gras sur la peau à tendance acnéique. Rappelez-vous, cette huile est bon pour la peau.

Une des plus grandes raisons que l'huile de noix de coco aide est parce qu'il contient de l'acide caprique et laurique, qui sont deux des plus puissants agents antimicrobiens les dans le monde.

De nombreuses études ont mis en lumière ces agents antimicrobiens.

Lorsque ces acides sont appliqués sur la peau, les microbes sur la peau convertir en monocaprine et monolaurine, qui ont des propriétés antibactériennes, antivirales, et des propriétés antifongiques. Il est une réaction avec des avantages incroyables et souffrant d'acné devrait essayer cela dès que possible!

Ces compounds tuent les bactéries qui causent l'acné et avoir la possibilité de restaurer l'équilibre du pH naturel de la peau, qui à son tour, réduit les chances de les bactéries qui causent l'acné à survivre en premier lieu. Considérez cela comme le combattant ultime de l'acné!

L'huile de coco peut également créer des améliorations tout en l'ajoutant à votre nourriture - mais vous obtiendrez les meilleurs résultats en appliquant directement à sur votre visage si vous êtes à la recherche pour lutter contre l'acné par un degré quelconque.

### **Baume à lèvres**

L'huile de coco peut être utilisé comme un baume pour les lèvres, et il est très efficace pour traiter les lèvres gercées. La meilleure partie est que juste un pot vous durera très longtemps.

L'huile de coco est, en fait, tout aussi efficace que les baumes à lèvres chimiques que vous pouvez acheter dans les magasins, mais il est une option beaucoup plus sain si vous devez utiliser quelque chose. Il est moins cher aussi, dans le long terme, comme un pot va durer plus d'un an.

Vous devriez toujours choisir une option saine pour le soin des lèvres, parce que vous consommez une bonne partie de ce que vous appliquez là. Le baume à lèvres que vous mettez en permanence sur vos lèvres ne pas rester à l'extérieur de votre corps, comme vous le faites consommer à un certain degré. En

conséquence, vous ne voulez mettre les choses sur vos lèvres que vous seriez heureux de manger dans le cadre d'un repas.

Certains baumes à lèvres contiennent des ingrédients comme le pétrole (vous mettez dans votre voiture), ce qui est pas tout à fait sûr de consommer, ou oxybenzone, qui est un composé chimique qui peut devenir cancérigène sur la peau. Cancérigène signifie qu'il pouvait causer le cancer.

Alors, auriez-vous plutôt un cocktail chimique ou l'huile de noix de coco entièrement naturelle sur vos lèvres? La réponse est simple.

Je pense que vous seriez d'accord que l'huile de noix de coco est une meilleure option pour traiter les lèvres sèches et gercées. Il est tout-naturel, plus il sera garder vos lèvres hydratées pour beaucoup plus longtemps que le pétrole. Commencer à l'utiliser dès aujourd'hui!

## **Soin des cheveux**

L'huile de coco fournit un certain nombre d'avantages pour vos cheveux, et si vous cherchez un moyen de garder vos cheveux brillants et beau, alors vous voudrez utiliser de l'huile de noix de coco assez souvent. Vous pouvez le faire le matin ou avant le coucher.

Un avantage génial d'utiliser l'huile de noix de coco sur vos cheveux est qu'il traite les pellicules mieux que tout shampooing antipelliculaire commerciale - en fait, l'application régulière d'huile de coco va se débarrasser des pellicules pour toujours! Je l'ai vu ce qui arrive à des gens que je connais personnellement et ai travaillé. C'est incroyable!

La meilleure façon d'utiliser l'huile de noix de coco sur vos cheveux que les cheveux conditionné pour la santé et la longévité. Il vaut mieux pour vos cheveux que tout conditionneur de cheveux synthétiques sur le marché, que vous ne voulez pas l'ensemble de ces produits chimiques dangereux sur votre tête.

Vous pouvez faire un grand shampoing fait maison en mélangeant le henné avec de l'huile de noix de coco et le lait chaud pour faire une pâte.

Appliquer la pâte sur vos cheveux pendant 20 minutes, puis rincez complètement. Il est un excellent moyen de rester naturelle et saine au sein de votre régime de cheveux.

Cette recette de shampoing est très efficace, en particulier pour les cheveux secs, et n'a pas d'effets secondaires que ce soit. Si il est naturel, il est génial à utiliser.

Une autre façon d'utiliser l'huile de noix de coco pour les cheveux conditionné est d'appliquer l'huile chauffée à vos cheveux une nuit, puis le rincer dans la matinée. Répétez cette opération une fois tous les quelques jours pour saine, des cheveux forts, climatisé. Seule une petite quantité est nécessaire.

### **L'huile de coco pour la santé dentaire?**

Vous sentez-vous comme si vous pouvez utiliser un peu d'aide avec vos dents et des gencives?

Avez-vous trouvé que les produits dentaires conventionnels ne sont pas vous aident autant qu'ils le disent qu'ils le devraient? La santé buccodentaire est extrêmement important pour la santé globale, et pas beaucoup de gens réalisent cela.

Si tel est votre cas, vous pouvez essayer la méthode d'extraction du pétrole séculaire. Il a été autour pendant un temps très long.

### **Quel est Oil Pulling?**

Huile de traction est un remède naturel, qui utilise des substances inoffensives (comme l'huile de noix de coco) à nettoyer et détoxifier les dents et les gencives.

Il existe des preuves pour suggérer que ce sera naturellement blanchir vos dents, et il est également connu pour améliorer la santé de vos gencives et éliminer les bactéries nocives. La science a faire la lumière sur ces allégations.

### **Quels avantages peut-Oil Pulling fournir?**

L'idée de tirer l'huile est à bruite l'huile dans votre bouche pendant un court laps de temps chaque jour. Cela vous aidera à améliorer votre santé bucco-dentaire en utilisant le principe "comme se dissout comme." Mettez-le dans votre bouche, et Swish et se gargariser comme vous le feriez rince-bouche. L'huile est capable de couper à travers la plaque andwill éliminer les toxines sans déranger les dents ou les gencives. S'il vous plaît faire sûr que vous Dodo pas avaler l'huile lorsque vous avez terminé.

Huile de traction peut être effectuée en utilisant tout type de qualité alimentaire huile biologique.

La science derrière tirant huile est très simple: les huiles se lient à la mauvaise plaque sur les dents et de réduire le nombre de bactéries dans la bouche. Il neutralise ces menaces.

Une de ces bactéries est Streptococcus mutans, qui a été étudié pour son rôle dans la carie dentaire et les maladies des gencives. Huile de traction avec l'huile de coco a été montré pour réduire le nombre de Streptococcus mutans bactéries dans la bouche.

### **Comment Pull Oil**

Pour démarrer l'huile tirant aujourd'hui, tout ce que vous avez à faire est:

- Mettez 1 -2 teasable cuillères d'huile de noix de coco dans votre bouche.
- Swish pour 10 - 20 minutes (l'huile doit être blanc crémeux quand craché).

- Crachez dans la poubelle (ne pas avaler comme il devrait être plein des bactéries).
- Rincer à l'eau tiède.
- Brosse bien pour assurer toutes les bactéries restant est éliminé.

## **Il n'y a rien huile de coco peut pas faire?**

En maintenant votre esprit a probablement été soufflé par toutes les choses que l'huile de noix de coco peut faire.

Pas sonner comme une mauvaise publipostage ... Mais attendez - il ya beaucoup plus!

L'huile de coco a même des utilisations plus étonnantes que vous auriez jamais imaginé. En fait, je peux vous garantir que vous ne l'auriez pas deviné que l'huile de coco pouvait faire toutes ces choses.

Donc, nous allons voir ce qu'il peut faire d'autre!

### **Utiliser comme écran solaire**

Oui, vous pouvez vraiment utiliser l'huile de noix de coco comme un écran solaire naturel! En fait, les premiers écrans solaires commerciaux utilisés huile de coco comme leur principal ingrédient.

Il est important de vous assurer que vous obtenez toujours une certaine protection contre le soleil parce que le rayonnement ultraviolet est la première cause de cancer de la peau. Sun est grand pour sa santé, mais dans les petites, les montants réglementé.

Cependant, je vous conseille d'amerrissage tous vos écrans solaires commerciaux en raison des produits chimiques en eux.

Je sais que cela va à l'encontre de l'avis que vous l'habitude d'entendre, mais les recherches menées par diverses fondations du cancer indique que certains des produits chimiques dans les crèmes



solaires commerciales peut contribuer au développement de certains cancers et perturbations du système endocrinien.

La plupart des écrans solaires commerciaux sont pleins de parabens, qui sont des conservateurs que l'on retrouve dans de nombreux autres produits cosmétiques.

La recherche a conclu que les parabens peuvent augmenter le risque de cancer du sein et peuvent interférer avec le système reproducteur masculin.

Les écrans solaires comprennent également les produits chimiques nocifs, comme l'oxybenzone, dont nous avons parlé dans le dernier chapitre, et rétinol palitata. Certaines recherches ont lié paliatata de rétinol en combinaison avec des rayons ultraviolets à une augmentation du risque de cancer. Ce danger est facile à éviter si vous arrêtez tout simplement utiliser des écrans solaires classiques.

Ce qui est dangereux dans la plupart des écrans solaires sur le marché aujourd'hui est qu'ils sont partiellement absorbés par la peau. Pensez-y, voudriez-vous un produit chimique qui pourrait

augmenter le cancer du sein ou de la cause la dermatite de contact d'être absorbés dans votre peau? Votre peau est notre plus grand organe, et tout mettre sur elle finira par entrer dans votre circulation sanguine.

L'huile de coco offre un FPS (facteur de protection solaire) d'environ 8, ce qui est pas très élevé, mais si vous l'appliquez souvent, il permet de garder votre peau hydratée et de le rendre moins susceptibles de brûler.

La meilleure façon d'utiliser l'huile de coco comme un écran solaire est de le combiner avec d'autres écrans solaires sécuritaires qui contiennent de l'oxyde de zinc. Beaucoup de ces écrans solaires sûrs peuvent être trouvés chez légitimes des magasins d'aliments santé.

L'oxyde de zinc agit comme une barrière physique sur votre peau et offre la même protection que vêtu d'un long T-shirt à manches (qui est la meilleure façon de vous protéger du soleil!).

Le seul problème avec les produits traditionnels d'oxyde de zinc est qu'ils laissent une substance blanche pâteuse partout dans votre peau, un effet secondaire qui est pas très attrayant.

Donc, la meilleure option pour vous est d'acheter micronisée oxyde de zinc, qui offre la même protection, mais sans les effets secondaires indésirables.

La meilleure façon de les combiner est d'utiliser l'oxyde de zinc solaire le matin, quand vous allez d'abord au soleil, pour vous donner une protection efficace contre les rayons ultraviolets.

Après quelques heures, appliquer de l'huile de noix de coco pour hydrater la peau et de compléter l'oxyde de zinc. Ils fonctionnent bien avec l'autre.

## **Supprimer Maquillage des yeux**

Mesdames, vous devez le faire!

Si vous ne disposez pas de tout solvant de maquillage située autour de la maison, ne paniquez pas! Vous pouvez réellement utiliser l'huile de noix de coco comme un grand, décapant de maquillage naturel!

Suivez cette instruction avant de vous laver votre visage à la fin de la journée: il suffit de placer un peu d'huile de noix de coco sur votre doigt et frottez doucement votre doigt vers le bas à travers vos cils pour enlever le maquillage des yeux. Répéter au besoin.

## **Visage et Corps Hydratant**

Nous avons beaucoup parlé des propriétés hydratantes de l'huile de noix de coco, donc je pense que ça va être un peu surprise que je

vais recommander l'utiliser comme une crème hydratante ou une lotion quotidienne.

Je sais qu'il peut être difficile de se déplacer loin des hydratants réguliers que vous utilisez actuellement, mais demandez-vous, voulez-vous manger?

Sinon ... pourquoi voudriez-vous les mettre sur votre corps? Si il est sur votre corps, il finira à l'intérieur aussi bien.

La plupart des choses que vous mettez sur votre peau sont absorbés par ses membranes et entrer dans votre circulation sanguine. Voulez-vous vraiment les produits chimiques de ces crèmes hydratantes dans votre sang? Il est le même concept que les écrans solaires. Tous les cosmétiques doivent être évaluées pour déterminer si elles sont sans danger pour votre corps. Naturel est toujours la meilleure.

Donc, puisque nous savons que ce que vous ne devriez pas utiliser, pourquoi devriez-vous utiliser l'huile de noix de coco?

Eh bien, nous avons déjà vu tous les grands avantages que l'huile de noix de coco peut fournir à votre peau. Mais la meilleure raison de l'utilisation d'huile de noix de coco comme une crème hydratante est que les MCT dans l'huile de noix de coco seront pénétrer la peau en profondeur, hydratant sans vous laisser de sensation de gras.

En outre, l'huile de coco contient beaucoup de vitamine E, qui, si vous ne saviez pas déjà, aider la peau à récupérer endommagé.

L'huile de coco est également totalement sûr à utiliser sur les bébés et les enfants, et vous ne devez pas vous inquiéter si elle obtient dans la bouche de votre enfant. Rappelez-vous, il est de la nourriture.

Ou, si vous ne disposez pas d'enfants, mais êtes enceinte, puis l'huile de noix de coco est parfait pour prévenir les vergetures!

Donc, si vous voulez utiliser de l'huile de noix de coco comme un hydratant, il vous suffit de faire fondre et de le mettre directement sur votre peau ou vous pouvez suivre l'une des grandes recettes à la fin de ce livre pour l'huile de noix de coco à la fois le beurre corporel ou une lotion efficace .

## **En tant que déodorant**

Oui vraiment! L'huile de coco est parfait pour faire votre propre, naturel, déodorant maison.

Je suis sûr que vous demandez peut-être quel est exactement le problème avec votre déodorant normal. Il fait le travail, donc je suis sûr que vous vous demandez si vous voulez vraiment changer pour un déodorant maison et risquer l'embarras de celui-ci ne fonctionne pas.

Très peu d'entre eux fonctionnent bien, et la plupart sont dangereux.

Eh bien, si vous avez déjà regardé quelques-uns des ingrédients dans une boîte de déodorant, vous pourriez avoir vu la liste des produits chimiques qu'il contient, et vous auriez pu vous demander quel genre de problèmes que ces produits chimiques peuvent causer. L'aluminium est l'un de ces préoccupations.

Pour un commencer, il ya des parabens dans les déodorants, et nous savons quel genre de problèmes qu'ils peuvent causer comme indiqué précédemment. Ensuite, il ya les phtalates, qui peuvent causer le cancer, des malformations congénitales et l'infertilité. En fait, les problèmes qui peuvent être causés par ces produits chimiques sont trop long d'énumérer!

Quelque chose qui est parfois inclus est appelé triclosan. Ce produit chimique ne cause pas seulement des effets secondaires terribles, mais il a été connu pour influencer le développement de bactéries résistantes aux antibiotiques! Pas bien!

Si vous ne l'avez pas déjà décidé que faire le passage à déodorants naturels peut être un sage, alors vous voudrez peut-être vous demander si vous voulez vraiment être composés d'aluminium application sur votre peau sur une base quotidienne. Les métaux lourds ne sont pas bon pour le corps.

L'aluminium est un ingrédient essentiel dans les antisudorifiques, car il se lie à des électrolytes dans la sueur pour former un bouchon de gel dans le conduit de la glande de sueur. Il se branche essentiellement les pores et empêche le corps de faire ce qu'il doit faire.

Malheureusement, l'aluminium a certains effets secondaires incroyablement effrayants, y compris le cancer et la maladie d'Alzheimer! Ces allégations ont été prouvées par le temps et la science du temps nouveau.

Si vous êtes comme moi, vous serez en pensant que si il ya, d'un déodorant naturel efficace là-

bas, vous aurez envie de passer à pronto!

L'huile de coco est capable de travailler comme un déodorant naturel tout en l'appliquant à vos doigts et laisser fondre avant de l'appliquer à vos aisselles. Le mélangeant avec du bicarbonate de soude, il sera encore plus fort. Il ya de nombreux exemples de personnes utilisant de l'huile de noix de coco sur sa propre comme un déodorant et obtenir des résultats fantastiques.

## **Hydratant bébé**

Comme expliqué précédemment, l'huile de coco est très sûr à utiliser avec les enfants. Vous pouvez l'utiliser comme une lotion pour votre bébé, et il n'a pas d'importance si elle devient dans la bouche de votre bébé car il est complètement sûr de manger.

## **Laver maison pour bébé**

Vous pouvez également l'utiliser comme un lavage de bébé maison. Pensez à tous les produits chimiques qui se trouvent dans votre bébé lavage en magasin apporté et vous demander si vous pensez qu'ils sont le genre de choses que vous voulez être de mettre sur la peau de votre bébé.

Rappelez-vous que la plupart des choses que vous mettez sur votre corps aller dans votre circulation sanguine, de sorte que vous ne voulez vraiment aller ces produits chimiques dans le corps de votre enfant?

### **Traitement Cradle Cap**

L'huile de coco peut être utilisé comme un traitement de croûtes de lait, trop! Croûtes de lait est une infection fongique, mais les propriétés anti-fongiques de l'huile de coco traiter la cause racine de ce problème avec facilité.

Pour compléter ce processus, l'huile de massage dans la tête du bébé et laissez-le pendant 20

minutes - l'huile sera desserrer les flocons et nourrir le cuir chevelu du bébé. Si vous chauffez l'huile avant d'appliquer, plutôt que de laisser ramollir sur vos doigts, s'il vous plaît assurez-vous de vérifier qu'il est pas trop chaud avant de l'appliquer à la tête du bébé. AfterThen, rincer le pétrole au large et utiliser une brosse pour peigner les cheveux de l'enfant et de supprimer tous les flocons en vrac.

### **Crème érythème fessier**

L'huile de coco fait un grand crème érythème fessier, grâce aux propriétés réparatrices cutanées de vitamine E - tout ce que vous devez faire est d'appliquer l'huile de noix de coco à la zone. Le pétrole va agir comme une barrière pour empêcher toute nouvelle infection et il va traiter la peau qui a déjà été infectés.

Si vous utilisez un applicateur de tissu, vous avez peut-être rendu compte que certains traitements seront ruiner; heureusement, l'huile de coco ne le fera pas.

## **DES RECETTES:**

### **Coconut rôti Sweet Potatoes**

Ingrédients:

- 3 cuillères à soupe d'huile brute pressée à froid certifié coco bio
- 2 1/2 livres de patates douces organiques
- 1/4 cuillères à café de fleur de sel de l'Himalaya
- Poivre noir moulu
- - Zeste de citron râpé

Instructions:

- Couper les patates douces en petits morceaux
- Préchauffer le four à 400 degrés F
- Faire fondre l'huile de noix de coco dans une casserole à feu moyen
- Dans un grand bol mélanger les pommes de terre avec de l'huile, le sel et le poivre
- Pommes de terre de se répandre dans une seule couche sur une plaque de cuisson avec de l'huile
- Rôti pendant environ 45 minutes, en remuant de temps
- Transfert à un bol de service et mélanger avec le zeste de lime à nouveau

- Servez! :)

## **Barres au chocolat énergétiques huile de coco**

Ingrédients:

- 1/4 tasse de beurre de cacao
- 1/3 de tasse d'huile brute pressée à froid certifié coco bio
- 1/3 tasse de miel brut
- 1/3 tasse de poudre de cacao
- 2 tasses de noix de coco râpée
- Stevia au goût (ne mettez pas trop ...)

Instructions:

- Faire fondre le beurre de cacao dans une casserole sur feu doux
- Ajouter l'huile de noix de coco dans la casserole faire fondre
- Ajouter le miel brut dans la casserole et bien mélanger
- Ajouter la poudre de cacao dans la casserole et mélangez
- Ajouter la noix de coco râpée dans la casserole et mélangez
- Ajouter la stévia dans la casserole et mélangez
- Verser le mélange dans un plat de cuisson recouverte de papier sulfurisé et placer dans un réfrigérateur jusqu'au durcissement.
- Prendre plaisir! :)

## **Le sucre Buster**

Ingrédients:



- Huile brute pressée à froid certifié coco bio

- - Beurre de noix

- 

- Miel cru

Instructions:

- Faire fondre l'huile de noix de coco

- Mélanger des parties égales de beurre de noix et de l'huile de coco

- Mélanger dans le miel brut

- Transfert à un pot que vous pouvez emporter partout avec vous

- Mangez quand vous sentez des envies de sucre!

- Cela fonctionne!

### **Banana Colada Coconut Smoothie**

Ingrédients:

- 1 tasse de lait de coco bio

- 1/3 tasse de jus d'ananas biologique

- 2 bananes organiques congelés

- 1/2 tasse de morceaux d'ananas

- 1/2 tasse de yogourt grec biologique

- 1 cuillère à café de 1/2 de l'extrait de vanille

- Pincée de sel de l'Himalaya

- Flocons de noix de coco séchée

Instructions:

- Combinez tout sauf la noix de coco séchée dans un mélangeur
- Réduire en purée lisse
- Garnir avec des flocons de noix de coco comme vous le souhaitez

### **Coconut poulet rôti**

Ingrédients:

- 1 ensemble organique poulet fermier
- Sel de l'Himalaya et de poivre noir
- 1 oignon jaune organique
- 1 branche de céleri organique
- 3 gousses d'ail coupées en deux -
- 1/4 tasse de beurre fondu nourri à l'herbe
- 1/4 de tasse d'huile de coco fondu
- 1/2 tasse de bouillon de poulet
- 1 1/2 cuillères à soupe de fécule de maïs
- 2 cuillères à soupe d'eau

Instructions:

- Préchauffer le four à 425 degrés F
- Retirer les abats

- Saison de la cavité avec sel et poivre
- Farcir le poulet avec l'oignon, céleri et l'ail
- L'huile de noix de coco Brosse et le beurre fondu sur le poulet
- Assaisonner avec le sel, le poivre et la poudre d'ail
- Placement dans un plat à rôti
- Rôti pendant environ 12 minutes
- Réduire la chaleur à 350 degrés et badigeonner le poulet
- Rôti pendant 1 heure
- Baste poulet avec le jus de cuisson toutes les 10 minutes, mis à part les 15 dernières minutes
- Verser le jus de cuisson dans une petite casserole ajouter le bouillon de poulet
- Ajouter plus ou moins stock / eau pour ajuster la richesse
- Ajouter la fécule de maïs dans l'eau pour faire une pâte et fouetter dans la sauce pour atteindre la consistance désirée
- Fouetter et faire bouillir jusqu'à la sauce ait épaissi
- Servir avec le poulet rôti! :)

## **Santé Coconut cookies!**

Ingrédients:

- 4 grosses bananes, assurez-vous qu'ils sont bien en purée (1 1/2 tasse)
- - 1/4 tasse d'huile de coco fondu
- fondu
- 1 tasse 1/2 cuillère à café d'extrait de vanille
- 2/3 tasse de farine d'amande
- 2 1/2 tasses de flocons d'avoine
- 1/3 tasse de noix de coco, déchiqueté et / non sucré
- 1/2 cuillère à café de cannelle
- 1/2 cuillère à café de sel de l'Himalaya
- 6 - 8 onces de pépites de chocolat
- 1 cuillère à café de poudre à pâte

Instructions:

- Préchauffer le four à 350 degrés F
- Mélanger les bananes, l'extrait de vanille, et l'huile de coco ainsi que l'extrait de vanille dans un grand bol
- Mettre de côté
- Utilisez un autre bol, fouetter ensemble l'avoine le repas d'amande, d'avoine, de cannelle, de noix de coco râpée, de la cannelle, le sel et la poudre à pâte
- Ajouter tous les autres ingrédients secs et remuer jusqu'à combiner pleinement them.d

- Incorporer les pépites de chocolat
- Lieu cuillère sizedsmall "" cuillerées de pâte, un pouce d'intervalle, sur une plaque à pâtisserie recouverte de papier sulfurisé
- Cuire au four pendant 123 - 15 minutes
- Prendre plaisir :)

## **Soy & Honey poulet au coco riz brun**

### Ingrédients:

- 5 cuillères à café de miel brut
- 5 cuillères à café de sauce de soja
- £ 1 désossées, cuisses de poulet sans peau
- 5 oz de riz brun biologique
- Pincée de sel de l'Himalaya
- 1 cuillère à café d'huile de noix de coco
- 1 cuillère à café de graines de sésame noir
- Poignée de feuilles de coriandre fraîche
- 1 cuillère à café de graines de citrouille, hachées

### Servir

- 1 cuillère à soupe d'huile de sésame
- 2 têtes de bok choy, coupées en deux

### Instructions:

- Mélanger le miel et la sauce soja dans un bol

- Ajouter les cuisses de poulet et mélanger dans la marinade jusqu'à ce que complètement recouvert
- Placez le cuisses de poulet dans une casserole profonde
- Placez la casserole sur feu moyen et cuire jusqu'à ce que le revêtement de miel et soja a épaissi et le poulet est cuit.
- Alors que le poulet est cuit, ajouter le riz, 10 ½ onces d'eau et le sel dans une casserole séparée et porter à ébullition
- Réduire le feu et laisser mijoter le riz, couvert pendant environ 30 minutes
- Le sésame de la chaleur de l'huile dans une grande poêle à feu moyen séparé
- Ajouter le bok choi et cuire pendant 5 minutes
- Lorsque le riz est cuit, il peluches avec une fourchette et mélangez à travers les l'huile de coco, les graines de coriandre et sésame
- Saupoudrer les graines de citrouille hachées
- Verser le riz dans les assiettes et garnir avec du soja et poulet au miel
- Placez le bok choi côtés
- Servez!

## **L'huile de coco Lip Balm**

Ingrédients:

- Bain-marie
- L'agitation ustensile

- 1 cuillère à soupe d'huile de coco
- 1 cuillère à soupe de cire d'abeille
- 1 cuillère à café d'huile de palme rouge

Instructions:

- Mettre tous les ingrédients dans le bain-marie
- Chauffer à feu doux
- Faire fondre la cire et les huiles ensemble
- Mélanger le mélange et verser dans un petit récipient de stockage
- Laisser refroidir avant de l'utiliser

### **L'huile de coco Body Butter Recette**

Ingrédients:

- 1 tasse d'huile de coco
- Quelques gouttes de vos huiles essentielles préférées pour le parfum
- 1 cuillère à café d'huile de vitamine E (en option)

Instructions:

**REMARQUE:** Ne pas faire fondre le l'huile de coco, il sera seulement attiser si elle est solide

- Mettre tous les ingrédients dans un bol à mélanger
- Mélanger à haute vitesse jusqu'à fouettée dans une lumière, aérée cohérence (environ 8

minutes)

- Utilisez une cuillère pour retirer la noix de coco beurre pour le corps d'huile, conserver dans un bocal en verre et couvrir hermétiquement. Pots Mason fonctionnent le mieux.
- Conserver à température ambiante, ou dans un réfrigérateur

### **Lotion hydratante de luxe**

Ingrédients:

- 1/2 tasse d'huile d'amande
- 1/4 de tasse d'huile de coco
- 1/4 tasse de cire d'abeille
- Pint pot de verre de taille (Vous pouvez acheter un spécifiquement pour ceci ou vous pouvez réutiliser un bocal en verre de cornichons, olives ou d'autres aliments.) Tout devrait fonctionner correctement.

Instructions:

- Mélanger les ingrédients dans le bocal de verre
- Remplissez une casserole moyenne avec un couplefew pouces d'eau
- Placez sur feu moyen
- Mettez un couvercle sur le pot sans serrer et les placer dans la casserole
- Les ingrédients dans le bocal vont commencer à fondre
- Agiter ou stirStir occasionnellement en cas de besoin



- Verser dans quelque pot ou de l'étain que vous allez utiliser pour le stockage

## **Déodorant naturels faits maison**

Ingrédients:

- - 1/4 tasse de fondu huile non raffinée organique de coco extra vierge

- (4 cuillères à soupe d'huile de noix de coco solide)

- 1/2 tasse de bicarbonate de soude

- 10-12 des gouttes d'huiles essentielles

- Pot en verre avec un couvercle ou ancien conteneur de bâton de déodorant Instructions:

- Placez tous les ingrédients secs dans un bol

- Ajouter l'huile de noix de coco fondu et huiles essentielles

- Remuez très bien

- Verser la pâte dans un bocal avant qu'il ne se solidifie

- Laisser refroidir naturellement puis placer au réfrigérateur afin qu'elle se solidifie entièrement

## **Conclusion**

A présent, vous devriez être très heureux de commencer votre voyage dans les prestations de santé et vaste monde de l'huile de coco.

Je suis en espérant vous avez soit un bain de première pression à froid l'huile de coco biologique certifié prêt à commencer à utiliser immédiatement, ou si vous avez commandé un et vous êtes juste

d'attente pour la livraison! Vous pouvez maintenant acheter à tout épicerie, car il est devenu largement disponible.

Si vous voulez utiliser l'huile pour la cuisson ou si vous voulez l'utiliser pour ses fins cosmétiques, vous devriez vouloir commencer à l'utiliser immédiatement!

La raison pour laquelle je vous dis de commencer à utiliser maintenant est que est que la minute où vous commencez à utiliser dans votre régime quotidien, vous allez commencer bénéficiant de l'ensemble de ses propriétés de santé-stimulant.

Mais plus vous attendez, plus les dommages que vous pourriez faire pour vous!

Donc, briser le cycle maintenant et commencer à profiter d'un mode de vie sain avec de l'huile de noix de coco!

HUILES ESSENTIELLES POUR

DÉBUTANTS

*Le peu connu secrets à HUILES ESSENTIELLES ET AROMATHÉRAPIE*

*pour perdre du poids, la beauté et GUÉRISON*

*Ella Marie*

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## **INTRODUCTION**

Vous pourriez avoir entendu une autre célébrité délirer sur leurs produits de beauté nouvelle, une huile rare du Maroc, ou peut-être que vous avez assisté à la transformation de la peau d'un ami du sec et terne à étonnamment souple et éclatante. Quand vous remettez en question votre ami à propos de l'élixir magique qui a provoqué ce changement rapide de la qualité de sa peau, elle prononce «huiles essentielles». Votre intérêt est maintenant piqué; vous emballez et prêt à découvrir le monde des huiles essentielles, et vous prévoyez de les utiliser tous les jours pour des changements positifs tout au long de votre vie. Pourtant, quelques frappes plus tard, vous trouvez que la découverte du royaume des huiles essentielles ne sera pas une tâche facile, après tout.

«Huile essentielle» Le terme de recherche donne 47,300,000 résultats sur Google et chaque page a son propre bit d'information avec sa propre réalité et la fiction. Si seulement vous pouviez trouver un livre qui présente des informations sur les huiles essentielles avec les faits à l'appui -

un livre qui donne les utilisations pratiques des huiles et des recettes que vous pouvez utiliser pour créer des huiles encore plus puissantes en mélangeant deux ou plusieurs huiles existantes .

Ceci est votre moment eurêka, car tu as trouvé le livre qui va faire tout cela et plus encore. Dans ce livre, je vais vous présenter le thème des huiles essentielles et l'aromathérapie. Je vais vous donner des informations complètes sur les huiles essentielles et leurs origines, les propriétés, usages, le stockage et l'utilisation sécuritaire. Au moment où vous avez terminé ce livre, vous serez bien équipé avec la connaissance de la façon de déterminer la qualité des huiles essentielles en termes de leur pureté, de qualité et d'intégrité.

Alors, lisez la suite si vous êtes prêt à franchir le pas pour devenir un fin connaisseur de l'huile essentielle; Je vous promets, il est une décision que vous ne regretterez pas.

## **QUELS SONT HUILES ESSENTIELLES?**

Les huiles essentielles ne sont pas une nouvelle lubie qui a surgi dans les deux dernières semaines; ils ont été autour depuis des siècles et ont été utilisés par les personnes dans le monde à des fins esthétiques, spirituelles, médicinales et réjouissante. Les huiles essentielles sont les composés aromatiques naturelles extraites des écorces, graines, racines, les tiges, les fleurs, et les autres parties de plantes. Le terme «huile essentielle» est dérivé du terme original «huile par excellence» des idées aristotéliennes anciens. Aristote croyait que la matière est composée de cinq éléments: l'air, le feu, l'eau, la terre, et le cinquième élément, ou la «quintessence», pensé pour être la force de la matière l'esprit ou la vie. Par conséquent, les huiles essentielles sont pensés pour contenir le parfum caractéristique de la plante avec l'ensemble de ses propriétés bénéfiques.

Aujourd'hui, nous savons qu'il n'y a pas un tel élément connu sous le nom "quintessence", mais cela ne signifie pas que les huiles essentielles ne existent pas. Ils existent, et ils jouent des rôles

biologiques importants dans les usines qui les fabriquent. La plupart des huiles essentielles attirent les pollinisateurs à leurs plantes par les senteurs séduisantes qu'elles dégagent. Ceci est biologiquement important pour les plantes car ils ont besoin d'être pollinisées par les insectes et de petits animaux pour survivre, mais nous, les humains ont trouvé ces senteurs d'être apaisante et parfois vivifiant trop. Les huiles essentielles jouent également le rôle de la défense dans les plantes en raison de leur propriétés antibactériennes et antifongiques; ils jouent les mêmes rôles antibactériennes et antifongiques lorsqu'il est appliqué à notre peau et ont même été montré pour stimuler la repousse de peau plus saine et plus forte. Donc, vous voyez, les huiles essentielles ont des propriétés séduisantes, de protection et de régénération importants que nous pouvons faire usage de si nous savons comment les utiliser correctement.

En fait, les huiles essentielles ont été utilisés par les différentes civilisations et cultures différentes pour des milliers d'années. Lisez la suite et découvrez comment les civilisations anciennes extraites et utilisées différentes huiles essentielles de plantes différentes et comment vous pouvez les utiliser aujourd'hui.

## **HISTOIRE DES HUILES ESSENTIELLES**

### **EGYPTE**

Les données indiquent que les anciens Egyptiens utilisaient des huiles aromatiques dès 4500

avant notre ère. Ils étaient une partie importante de la culture égyptienne, car ils ont été utilisés pour la religion, les cosmétiques, la méditation, la guérison, et d'autres aspects de la vie.

Les anciens Egyptiens concocté un mélange d'herbes célèbre en seize ingrédients différents et spécialement mélangés pour créer une substance connue sous le nom "Kyphi." Kyphi a été utilisé comme un parfum, comme un médicament, et aussi comme encens.

Huiles essentielles spéciales ont été attribuées à chaque dieu égyptien et même pharaons ont reçu leurs propres mélanges. À un moment donné dans l'histoire de l'Égypte ancienne, seuls les prêtres étaient autorisés à avoir certaines huiles essentielles parce que ces huiles essentielles ont été jugées nécessaires pour les intercessions avec leurs dieux.

## **CHINE**

Les Chinois a commencé à utiliser les huiles essentielles entre 2,697 et 2,597 BCE; ce fut sous le règne du légendaire Empereur Jaune, Houang-ti. Il croit qu'il est l'auteur de l'appelé réservé

"livre de médecine interne de l'Empereur Jaune." Ce livre contient une grande quantité d'informations à propos de plusieurs huiles essentielles et aromatiques, et il est encore utilisé par de nombreux praticiens de l'Est médicinales aujourd'hui.

## **INDE**

La médecine indienne traditionnelle connue sous le nom "Ayurveda" a été en utilisant des huiles essentielles dans la guérison des potions pendant plus de trois mille ans. Leur liste des scripts médicament plus de sept cents substances (telles que le gingembre, la cannelle, bois de santal, et de la myrrhe) et leurs huiles essentielles que les guérisseurs puissants. Il est intéressant de noter que la médecine ayurvédique a été utilisé avec succès pour remplacer les antibiotiques inefficaces qui étaient présents lors de l'épidémie de la peste bubonique. En plus de leurs fins médicinales, huiles essentielles ont également été utilisés philosophiquement et spirituellement par les praticiens ayurvédiques parce qu'ils étaient soupçonnés d'être une partie de la nature divine.

## **GRÈCE**

Les Grecs ont adopté la connaissance des huiles essentielles à partir des Égyptiens et les a enregistrées entre 400 et 500 avant notre ère. Ils ont également adopté la connaissance de la médecine

ayurvédique des Indiens et incorporées dans leur corps actuel des connaissances.

Il était ce mélange de connaissances à partir de l'Égypte ancienne et l'Inde ancienne que le médecin grec Hypocrate, également connu comme le père de la médecine, utilisé pour documenter les effets de quelque trois cents plantes différentes, y compris le safran, le thym, le cumin, la marjolaine, et de menthe poivrée. Hippocrate a apporté une contribution importante à la médecine moderne que nous connaissons aujourd'hui, et tous les médecins doivent prendre un engagement, connu comme le «serment d'Hippocrate», en l'honneur de la fin du Hippocrate.

Un autre notable grec, qui a mis les plantes et les huiles essentielles qu'ils contiennent à la bonne utilisation médicinale, était Galen. Il était un chirurgien dans une école pour gladiateurs, et il est dit que pas de gladiateur qui a été placé sous ses soins succombé à ses blessures et est décédé.

Galen a fait bon usage des huiles essentielles, et bientôt il a été promu à être le médecin personnel du grand empereur romain Marcus Aurelius. Galen a fait des recherches approfondies sur les plantes et leurs propriétés et de plantes divisé en plusieurs catégories différentes médicinales. Certaines de ces catégories sont même utilisés à ce jour.

Soldats grecs ont également utilisé des huiles essentielles. Ils portaient des onguents de myrrhe avec eux pour traiter les infections quand ils sont allés à la bataille.

## **ROME**

Les Romains ont fait usage des huiles essentielles de différentes manières. Au lieu de les utiliser en médecine, ils les ont utilisés à des fins cosmétiques et thérapeutiques, et ils étaient connus pour les énormes quantités d'huiles parfumées qu'ils appliquent à leurs vêtements, literie, et les organismes. Il était également d'usage pour

les Romains à utiliser les huiles essentielles dans leurs salles de bains et des massages.

Médecins romains étaient de fervents lecteurs de la littérature produite par hypocrites et de Galien, et lors de la chute de l'Empire romain, les médecins romains ont fui vers d'autres terres avec des copies de ces textes anciens. Ces textes ont ensuite été traduits en différentes langues, comme l'arabe et le persan.

## **PERSE**

Un enfant prodige connu comme Ali ibn-Sana (également connu sous le nom d'Avicenne l'arabe) est devenu un médecin populaire et savante par l'âge de 12. Il a écrit plusieurs livres sur huit cents plantes et leurs différents effets sur le corps humain. Il a également été la première personne à découvrir et enregistrer la méthode de distillation d'huiles essentielles à partir de matières végétales. Ses méthodes de distillation sont encore utilisés aujourd'hui.

## **L'EUROPE** □

Les chevaliers et leurs armées répercutés sur une connaissance approfondie des plantes médicinales qu'ils ont appris toute l'Europe occidentale et le Moyen-Orient à l'époque des croisades. Les chevaliers acquis la connaissance de la façon de distiller les huiles essentielles d'autres civilisations, et ils les ont utilisés pour fabriquer des parfums.

Au 14ème siècle, à l'époque de la peste bubonique, les Européens ont brûlé de l'encens de pin dans les rues pour conjurer "mauvais esprits". Moins de gens effectivement morts de la peste dans les zones où cela a été fait.

De nombreux Européens sont venus avec la littérature précieuse qui est encore utilisé aujourd'hui dans certaines régions. Chef d'entre eux était le chimiste français René-Maurice Gattefossé et Nicholas Culpeper.



Il était René-Maurice Gattefossé qui a inventé le terme «Aromathérapie» alors qu'il enquêtait sur les propriétés antiseptiques des huiles essentielles, et il a continué plus tard à publier un livre en 1928, qui décrit de façon frappante les huiles essentielles et leurs propriétés curatives. Ce livre a eu une profonde influence sur les pratiques médicales en France à l'époque. René-Maurice Gattefossé a découvert les propriétés curatives de la lavande en raison d'un accident survenu dans son laboratoire dans lequel il a été gravement brûlé. Pour atténuer la douleur de la brûlure, il plonge rapidement la main touchée dans le liquide qui était plus proche de lui. Ce liquide est l'huile essentielle de lavande, et à sa grande surprise, la plaie guérit sans cicatrices ou une infection. Après cette découverte, il a, avec d'autres collègues, mené des recherches approfondies sur les propriétés curatives de la lavande, et bientôt la lavande a été utilisée dans tous les hôpitaux à travers la France. Lorsque la grippe espagnole a finalement fait son chemin vers le pays de France, aucun personnel de l'hôpital n'est décédé des suites de la maladie, et cela a été crédité à leur utilisation extensive de lavande et d'autres huiles essentielles antiseptiques.

"Le Herbal complète" est un livre qui contient des documents de référence précieux sur les différentes conditions médicales et leurs remèdes en utilisant les huiles essentielles de plantes. Il a été écrit par Nicholas Culpeper en 1653, et il est encore utilisé aujourd'hui.

Donc, vous voyez, les huiles essentielles ont été utilisées à plusieurs fins différentes, depuis l'aube des temps. "Mais comment ont-ils supprimer l'essence à partir des plantes?" Vous pouvez demander. Eh bien, cela a été fait de plusieurs manières différentes.

## **COMMENT huiles essentielles sont prises?**

Vous pourriez être surpris de savoir que principale méthode utilisée pour faire des huiles essentielles a été autour depuis plus de cinq mille ans. Cette méthode est la distillation, et il fonctionne en forçant lentement de l'eau ou de la vapeur à travers les matières végétales pour éliminer les composants volatils. Ces composants volatils (qui

se composent principalement de l'eau et de l'huile essentielle) sont ensuite refroidis, puis l'huile essentielle est séparée de l'eau.

Une autre méthode qui est utilisée est semblable à la distillation est percolation ou hydro-diffusion. La différence avec ce procédé est que la vapeur d'eau est forcée à travers les matières végétales à partir du haut au lieu du fond.

Il ya une autre méthode utilisée dans l'extraction de l'huile essentielle qui est digne de discussion.

Ce procédé est utilisé pour extraire des huiles essentielles d'agrumes principalement, et il est appelé expression. Dans ce procédé, aucune chaleur est en cause, mais à la place de l'huile est forcée à partir de la matière végétale par pression mécanique.

Vous pouvez vous demander quelle serait la différence entre une huile essentielle exprimée et son homologue distillée. Eh bien, les huiles exprimées sont considérés comme plus stables que leurs homologues distillés, et ils ont généralement un meilleur arôme. Néanmoins, vous pouvez utiliser l'une des huiles essentielles et de récolter les avantages d'eux tant qu'ils sont adaptés à votre utilisation. Mais comment voulez-vous savoir une huile essentielle appropriée d'un faux -

comment pourriez-vous dire à la qualité d'une huile essentielle? Lisez la suite dans la section suivante; vos réponses vous attendent.

## **DÉTERMINATION DE LA QUALITÉ DES**

### **HUILES ESSENTIELLES**

Donc, de nombreux facteurs peuvent entrer en jeu et affecter la qualité globale d'une huile essentielle. Tout ce qui affecte les plantes à partir desquelles vous extraire l'huile essentielle affectera la qualité finale de l'huile. Par conséquent, la température de l'environnement, la qualité des sols et les conditions de croissance jouent un rôle majeur dans la qualité globale du produit final. Les techniques que

vous utilisez pour extraire l'huile peuvent également affecter la qualité de l'huile essentielle. Si vous vous souvenez d'en haut, il a été noté que les huiles exprimées avaient une meilleure qualité que leurs homologues distillés, et cela était dû uniquement à la méthode utilisée pour extraire l'huile. En dépit de tous les différents facteurs qui peuvent entrer en jeu et affecter la qualité de l'huile essentielle, il ya trois principales choses que vous devriez regarder l'acheteur pour: qualité, l'intégrité et la pureté.

## **QUALITÉ**

Vous ne devriez pas utiliser le grade comme la seule méthode pour déterminer la qualité d'une huile essentielle parce que, comme tout le reste, le classement est subjective, et une personne peut envisager un échantillon particulier d'être d'une qualité médiocre, tandis qu'une autre personne estime être normal . Le classement se fait souvent juste pour déterminer lequel de l'huile essentielle est préférable pour une utilisation particulière. Pourtant, la qualité d'une huile essentielle notamment donnera une indication quant à sa qualité, donc il ne devrait pas être complètement ignoré lorsque vous achetez votre huile essentielle. Assurez-vous toujours que vous achetez une huile essentielle qui a été extrait d'utilisation thérapeutique et est d'une haute qualité.

## **INTÉGRITÉ**

Intégrité ici se réfère simplement à savoir si ou non une huile essentielle provient d'une source végétale naturelle, plutôt que d'être fabriqué dans un laboratoire ou modifié chimiquement. Les huiles essentielles avec intégrité ne sépare pas (ce qui indiquerait qu'il a été dilué avec une sorte d'huile végétale) quand ils sont bloqués, et ils ne sont pas avoir une odeur d'alcool (ce qui indiquerait que l'alcool a été placée à l'intérieur).

## **PURETÉ**

Une huile pure est une qui n'a pas été dilué en quelque sorte. Certains fabricants aiment à diluer les huiles essentielles qu'ils

vendent avec des alcools, des huiles végétales, huiles essentielles odorantes similaires, et d'autres solvants afin qu'ils puissent utiliser moins de l'huile essentielle réelle et faire un profit dans le même temps. Toujours tester l'intégrité de l'huile essentielle avant de l'acheter.

## **HUILES ESSENTIELLES: SÉCURITÉ ET**

### **STOCKAGE**

Si vous venez de vous acheter une bouteille d'une huile essentielle très convoitée, vous pensez peut-être des façons que vous pouvez stocker et garder en sécurité afin qu'il puisse durer pendant une longue période. Suivez ces conseils et astuces et vos huiles essentielles seront avec vous pour les années à venir.

Toujours stocker vos huiles essentielles dans des bouteilles de couleur foncée abritées du soleil direct. Les bouteilles de couleur foncée vont filtrer la lumière ultra-violet qui provoquerait sinon les huiles essentielles à se décomposer. Dans le passé, ils ont toujours été conservés dans des flacons ambrés, mais même des bouteilles bleu foncé sont très bien.

La bouteille doit être conservée bien fermée dans un endroit frais. Il est important que la température de l'huile essentielle ne varie pas beaucoup au long de la journée, car cela aussi peut l'amener à se décomposer. Vous pouvez réfrigérer, mais qui est pas nécessaire.

Vous devez également conserver les huiles essentielles hors de la portée des animaux et des enfants. Les animaux et les enfants sont très curieux et ils peuvent ouvrir ou briser les bouteilles, d'ingérer le contenu, ou de couper eux-mêmes. En tant que tel, vous devez vous assurer que vous gardez vos huiles essentielles hors de leur portée.

Il est également important que vous ne stockez pas vos huiles essentielles dans les zones où il ya des étincelles ou de flammes. Beaucoup d'huiles essentielles comme la menthe poivrée, le pin, orange, et le sapin sont hautement inflammables, donc commis une

erreur sur le côté de la prudence et de garder vos huiles essentielles loin des flammes et des étincelles.

## **HUILES ESSENTIELLES POPULAIRES**

### **HUILE DE LAVANDE**

La lavande est une des huiles essentielles les plus populaires, vous trouverez sur le marché, et cela est à cause de ses différents avantages pour la santé. Il est connu pour soulager la douleur, d'éliminer la tension nerveuse, améliorer la circulation sanguine, traiter des problèmes respiratoires, désinfecter la peau et le cuir chevelu entre autres choses.

L'huile de lavande est fait à partir des fleurs de la plante de lavande, *Lavandula angustifolia*, qui principalement poussaient le long des côtes méditerranéennes. Il a ensuite lentement propagé au reste du monde que plus de gens ont pris conscience de son utilité et la polyvalence. L'huile de lavande est extrait principalement par distillation à la vapeur. Ces fleurs sont parfumées par la nature et ont traditionnellement été utilisés pour la fabrication de pot-pourri. Fait intéressant, il faut environ cent cinquante livres de feuilles de lavande pour produire un seul livre de l'huile de lavande, et, en moyenne, un acre de terre ne cède environ douze livres d'huile de lavande.

Vous êtes probablement habitué à voir la lavande comme ingrédient dans les différents parfums, lotions, gels, des infusions, des savons, des huiles d'aromathérapie, et des onguents, et je suis sûr que vous serez surpris quand vous découvrez qu'il ya un monde d'autres avantages que la lavande donne à ceux qui l'utilisent. Il se marie aussi bien avec de nombreux autres huiles essentielles, y compris le pin, bois de cèdre, géranium, la muscade et la sauge sclarée.

### **Les utilisations courantes de LAVANDE AUJOURD'HUI**

Insectifuge: la plupart des insectes, comme les moucherons, papillons de nuit, et les moustiques, ne peuvent pas tolérer l'odeur puissante de l'huile essentielle de lavande, de sorte que vous

pouvez l'utiliser lorsque vous allez à l'extérieur pour un, odorante insectifuge efficace. Il suffit d'appliquer quelques gouttes de l'huile de lavande pour les parties de votre peau qui seront exposés lorsque vous êtes à l'extérieur et ces satanés bestioles vous éviter.

L'huile de lavande est également anti-inflammatoire, donc si l'une de ces créatures agaçantes ne apprendre à vous mordre, il suffit d'appliquer quelques gouttes de l'huile de lavande à la zone touchée et de dire au revoir à l'enflure et la douleur.

Sommeil: Si vous avez de la difficulté à dormir la nuit, lavande peut intervenir et aider. Saviez-vous qu'il a été utilisé pour induire le sommeil chez les insomniaques pour les âges? Oui, il a!

L'huile de lavande a un effet calmant sur le système nerveux, et il a été prouvé pour augmenter la régularité du sommeil chez les personnes qui appliquent quelques gouttes de celui-ci à leur oreiller avant de se retirer pour la nuit. En fait, il a eu un effet apaisant et inducteur de sommeil sur certaines personnes que ces personnes ont été en mesure de l'utiliser pour remplacer complètement les sédatifs que leurs médecins prescrits pour eux de mieux dormir la nuit.

Système nerveux: effet calmant de l'huile de lavande sur le système nerveux, il est un excellent tonique pour l'anxiété et pour les nerfs. L'arôme rafraîchissant augmente l'activité mentale tout en même temps supprime l'épuisement nerveux. Vous pouvez l'utiliser pour lutter contre vos maux de tête et les migraines, et vous pouvez également l'utiliser pour soulager le stress émotionnel, la tension nerveuse, et la dépression. Une étude a été menée dans laquelle certains étudiants, qui étaient sur le point de passer un test, on a demandé à inhaler un peu de romarin et l'huile de lavande. Vous serez heureux de savoir que les preneurs d'essai qui ont inhalé le romarin et l'huile de lavande ont montré une diminution significative de l'anxiété et d'autres formes de stress mental. Il y avait aussi une augmentation de leur fonction cognitive, afin d'utiliser l'huile de lavande régulièrement et avec confiance, sachant que ce qui est bon pour votre esprit.

Acné: Si vous écoutez les conseils de aromathérapeutes et les dermatologues notables, huile essentielle de lavande sera l'une des principales substances que vous utiliser dans votre lutte

contre l'acné. Ils disent qu'il est l'une des substances les plus puissants qui peuvent être utilisés pour traiter l'acné dans les deux adolescents et les adultes.

L'acné est un état qui se produit lorsqu'il y a une accumulation de sébum des glandes sébacées près en raison d'une infection bactérienne. Les bactéries se nourrissent de ce sébum et prolifèrent plus tard. En conséquence, la zone est infecté, il est irrité, puis plaies visibles soient visibles, parfois avec une certaine quantité de cicatrices.

Pourtant, l'huile de lavande a été prouvée à travailler des merveilles sur la peau de l'acné-affligés non seulement parce qu'il inhibe la croissance bactérienne, mais elle favorise également le flux sanguin vers la zone affectée et donc encourage la formation de cellules de la peau saine. Il permet également de réduire la surproduction de sébum, ce qui permet de réduire et de prévenir la formation de l'acné.

Pour rendre l'utilisation de cette huile essentielle anti-acné puissant, les choses simplement quelques gouttes de celui-ci sur un écouvillon de coton et ensuite l'appliquer à la zone touchée.

Vous pourriez avoir à modifier cette procédure pour répondre à vos besoins individuels parce que si votre peau est sensible, il serait plus judicieux de diluer l'huile de lavande avant de l'appliquer à votre peau. Il aura toujours les mêmes propriétés, juste sous une forme atténuée.

Lavande a également été utilisé pour traiter de nombreuses autres maladies de la peau comme le psoriasis, les rides, d'autres états inflammatoires, et même le tissu cicatriciel. L'huile de lavande accélère le processus de guérison des coupures, les plaies, les brûlures et les coups de soleil.

Donc, se sentir libre d'utiliser l'huile de lavande pour améliorer la qualité globale de votre peau.

**Soulagement de la douleur:** L'huile de lavande est excellent pour soulager différents types de douleur, même ceux causés par les rhumatismes, les muscles tendus et endoloris, les entorses, les douleurs musculaires, lumbago, et le mal de dos. Les douleurs articulaires peuvent aussi être soulagée par l'utilisation de l'huile de lavande pour masser la zone affectée. Dites bye-bye à vos maux et douleurs à jamais lorsque vous choisissez d'utiliser cette analgésique puissant.

**Troubles respiratoires:** L'huile de lavande est également largement utilisé dans le traitement de divers problèmes respiratoires, y compris le rhume, la toux, la grippe, la bronchite, la coqueluche, la congestion des sinus, l'amygdalite, et même une laryngite. Sa nature stimulante

contribue à desserrer et éliminer les mucosités qui bloque les surfaces respiratoires et provoque la congestion. Les propriétés antibactériennes de l'huile essentielle de lavande et ses vapeurs aident aussi à lutter contre les infections des voies respiratoires. Pour soulager les troubles respiratoires, appliquer la lavande pour la peau de votre dos, la poitrine et le cou, ou vous pouvez l'ajouter à votre inhalateur ou vaporisateur et inhaler les vapeurs.

**Soins des cheveux:** L'huile de lavande a été montré pour être très efficace contre les œufs de poux, les poux et les lentes. Ces insectes ne voudront pas être des voisins avec l'huile de lavande et vont rapidement évacuer leur maison (votre cuir chevelu) lorsque vous frottez tous les jours avec quelques gouttes d'huile de lavande. L'huile de lavande a également été montré pour être très utile dans le traitement de la perte de cheveux, surtout chez les personnes qui souffrent d'alopecie, une condition dans laquelle le corps rejette ses propres follicules pileux, et il est également efficace dans la lutte contre la calvitie masculine. Il suffit de frotter l'huile de lavande dans votre cuir chevelu et de regarder la différence.



La circulation du sang: une mauvaise circulation? L'huile de lavande est le chemin à parcourir!

Elle améliore la circulation du sang vers les organes du corps et augmente ainsi leur niveau d'oxygénation. Il favorise la force musculaire et même stimule l'activité du cerveau. Lorsque vous utilisez l'huile de lavande régulièrement, votre peau est plus lumineuse et plus saine parce qu'il est constamment rincé avec du sang. Il abaisse également la pression artérielle et vous protège de l'artériosclérose et les crises cardiaques, qui sont des maladies souvent associées à une mauvaise circulation. Même les diabétiques qui souffrent souvent de faible circulation peuvent faire usage de ce produit en l'appliquant à des zones touchées ou l'inhalation de la vapeur à partir d'un inhalateur ou vaporisateur.

Il est important de noter que vous ne devriez pas combiner lavande avec des sédatifs. Vous pouvez l'utiliser pour remplacer les médicaments, mais ne les combiner parce que cela va induire trop de somnolence.

### **Essence de sauge sclarée**

Vous avez probablement entendu parler de l'huile de sauge, mais plus que probable que ce soit la première fois que vous que ce soit à propos de l'huile de sauge sclarée entendre. Eh bien, vous pouvez envisager que ce soit le cousin de l'huile de sauge régulière. Bien que l'huile de sauge régulière a des avantages similaires à l'huile de sauge sclarée, il a été montré pour avoir des réactions plus défavorables, et l'huile de sauge sclarée est celui qui est préféré car il est beaucoup plus doux et plus sûr.

La sauge sclarée est une plante herbacée vivace qui sert à être trouvé seulement en Syrie, l'Italie et le sud de la France. Aujourd'hui, il est cultivé dans le monde entier à partir de régions européennes à la Russie, du Maroc aux Etats-Unis d'Amérique. Cette plante, appelée sauge sclarée, pousse de Mai à Septembre. L'huile de sauge sclarée est extraite des feuilles et les bourgeons de la sauge sclarée herbe par distillation à la vapeur.

La sauge sclarée est utilisé pour traiter les problèmes liés à la santé oculaire, il est un antidépresseur, euphorique, anticonvulsivant, antispasmodique, emménagogue, et aphrodisiaque, et il a d'autres avantages pour la santé aussi.

### **Les utilisations courantes de CLARY SAGE pétrole aujourd'hui**

**Apaise les yeux:** Clary huile de sauge a été utilisé pendant des siècles pour traiter des problèmes de vision, comme les yeux tendus ou fatigués. En fait, le mot «Clary» vient du mot latin "Clarus"

qui signifie clairement, et il a souvent été appelé «yeux clairs» dans le passé. Si vous êtes ayant des problèmes de vision et que vous voulez un produit naturel pour améliorer votre vue, puis obtenir un peu d'huile de sauge sclarée. Obtenez un peu d'eau et de mettre quelques gouttes d'huile de sauge sclarée en elle. Puis tremper un chiffon propre dans le mélange et appuyez sur vos yeux ou l'œil touché pendant au moins dix minutes. Pour ce faire, tous les jours jusqu'à ce que votre vision améliore.

**Antidépresseur et euphorique:** huile de sauge sclarée est l'huile à utiliser les jours où vous vous sentez déprimé. Il a été montré pour stimuler la confiance, l'estime de soi, la force mentale, et l'espoir, et il est donc très bien à traiter les différentes formes de dépression. Il induit des sentiments de plaisir et de joie immense, et il vous comblera avec le désir de vivre votre vie au maximum. Que vous êtes déprimé à cause de la solitude, des échecs dans votre carrière ou votre vie personnelle, l'insécurité, la mort d'un être cher, ou toute autre raison, l'inhalation de la vapeur diluée d'un peu d'huile de sauge sclarée peut aller un très long chemin en aidant à vous sentir mieux.

**Anticonvulsivant et antispasmodique:** Saviez-vous que l'huile de sauge sclarée peut être utilisé en plus des médicaments existants en tant que traitement pour des convulsions? Oui, il peut très certainement! Ceci est parce que l'huile de sauge sclarée réduit ou apaise convulsions, si elles sont causées par l'épilepsie ou d'un autre trouble mental ou nerveux. Il détend les nerfs et empêche ces convulsions de se produire ainsi. Il est également bon pour traiter les

spasmes, le choléra spasmodique, toux spasmodiques, les crampes du système respiratoire, des crampes musculaires, maux d'estomac, maux de tête et même.

Emménagogue: Une des utilisations plus large connues de l'huile de sauge sclarée est pour réguler les menstruations. Oui, voilà dames droite - ce produit entièrement naturel régularisera vos périodes, soulager l'inconfort menstruel, et de réduire la douleur sans effets secondaires indésirables. Il n'y a pas besoin d'aller chez le gynécologue et dépenser une petite fortune pour lui de vous prescrire un médicament qui contient de l'huile de sauge sclarée toute façon; il suffit

d'utiliser l'huile comme une huile de massage et le frotter dans votre bas-ventre et en bas de votre dos si ça fait mal aussi.

Aphrodisiaque: Les hommes sourient quand ils lisent cet autre utilisation de l'huile de sauge sclarée, et il est, en fait, le vrai - l'huile de sauge sclarée est un puissant aphrodisiaque et a été utilisé pendant des siècles pour stimuler la libido. Il augmente les niveaux de testostérone chez les hommes et les femmes, et cela conduit à l'augmentation de l'intérêt sexuel et la performance.

Donc, si vous sentez que vous avez tombé du cheval dans ce domaine et que vous voulez revenir, utilisez trois gouttes de l'huile de sauge sclarée et massez vos mains et le visage.

Huile de sauge sclarée est sans danger pour l'ingestion et a été utilisé dans le passé pour combattre les bactéries qui vivent dans le système digestif. Il présente une activité antibactérienne contre diverses souches modéré bactériennes, telles que Klebsiella, Staphylococcus aureus, mirabilisspecies Proteus, et Listeria monocytogenes. Il est également très bon à tuer les souches fongiques dangereuses comme le Penicillium, Aspergillus, Fusarium, et les espèces de Candida.

Les femmes devraient éviter l'huile de sauge sclarée pendant la grossesse, car il stimule le flux menstruel. Il devrait également être

tenu éloigné des femmes qui ont besoin de régler leurs niveaux d'oestrogène.

## **Huile de géranium**

Le géranium est un arbuste vivace à feuilles pointues et de petites fleurs roses qui est originaire d'Afrique du Sud. Il existe de nombreuses variétés de cet arbuste, mais le *Pelargonium graveolens* est la variété utilisée pour faire l'huile essentielle de géranium renommée. Comme les huiles de lavande et de sauge sclarée, de l'huile essentielle de géranium est extraite des feuilles et tiges de la plante via distillation à la vapeur.

L'huile de géranium est surtout utilisé aujourd'hui pour arrêter l'hémorragie, de promouvoir la santé de la cellule, et d'augmenter la miction, entre autres choses.

### **Les utilisations courantes de huile de géranium AUJOURD'HUI**

**Hémostatique:** Je parie que vous ne me croiriez pas si je vous ai dit que le géranium peut être utilisé pour arrêter les hémorragies, ou saignements que le profane ne l'appeler. Géranium arrête l'hémorragie de deux manières différentes. Tout d'abord, il provoque les vaisseaux sanguins à se contracter, de sorte qu'il limite et finalement arrête l'écoulement du sang des artères endommagées, des veines et des capillaires. En second lieu, il accélère la coagulation du sang et de ce fait aide à la cicatrisation des plaies. En arrêtant l'hémorragie excessive, géranium aide à empêcher les toxines d'entrer vos blessures et causant ainsi une infection. Diluer le géranium et le placer sur vos coupures et des ecchymoses pour arrêter le saignement excessif.

**Cytophylactic:** En plus d'être un hémostatique, géranium aide également votre corps en favorisant la santé des cellules, favorisant la régénération de nouvelles cellules et le recyclage des cellules mortes. Cela aide toutes les cellules du corps, y compris les gamètes, et améliore le métabolisme du corps.

Diurétique: Géranium augmente la miction. Après cette lecture, je suis sûr que beaucoup d'entre vous souriez; "Pourquoi voudrais-je augmenter mon miction?" Vous pouvez demander. Eh bien, la miction est l'une des trois méthodes que le corps utilise pour se débarrasser des toxines. Les autres méthodes sont la transpiration et l'excrétion, mais la miction est sans doute le plus important de tous. Lorsque vous urinez, vous éliminez les toxines comme l'acide urique, l'urée, les sels biliaires, les agents pathogènes, de métaux lourds, certains polluants, nocifs synthétiques et des substances chimiques, et parfois même le sucre en excès. Le plus vous urinez, moins votre pression artérielle sera parce que chaque fois que vous urinez, vous éliminer le sodium, ce qui contribue à réduire la pression artérielle. Donc, vous voyez, en augmentant la fréquence de la miction, de géranium aide à vous rendre plus sain et exempt de toxines.

Déodorant: L'arôme édifiante et agréable de l'huile de géranium est tout ce que vous aurez besoin de garder ces zones sentant merveilleusement. Il est doux sur la peau, il a une odeur de longue durée, et de ses propriétés antibactériennes vous tiendra odeur fraîche pendant une longue période. Donc, mettre un peu de géranium sur un gant de toilette propre et frotter sur les zones que vous devez garder fraîche toute la journée.

Vermifuge: Pour ceux d'entre vous de lire qui souffrent de vers intestinaux, l'huile essentielle de géranium est l'huile pour vous! Géranium tuera tous vos vers parasites internes embêtants, et il peut même être utilisé chez les enfants aussi. Boire trois à cinq gouttes de géranium par jour et ces parasites embêtants ne seront plus.

Neural Degeneration: Une des parties les plus tristes du vieillissement est la génération de neurones qui prend parfois lieu et la dépendance qui vient avec elle. Souhaitez-vous pas vous-même et ceux que vous aimez de maladies neurodégénératives telles que la démence et la maladie d'Alzheimer protéger? Si votre réponse est oui, alors vous devez être d'utiliser l'huile essentielle de géranium. Il

a été prouvé à activer les cellules microgliales, cellules qui font partie intégrante de la lutte contre la dégénérescence neuronale. Lorsque les cellules microgliales sont activés, ils réduisent les substances pro-inflammatoires comme l'oxyde nitrique, qui lutte contre l'inflammation qui cause la dégénérescence neuronale dans les voies neurales. L'huile de géranium a une relation synergique avec le cerveau, et si vous l'utilisez sur une base régulière, vous pouvez prévenir ces maladies dégénératives neurales dangereuses et potentiellement mortelles. Placez quelques gouttes de géranium dans votre nourriture tous les jours et vous serez bien sur votre façon de repousser la dégénérescence neuronale.

**Astringent:** un astringent est une substance utilisée pour réduire ou resserrer les tissus du corps.

L'huile de géranium tend à fonctionner comme un astringent en ce qu'il rend le contrat muscles, les gommages, les peaux, les intestins, le sang et les tissus. Cela inclut les muscles de l'abdomen, ce qui vous donne regard tonique. Elle empêche également la peau de l'affaissement et aide à prévenir la perte des dents en serrant les gencives, et il est très bon à la réduction des rides, car il resserre la peau du visage. Donc, si vous voulez paraître plus jeune, plus fraîche et plus tonique, ajouter trois à quatre gouttes d'huile de géranium dans votre lotion pour le corps et l'appliquer à votre peau tous les jours.

Geranium peut également être utilisé dans le traitement de la dermatite, l'acné, l'eczéma et d'autres affections de la peau ainsi que des infections de la gorge, du nez, et d'autres organes respiratoires. Géranium est bon pour les ulcères, les brûlures, le traitement des névralgies, l'amygdalite, et aussi syndrome de la ménopause Post (PMS). Il est idéal pour améliorer à la fois le fonctionnement mental et de l'humeur et est donc largement utilisée dans le traitement de l'anxiété chronique et la dépression, et il est parfois utilisé dans la gestion de la colère.

Géranium est généralement mélangé à la bergamote, l'angélique, lavandin, lavande, basilic, graine de carotte, de bois de cèdre, de

citronnelle, de jasmin, citron, orange, citron vert, pamplemousse, et de l'huile de romarin.

Géranium est pas recommandé pour une utilisation chez les femmes enceintes ou les femmes qui allaitent. Il ne devrait pas être utilisé sur des bébés ou de jeunes enfants.

## **Bois de santal**

L'huile de bois de santal a été utilisé dans les festivals et les sanctuaires religieux de l'Inde depuis les temps préhistoriques. Il est un pétrole cher, et la demande car il est très élevé, mais le nombre d'arbres disponibles pour le faire sont diminué par la seconde. L'arbre de bois de santal, *Santalum album*, est parasite et très difficile à propager; en fait, l'arbre doit croître pendant au moins trente ans avant il est adapté pour la récolte. Lorsque l'arbre est récolté à ce moment, il contient une quantité importante de bois de cœur, la partie la plus précieuse de l'arbre de bois de santal.

Aujourd'hui, l'huile de santal est extrait principalement par distillation à la vapeur, mais de retour dans la journée, hydro-distillation est la principale méthode utilisée pour extraire. Il est dit que la méthode hydro-distillation donne une huile qui a une très fine arôme.

Il est surtout connu dans le monde occidental comme une huile essentielle riche, chaud, doux, et boisé utilisé comme ingrédient dans les produits parfumés, tels que les parfums, les cosmétiques, les lotions après-rasage et. Il a de nombreux avantages; il est un antiseptique, un anti-inflammatoire, et un "cicatrisant" entre autres choses.

Antiseptique: l'huile de bois de santal agit comme un très bon agent antiseptique. Ce qui est intéressant de noter à propos de cet antiseptique est qu'il est sûr pour une utilisation interne et externe et peut aider à protéger les ulcères et les plaies internes de l'infection. Il effectue le même travail quand il est appliqué localement - il protège les plaies, les blessures, les boutons, et les furoncles de devenir septique. Alors la prochaine fois que vous vous retrouvez

avec une plaie, ne pas avoir peur d'utiliser quelques gouttes d'huile de bois de santal sur la plaie pour la protéger des microbes.

**Anti-inflammatoire:** L'huile essentielle de bois de santal et aussi sa pâte sont très bons à fournir le soulagement de nombreux types d'inflammation, y compris les inflammations de l'appareil digestif, excréteur, circulatoire et nerveux. Il est particulièrement utile dans les cas d'inflammations circulatoire et nerveux et peut être utilisé pour obtenir le système d'organe affecté à nouveau opérationnel en un rien de temps. Il suffit de placer trois à quatre gouttes de l'huile de bois de santal dans un verre d'eau pour commencer et augmenter la concentration si le mélange est pas assez puissant. Buvez chaque jour jusqu'à ce que votre état de santé améliore.

**Cicatrisant:** l'huile de bois de santal est idéal pour apaiser les peaux de deux jeunes enfants et les adultes. En fait, non seulement apaise la peau, mais il aide aussi les cicatrices et les abrasions guérissent beaucoup plus rapide. Il peut être placé dans des lotions, des huiles, etc. et hydratée dans la peau pour des résultats positifs. Les effets de guérison puissants de l'huile de bois de santal ont suscité de nombreux producteurs de crèmes de soins de la peau, lotions, savons et d'inclure l'huile dans le cadre de leurs principaux ingrédients. Alors la prochaine fois que vous prenez votre lotion de beauté, vérifiez l'étiquette et voyez si vous avez déjà été récolter quelques avantages de l'huile de bois de santal.

**Carminatif:** l'huile de bois de santal incite à la relaxation où il est appliqué, même dans les intestins. En tant que tel, quand il est ingéré, il détend les muscles abdominaux et intestinaux et le rend beaucoup plus facile pour les gaz en excès pour échapper. Il contribue également à prévenir la formation de gaz en excès, en premier lieu, et ce qui est excellent parce que nous savons tous combien il peut être gênant lorsque ces gaz échapper au mauvais endroit et l'heure.

Quelques gouttes de bois de santal dans votre eau est d'autant carminatives vous aurez jamais besoin.



**Expectorant:** Un expectorant est une substance qui desserre la congestion dans la poitrine, ce qui rend plus facile pour vous de la toux. L'huile de bois de santal des miracles dans ce domaine et a été utilisé pendant longtemps comme expectorant pour traiter les bronchioles et des poumons bloqués-up. Il suffit de masser quelques gouttes de l'huile dans votre poitrine et la gorge et tout le flegme qui a été vous empêchent de respirer correctement sortira en un clin d'œil.

**Hypotenseur:** Juste quand vous pensiez que l'huile essentielle de santal ne pouvait pas être mieux, il n'a tout simplement! Une autre grande qualité de l'huile de bois de santal est qu'il peut être utilisé pour abaisser la tension artérielle. Cela signifie qu'il devrait être dans la maison de toute personne souffrant d'hypertension. Elle peut être ingérée à cette fin ou il peut également être appliqué par voie topique - il serait encore avoir le même effet d'abaissement de la pression sanguine dans cette zone localisée.

**Memory Booster:** Santal stimule votre esprit, améliore votre mémoire et augmente votre pouvoir de concentration. Il est particulièrement bon pour les étudiants, car il fait tout cela et soulage stress et l'anxiété aussi. Les étudiants sont particulièrement sujettes au stress et de tension, et de santal fera des merveilles dans leur vie et les aider à performer à leur meilleur.

**Tonic:** l'huile de bois de santal est apaisant sur l'estomac et sur les systèmes nerveux, circulatoire et digestif. Par conséquent, il peut être utilisé par des enfants de tous âges, et il est un très bon tonique de santé pour tout le monde.

## **Huile de bergamote**

Le fruit mûr de près l'oranger de bergamote, *Citrus bergamia*, est pressée à froid ou pour obtenir le huile essentielle de bergamote pressé à la main. Cet arbre a été faite par le croisement d'un oranger et un citronnier, et le fruit est jaune avec une forme de poire-like. Une centaine de bergamote oranges vont produire seulement quatre-vingt cinq grammes ou trois onces, de l'huile de bergamote.

Bien qu'il a eu ses origines en Asie du Sud-Est, il a été plus largement produite dans la partie côtière, sud de l'Italie, comme en Sicile et Reggio de Calabre. En fait, le fruit a été nommé d'après la ville de Bergame en Lombardie trouvé, en Italie, où il a été couramment vendu. L'arbre de bergamote d'orange est également cultivé au Brésil, la Turquie, le Maroc, l'Argentine et la Côte-d'Ivoire.

Bergamote a été utilisé depuis des siècles pour une variété de fins; certaines des utilisations les plus importants sont discutés ci-dessous.

**Les utilisations courantes de bergamote AUJOURD'HUI** Utilisés dans les cosmétiques, déodorants, désodorisants: huile de bergamote a un arôme unique qui est subtilement épicée encore unique fruité. En tant que telle, l'huile est souvent ajouté à des produits cosmétiques, des parfums, des sprays, et beaucoup d'assainisseurs d'air. En fait, l'huile de bergamote est une composante majeure de l'original 4711 Eau de Cologne faite par Jean Marie Farina en Allemagne au début du XVIIIe siècle. Huile de bergamote est également utilisé comme un déodorant en raison de son arôme frais et ses propriétés désinfectantes. Il inhibe la croissance des germes qui causent les odeurs, et son odeur d'agrumes forte est très agréable au nez. Pour utiliser l'huile de bergamote comme déodorant, humectez simplement une débarbouillette propre avec elle et l'appliquer à vos aisselles.

Fruité aromatisant: Bergamote est utilisé pour son arôme distincte dans les thés populaires tels que Lady Grey et Earl Grey. Il est également utilisé en Norvège dans le snus aromatisé à la bergamote, un sans sucre, le tabac sans fumée à partir du XVIIIe siècle. En Turquie, de nombreuses confiseries sont aromatisés à la bergamote.

Stimulant, antidépresseur et relaxant: bergamote huile a certaines substances, tels que le limonène, le pinène alpha et qui sont stimulats naturelles et les antidépresseurs. Ils créent un sentiment de joie, de fraîcheur et d'énergie dans les cas de dépression et de tristesse en améliorant la circulation du sang. Ils aident aussi à

maintenir les taux métaboliques appropriées en stimulant les sécrétions hormonales. Cet effet stimulant augmente la sécrétion de l'insuline, de la bile et des sucs digestifs, aidant ainsi les processus digestifs et d'assimilation dans le corps. Il aide à la décomposition des sucres et abaisse ainsi la glycémie en raison de cette propriété.

Ajouter quelques gouttes d'huile de bergamote à votre vaporisateur et humer; vous vous sentirez plus heureux et plus fort aussi.

Huile de bergamote contient également de nombreux différents flavonoïdes qui agissent comme relaxants trop. Ils seront calmer vos nerfs et de réduire votre stress, l'anxiété et la tension. Cela peut aider à guérir ou traiter des maladies telles que la dépression, l'insomnie, l'hypertension artérielle, et l'insomnie. En outre, l'huile de bergamote stimule l'activité de certaines hormones telles que la dopamine et la sérotonine qui induisent des sentiments de sédation et de détente.

**Analgésique:** Si vous êtes fatigué de prendre des doses fortes de pilules analgésiques pour les douleurs musculaires, les entorses, les maux de tête terribles, et d'autres maux, alors vous pouvez remplacer l'huile de bergamote à leur place. En faisant cela, vous évitez également les effets secondaires dangereux de ces over-the-counter médicaments aussi. L'huile essentielle de bergamote réduit la sensation de douleur dans votre corps en stimulant la sécrétion d'hormones qui réduisent la sensibilité de vos nerfs à la douleur. Frottez une quantité suffisante de l'huile de bergamote dans la zone touchée et la douleur que vous vous sentez il va rapidement se calmer.

**Digestif:** Voulez-vous améliorer votre système digestif et prévenir les complications gastrointestinales trop? Si votre réponse est oui, alors l'huile de bergamote peut venir à votre secours. Il augmente les sécrétions d'acides et d'enzymes digestives et les active aussi. Il augmente la sécrétion de la bile, facilite la digestion facilité par le contrôle de mouvement péristaltique de l'intestin et réduit les contraintes sur le tractus intestinal. Il régularise donc selles, réduit la constipation, et empêche efficacement complications gastro-

intestinales telles que le cancer colorectal et d'autres conditions dangereuses. Donnez à votre système digestif un coup de pouce en buvant trois à quatre gouttes de bergamote dans certains lait ou le miel tous les jours.

**Fébrifuge:** fébrifuge est une substance qui abaisse la température corporelle et ainsi permet de réduire la fièvre. Bergamote agit comme un excellent fébrifuge pour de nombreuses raisons. Tout d'abord, il a des propriétés antibiotiques et d'autres anti-microbienne qui aident à combattre les infections du protozoaires, les virus et les bactéries qui causent généralement des fièvres. Cela inclut les protozoaires de la malaria, le virus de la grippe, et les bactéries typhoïde.

Deuxièmement, l'huile de bergamote stimule les sécrétions glandulaires et renforce également le système métabolique. Ces deux mesures contribueront à réduire la toxicité dans le corps, nettoyer les glandes, et aider à combattre la fièvre. Pour utiliser l'huile de bergamote comme fébrifuge, il suffit d'utiliser pour masser tout le corps, surtout la tête et du cou. Vous devriez également encourager la personne avec la fièvre de respirer l'arôme de détente.

**Cicatrisant:** Être un cicatrisant, huile de bergamote aidera vos cicatrices et autres marques disparaissent en distribuant uniformément les pigments dans la peau sur laquelle il est appliqué.

Cela se traduira par des marques décoloration au fil du temps et révélant attrayante peau, uniformément tonique. Cette huile peut être particulièrement utile pour ceux qui souffrent de l'acné terrible qui peut laisser de marques visibles et cicatrices sur la peau pendant des années. La capacité de l'huile de bergamote d'agir comme un cicatrisant a causé de nombreux fabricants de produits de soins de la peau et les fabricants de cosmétiques à utiliser dans leurs crèmes, savons

de beauté, et les lotions. Vous pouvez placer quelques gouttes de bergamote dans votre lotion et crème de beauté, ou vous pouvez

l'ajouter à une débarbouillette propre et l'appliquer dans les zones touchées directement.

Il est important de noter que l'un des principaux composants de l'huile essentielle de bergamote est bergaptène, une substance qui devient toxique lorsqu'il est exposé au soleil. En tant que tel, l'huile essentielle de bergamote doit toujours être protégé des rayons du soleil, et il doit toujours être stocké dans les zones sombres et dans des bouteilles foncées. Vous devriez essayer d'éviter l'exposition aux rayons directs du soleil pendant au moins quarante-huit heures après l'application d'huile essentielle de bergamote à votre peau.

L'huile essentielle de bergamote se marie bien avec le bois de cèdre, sauge sclarée, feuille ho, de géranium, de néroli, de citronnelle, de lavande, d'encens, de jasmin, mandarine, palmarosa, citron, mandarine, bois de rose, de cyprès, de poivre noir, de géranium, romarin, orange, bois de santal, de noix de muscade , betiver, et de l'huile d'Ylang-ylang.

## **Ylang-ylang HUILE**

La, doux, doux parfum fleuri de l'huile d'ylang-ylang a fait un favori romantique dans le monde entier. Il est distillée à la vapeur à partir des fleurs de l'arbre d'ylang-ylang, le *Cananga odorata*, et le nom d'ylang-ylang signifie littéralement fleur de fleur. En Indonésie, les fleurs de l'arbre d'ylang-ylang sont éparpillés sur les lits des couples récemment mariés.

La qualité de l'huile essentielle d'ylang-ylang qui est obtenu à partir de l'usine d'ylang-ylang dépend beaucoup sur le moment de la journée que les fleurs sont cueillies. Tôt le matin est le meilleur moment pour cueillir les fleurs car à ce moment la plus grande quantité et aussi la meilleure qualité de l'huile est disponible.

**Antidépresseur:** Si vous vous sentez déprimé et que vous ne voulez pas essayer l'un des autres huiles essentielles ci-dessus pour votre mauvaise humeur, pourquoi ne pas essayer d'ylang-ylang? ylang-ylang a été utilisé comme un puissant antidépresseur pendant des

années, et il combat la dépression en se détendre l'esprit et le corps. Il induit des sentiments d'espoir et de joie et à repousser ces sentiments négatifs de tristesse, l'anxiété ou le stress chronique qui peut être vous déprime ainsi. Même ceux qui sont l'objet d'une dépression nerveuse ou un choc aiguë peut bénéficier de l'huile essentielle Ylang-Ylang.

**Antiséborrhéique:** eczéma séborrhéique ou séborrhée pour faire court, est une maladie pénible qui se produit quand notre glandes sébacées dysfonctionnement. Il provoque la production irrégulière de sébum et l'infection subséquente des cellules de l'épiderme. Il est très douloureux et inesthétique et aboutit à la peau jaune pâle ou blanc qui pèle facilement éteint. Ce peeling a généralement lieu sur les sourcils, les joues, le cuir chevelu, et partout où les follicules pileux d'autre se trouvent. L'huile essentielle d'ylang-ylang a été le leader dans la guérison de la situation inflammatoire qui apporte l'eczéma séborrhéique; il réduit l'irritation de la peau et des rougeurs en traitant l'infection tout en régulariser la production de sébum. Commencez par appliquer six gouttes d'huile d'ylang-ylang à une débarbouillette propre et l'appliquer sur la peau deux fois par jour; vous pouvez augmenter la concentration si nécessaire.

**Antiseptique:** Avec toutes les blessures que vous ou votre famille Gets, il vient avec elle la possibilité d'une infection grave à partir de bactéries et autres micro-organismes. Le risque de

complications est encore plus élevé lorsque la plaie a été faite par un objet en fer, comme il reste une chance de lui être infecté par les germes du tétanos causent. Protégez-vous et votre famille en traitant vos blessures avec de l'huile d'ylang-ylang qui protège les plaies de virus, les bactéries et les champignons et donc le tétanos ou septicémie. Il contribue également à accélérer le processus de guérison de la plaie.

**Aphrodisiaque:** Si vous voulez réactiver ou améliorer la romance entre vous et votre chéri, ylang-ylang peut vraiment aider à vous donner ce coup de pouce. Il est très bénéfique pour ceux qui ont

perdu tout intérêt pour le sexe en raison de la dépression, le stress, ou énorme charge de travail.

Parfois, à cause du stress de la vie moderne, nous risquons de perdre notre libido, mais cela ne devrait pas être considérée comme une situation permanente. Frottez l'huile essentielle d'ylang-ylang sur tout votre corps lorsque vous avez besoin de ce disque supplémentaire.

Hypotenseur: L'hypertension artérielle a été un problème croissant pour les jeunes et vieux au cours des dernières années. En outre, les médicaments hypotenseurs utilisés pour abaisser la pression artérielle ont été ayant des effets néfastes sur la santé de ceux qui les utilisent. Huile d'ylang-ylang est une alternative naturelle et efficace qui peut être utilisé pour abaisser la pression artérielle chez le hypertensive.

Nervine: huile essentielle d'Ylang-ylang est très efficace pour stimuler le système nerveux. Il répare tous les dommages au système nerveux et le renforce. Il protège les nerfs de nombreux troubles différents et réduit le stress sur les nerfs aussi. Placez quelques gouttes de l'huile essentielle d'ylang-ylang dans vos boissons tous les jours et donner à votre système nerveux un coup de pouce en bonne santé.

L'huile essentielle d'ylang-ylang a également été utilisé pour traiter les infections par certains organes internes, y compris les intestins, de l'estomac, des voies urinaires et du côlon. Il aide ceux qui souffrent de la fatigue, l'insomnie, la frigidité, et d'autres troubles liés au stress. Il est très efficace pour garder la peau jeune et souple, et il aide à garder hydraté en maintenant l'équilibre de l'huile et de l'humidité dans la peau.

Certains cas de maux de tête, des nausées, et la sensibilité ont été observés lorsque les gens prennent l'huile essentielle d'ylang-ylang en quantités excessives. Quand elle est prise dans les doses recommandées, il est non toxique et ne provoque aucune irritation.

L'huile d'ylang-ylang se marie bien avec d'autres huiles essentielles telles que le bois de santal, de lavande, pamplemousse, bergamote et.

## **HUILES ESSENTIELLES POUR LA**

### **BEAUTÉ**

Comme vous pouvez le voir, la plupart des huiles essentielles sont multiples talents et peuvent vous aider à améliorer un certain nombre de différents aspects de votre vie. Pourtant, il ya quelques huiles essentielles qui sont adaptés spécifiquement pour améliorer la beauté. Que ce soit pour améliorer la qualité de cheveux, les ongles, ou de la peau, ces huiles essentielles auront vous radieuse et à votre mieux lorsque vous les utilisez comme recommandé.

### **ROSE ET SES DERIVES DE NOMBREUSES**

La plupart des gens associent les roses romance et leurs odeurs sucrées, mais saviez-vous que les huiles ont augmenté peut faire des merveilles sur votre peau? Extraits de la fleur rose délicate peuvent être utilisés sur tous les types de peau, et ils sont généralement inclus dans les produits de soins de la peau pour les peaux matures, sensibles, ou à sec.

Les deux espèces de rose qui sont généralement utilisés dans les soins de la peau sont les centifolia Rosa Rosa damascena et de la. La Rosa damascena est originaire de Bulgarie et a une odeur profonde et puissante; l'centifolia Rosa, connu par certains comme la rose du Maroc ou le chou rose, dispose d'un propre, la lumière, et l'odeur douce. Les deux sont appréciés pour les huiles essentielles qui viennent de leurs fleurs, et il faut des dizaines de milliers de fleurs de rose pour faire 1 once d'huile essentielle de rose. Cela rend l'huile une des huiles essentielles les plus chères autour de la rose, mais la bonne chose est que l'huile pure est très concentré, et ainsi de quelques gouttes peut aller un long chemin. Les fleurs sont cueillies comme ils se déroulent dans les petites heures de l'aube.



L'huile de rose contient un tableau complexe d'antioxydants, minéraux, vitamines et qui en font un excellent émollient pour hydrater la peau sèche et terne. Il a également des propriétés astringentes, antiseptiques et anti-inflammatoires pour resserrer la peau, traiter l'acné, et réduire l'inflammation et la rougeur. L'huile de rose est souvent utilisée dans le contrôle des maladies de la peau telles que la dermatite atopique et le psoriasis, et il est grand à texture de la peau de raffinage. Une étude récemment menée sur l'huile de rose a même prouvé qu'il aide à la cicatrisation des plaies de la peau, et quand vous inspirez, il abaisse la concentration de cortisol, l'hormone du stress dans votre corps et diminue la quantité d'eau qui est perdue à partir ta peau.

Frottez quelques gouttes de l'huile de rose dans la peau de la zone affectée et se détendre alors qu'il guérit de l'intérieur.

En plus de toutes les propriétés décrites ci-dessus, huile essentielle de rose vous permet également de regarder de plus belle en calmant et vous calmer. Le plus vous êtes heureux, le plus beau vous aurez l'air, et de l'huile de rose peut aller un long chemin à faire vous sentir plus heureux et plus énergique. Ajouter quelques gouttes de l'huile essentielle de rose à votre bain d'eau quotidiennement et vous verrez la différence dans la qualité et la texture de votre peau.

Un autre dérivé de la plante de rose est l'huile de rose musquée. Cette fois, elle est prise par les petits fruits qui sont assis derrière les fleurs de la *Rosa moschata* ou *Rosa rubigniosa*. Huile de graine de rose musquée est riche en protéines et des huiles, et il contient des niveaux élevés de vitamine C. Toutes ces propriétés aident à garder votre peau douce et hydratée. Il est également la seule huile végétale qui contient naturellement autour de vitamine A / rétinol. Le rétinol est extrêmement utile dans le traitement des rides, ridules et autres signes du vieillissement sur la peau. Huile de Rose Musquée ralentit également la formation de pigments, tels que les taches solaires ou taches de vieillesse, il est donc un ingrédient commun dans les marques populaires de crèmes anti-âge, éclaircissants pour la peau, et les écrans solaires. Vous pouvez ajouter en toute sécurité

l'huile d'églantier à vos lotions et crèmes préférées; il ne fera que contribuer à améliorer leurs propriétés hydratantes et des effets protecteurs.

L'huile essentielle finale qui est dérivé de roses que nous allons parler dans ce livre est l'eau de rose ou hydrolat rose; certaines personnes peuvent connaître aussi rose distillat ou eau florale de rose. Pour obtenir l'hydrolat de rose, les petites parcelles de boutons de rose sont cuits à la vapeur dans les distilleries de cuivre pour libérer le composé thérapeutique volatile dans l'eau. Il est un processus complexe, et l'huile essentielle est soutirée et l'hydrolat de rose, qui contient des constituants de la fleur et les micro-molécules de l'huile essentielle, est capturé goutte à goutte. Il est souvent utilisé dans les lotions capillaires, toniques, et les brumes du visage parce que ses propriétés antibactériennes aident à protéger et aussi l'équilibre de la peau. Mettez un peu d'eau de rose dans votre shampooing quand vous vous lavez vos cheveux ou l'utiliser comme huile de cheveux personnelle. Votre cuir chevelu vous remercier pour cela.

## **JASMIN**

Jasmine est l'un des plus célèbres fleurs les vous aurez jamais rencontrés. Peu importe où vous allez dans le monde, il ya toujours quelqu'un qui sera familier avec son parfum encore doux et romantique agréable. Les fleurs sont belles et elles fleurissent seulement la nuit, remplissant l'air de leur parfum séduisante. Le mot Jasmine est le persan à l'origine et est dérivé du mot qui signifie «un don de Dieu." Le nom Jasmine est un nom commun pour les filles dans le sous-continent indien et aussi dans la région du Moyen-Orient. La fleur est associée à l'amour et la romance et a été la source d'inspiration pour de nombreux poètes depuis l'aube des temps.

L'huile essentielle de jasmin est extraite des fleurs de la plante de jasmin par distillation à la vapeur. La variété de jasmin qui est principalement utilisé est le *Jasminum officinale*. Le grandiflora de *Jasminum* est aussi couramment utilisé.

Jasmine a longtemps été utilisé pour les soins de la peau et pour le traitement de la peau déshydratée, cassants et secs. Il peut provoquer une réaction allergique si elle est utilisée sur les plaies ouvertes ou la peau craquelée, donc il faut prendre soin.

Néanmoins, il est toujours utilisé dans le traitement de la dermatite et l'eczéma et est très efficace pour guérir ces maladies. Il suffit de frotter quelques gouttes de l'huile dans les zones touchées par jour avant d'aller au lit.

Jasmine aide aussi à restaurer l'élasticité de la peau. Il est bon pour la décoloration des cicatrices et des vergetures, et il contribue à tonifier uniformément tous les différents types de peau, sensible à partir irritée sécher à gras.

## **HUILE D'ARGAN**

Ses seuls alias vous permet de connaître un trésor cette huile essentielle est: l'huile d'argan, également connu comme l'or liquide. Il est dérivé de l'arganier gigantesque, *Argania spinosa*, qui peut atteindre plusieurs mètres de hauteur et est originaire du Maroc. L'huile d'argan est lui-même dérivé de l'amande de l'arganier, et il est extrêmement riche en nutriments comme la vitamine E et en acides gras. Il est cette abondance de nutriments bénéfiques, qui le rendent idéal pour la peau et les cheveux, et il est une huile populaire de choix pour de nombreuses célébrités qui peuvent se permettre de l'acheter en abondance. Cette huile est non seulement pour les riches et célèbres; tout le monde peut utiliser l'huile d'argan à des changements positifs dans leur corps.

L'huile d'argan est très hydratant, et comme tel, il est couramment utilisé comme un hydratant pour la peau pour adoucir la peau. Il est absorbé dans la peau facilement, et il est non irritant ainsi que la non-grasse. Il peut être utilisé sur tout le corps, y compris le cou et le visage. Il suffit de lisser quelques gouttes de l'huile dans votre peau après le nettoyage et frottez doucement dans comme vous le feriez de tout autre organisme ou lotion pour le visage. Vous pouvez l'utiliser comme un sérum par l'application de votre crème de nuit après que l'huile a été absorbé dans votre peau. Vous pouvez

également placer quelques gouttes de l'huile d'argan dans votre bain d'eau ou lotion pour le corps et vous aurez toujours récolter les mêmes résultats positifs. Il est sûr pour une utilisation même sur la peau sensible de bébé.

Vous pouvez utiliser le sucre brun, extrait de vanille, et de l'huile d'argan pour créer un gommage des lèvres exfoliant et hydratant exquise. Il suffit d'ajouter quelques gouttes de l'huile d'argan dans une certaine extrait de sucre et la vanille brune fine (assez pour couvrir vos lèvres). Massez légèrement dans vos lèvres à l'aide d'un mouvement circulaire et puis rincer pour les lèvres sexy.

Si vous êtes fatigué de votre ancien masque ou si vous voulez lui donner un lifting biologique, il suffit d'ajouter un peu d'huile d'argan au mélange. Trois gouttes d'huile d'argan, une cuillère à soupe de miel, trois cuillères à café de yaourt à la grecque, et une cuillère à soupe de jus de citron sera le meilleur rajeunissement et éclaircissement maison masque vous aurez jamais besoin.

Appliquez-le sur un visage propre et sec, et laissez-le pendant au moins dix minutes. Puis lavez-les avec de l'eau chaude. Si vous ne pouvez pas prendre les tracas de faire votre propre masque, il suffit de mélanger quelques gouttes de l'huile d'argan dans votre masque acheté en magasin pour

le rajeunissement de la peau supplémentaire.

Les personnes qui souffrent d'eczéma ont souvent démangeaisons de la peau, squameuse, et des matières premières et même ils peuvent bénéficier énormément de la puissance réparation d'huile d'argan. L'acide gras et de la teneur en vitamine E apportent à la peau les nutriments dont il a besoin pour se réparer, et il sera également prévenir d'autres dommages et l'irritation. Pour réduire l'eczéma, appliquer une petite quantité de l'huile d'argan directement sur la peau affectée et massez doucement dans la peau jusqu'à ce que tout cela a été absorbée. Autres types de peau qui sont mal, fissuré, irrité, ou endommagés peuvent également bénéficier d'une dose quotidienne d'huile d'argan. Il va apaiser la douleur et réduire

l'inflammation et, comme dit précédemment, il va augmenter le taux de guérison. Même les vergetures peuvent être minimisés par l'application quotidienne de l'huile d'argan dans la région.

L'acné est une autre condition de la peau qui agonise beaucoup à travers le monde. Êtes-vous fatigué et marre d'utiliser ces crèmes hydratantes et des huiles achetées en magasin que seulement aggravent votre état acnéique? Si votre réponse est oui, alors choisissez l'huile d'argan tout le chemin! Il est non grasse et aidera à équilibrer votre peau en fournissant l'humidité naturelle. Il est également rempli avec des antioxydants naturels qui aident à réduire l'inflammation et guérir les cellules endommagées de la peau.

Appliquez quelques gouttes de votre huile d'argan à votre peau de l'acné-affligés après le nettoyage et séchez. Frottez doucement dans votre peau deux fois par jour pour l'acné légère, ou vous pouvez même faire plus d'applications pour l'acné chronique. Il suffit ensuite de se détendre et embrasser vos problèmes de l'acné au revoir à jamais.

Si vous vous trouvez avec des talons et les cuticules difficiles, il est temps que vous preniez une bouteille d'huile d'argan. Massez quelques gouttes de l'huile dans vos cuticules quotidienne pour les ramollir et d'encourager la croissance des ongles. Vous pouvez utiliser l'huile d'argan comme un traitement de nuit pour vos talons fendillés ou endommagés. Il suffit de masser une quantité suffisante dans vos pieds et les orteils avant d'aller vous coucher. Couvrez-les avec une chaussette et vous réveiller à pieds saines et plus doux.

Si vous pensiez que l'huile d'argan est seulement bon pour votre peau et des ongles, alors vous pensiez mal. Il peut aussi faire des miracles pour votre cheveux et cuir chevelu trop! L'huile

d'argan a également été prouvé pour rendre les cheveux brillants, soyeux, et plus doux; il est le conditionneur parfait car il hydrate et protège les cheveux, les conditions les cheveux, et la rend douce et soyeuse. Il aide à traiter les pointes fourchues et il dompte les cheveux crépus trop. Que pourriez-vous demander à un climatiseur?

Substituer à la place de votre climatiseur inutile acheté en magasin la prochaine fois que vous lavez vos cheveux et vous serez agréablement surpris par les résultats.

## **AROMATHÉRAPIE**

L'aromathérapie est la science et l'art d'utiliser les huiles essentielles extraites de plantes naturellement d'harmoniser, d'équilibrer et de promouvoir la santé de l'esprit, l'esprit et le corps. Il vise à unifier les processus spirituels, psychologiques, physiologiques et d'améliorer le processus de guérison innée d'un individu. Autrement dit, l'aromathérapie utilise l'arôme des huiles essentielles pour guérir l'esprit, le corps et l'âme.

Vous pouvez frotter les huiles diluées dans votre peau et de respirer l'arôme agréable. Vous pouvez ajouter quelques gouttes d'huiles essentielles à l'eau dans un flacon pulvérisateur et l'utiliser comme un assainisseur d'air, ou vous pouvez faire une bougie parfumée en plaçant un ou deux gouttes de l'huile dans la cire fondue de la bougie allumée. Pouvez-vous penser à d'autres façons dont vous pouvez profiter de l'agréable odeur d'huiles essentielles? Alors que vous faites cela, laissez-moi vous présenter quelques autres huiles essentielles qui sont grands pour l'aromathérapie.

### **Huile essentielle de citron**

L'huile de citron est un favori en raison de ses qualités thérapeutiques et odeur de propreté. Il soulage les symptômes de l'arthrite et de l'acné, et il facilite la digestion et de la concentration. Il provient de la plante de Citrus limonum, et l'huile est extraite de la pelure par expression à froid.

Ajouter quelques gouttes de l'huile de citron à votre diffuseur ou un vaporisateur pour améliorer votre énergie. Ou l'ajouter à votre lotion, massez votre peau, et respirer l'arôme agréable. Pour un coup de pouce du système immunitaire, ajouter quelques gouttes d'eau de votre bain et laissez-le tremper dans votre peau pendant que vous inspirez l'arôme.

Ne pas utiliser de l'huile de citron si vous prévoyez d'aller dans le soleil parce que certains composés en son sein peuvent réagir avec les rayons UV du soleil pour créer des substances nocives.

## **TEA TREE HUILE ESSENTIELLE**

L'huile essentielle d'arbre à thé est extraite à partir des tiges et des feuilles de la plante de *Melaleuca alternifolia* par distillation à la vapeur. Vous pouvez l'ajouter à votre diffuseur ou un vaporisateur et l'inhaler et être revitalisé, ou vous pouvez l'appliquer à votre peau de bien des manières différentes. Mélanger l'huile essentielle d'arbre à thé avec votre favori crème, huile ou lotion et masser dans votre peau ou l'ajouter à votre eau du bain. Vous pouvez aussi masser quelques gouttes de l'huile essentielle d'arbre à thé directement dans votre peau pour un soulèvement instantané. L'huile essentielle d'arbre à thé est un stimulant du système immunitaire connu et il aide à combattre les infections.

## **Menthe poivrée**

Mettez le pep en arrière dans votre étape par whiffing un peu d'huile essentielle de menthe poivrée aujourd'hui. Il est une plante herbacée vivace qui est connu pour stimuler l'énergie, améliorer la vigilance, et avoir un effet rafraîchissant. Menthe poivrée huile essentielle est extraite par distillation à la vapeur de la piperita *Mentha*, et il se trouve couramment dans les bains de bouche, des bains, des lotions, huile de massage, et vaporisateurs. Il améliore également l'humeur, combat irritations et les rougeurs, facilite la digestion et soulage les symptômes de congestion.

Il faut prendre soin lors de l'utilisation de menthe poivrée, cependant, parce que le menthol qu'il contient peut être un problème pour certaines personnes. Gardez-le hors de portée des enfants et ne pas l'utiliser pendant que vous êtes enceinte.

## **Huile essentielle de romarin**

Pour un ascenseur ou la mémoire élan naturel, ajouter quelques gouttes d'huile de romarin à votre eau du bain ou d'un humidificateur. Rosemary est un stimulant mental merveilleux. Il emballe un puissant coup de poing quand il vient à l'aromathérapie et a été considéré comme sacré depuis des siècles.

L'usine, *Rosmarinus officinalis*, est un boisé, plante herbacée vivace, et l'huile est extraite par distillation à la vapeur de la partie de floraison de la plante. Il est connu pour soulager les problèmes de sinusite et de congestion et aussi améliorer la mémoire. Vous pouvez mélanger avec vos huiles et lotions de massage pour aider à l'arthrite, des douleurs, une raideur des muscles, de la vésicule biliaire et de la congestion du foie, et d'autres problèmes digestifs. Vous pouvez également le mettre dans votre shampooing pour faire pousser vos cheveux et votre cuir chevelu guérir.

Rosemary ne doit pas être utilisé par les femmes enceintes, les personnes avec une pression artérielle élevée, ou les personnes atteintes d'épilepsie.

## **Huile essentielle d'eucalyptus**

L'huile d'eucalyptus a un parfum puissant qui est facilement reconnaissable. Il provient de l'arbre d'eucalyptus qui est originaire d'Australie. Il ya plus de cinq cents variétés d'eucalyptus, et l'huile est distillée à la vapeur à partir des feuilles et des brindilles de certains. Il a la capacité d'améliorer la concentration, et il est un agent très efficace contre les maladies respiratoires.

L'huile d'eucalyptus est également bon pour repousser les migraines et il peut aussi être placé dans un humidificateur et inhalé.

Épileptiques devraient éviter d'utiliser l'huile d'eucalyptus. Les femmes qui allaitent ou enceintes devraient aussi éviter d'utiliser l'huile. Si elle est ingérée en grandes doses, elle peut être fatale.

## **MAUX commun et les mélanges d'huiles**



**essentielles qui peuvent être utilisées pour**

**guérir**

Peut-être que vous ne voulez pas de faire usage d'une huile unique, mais vous voulez les mélanger pour concocter quelque chose qui est spécialement formulé pour un problème spécifique. Non à craindre; huiles essentielles seront toujours venir à la rescousse.

### **Maux de gorge ou AMYGDALITE**

Ingrédients:

2 gouttes d'huile essentielle de clou de girofle

3 gouttes de géranium

Directions:

Mélanger dans un diffuseur et inspirez profondément pour le soulagement des maux de gorge.

Alternativement, vous pouvez frotter une goutte de chacun des ingrédients énumérés ci-dessus sur votre gorge pour le même soulagement de maux de gorge.

### **CELLULITE**

Ingrédients:

20 gouttes d'huile de pamplemousse

20 gouttes d'huile de géranium

Directions:

Mélanger les ingrédients énumérés ci-dessus dans une once d'huile d'amande douce ou de l'huile de coco fractionnée et l'appliquer à la zone touchée par jour

## **ANTI-MOUSTIQUE**

Ingrédients:

1-2 gouttes de lavande, de romarin, ou de l'huile d'arbre à thé

3-5 gouttes de géranium

Directions:

Mélanger tous les ingrédients ensemble bien et l'appliquer à la partie de votre peau qui sera laissé exposé aux éléments.

## **ACNÉ**

Ingrédients:

5 gouttes de Manuka ou la Nouvelle-Zélande arbre à thé ou d'huile essentielle d'arbre à thé ordinaire

6 gouttes d'huile essentielle de lavande

1 goutte d'huile essentielle de géranium

1 once liquide huile de coprah fractionnée ou de jojoba

Directions:

Verser l'huile de coco fractionnée ou de jojoba dans une bouteille très propre, puis ajouter les huiles essentielles de manuka, de lavande et le géranium. Bien refermer la bouteille et rouler pendant une minute ou deux pour mélanger les ingrédients. Appliquez une petite quantité à votre dos, le cou ou le visage, mais être certain d'éviter les narines, les lèvres, les yeux, et l'intérieur des oreilles. Rouler délicatement la bouteille à chaque fois que vous l'utilisez pour veiller à ce que les huiles essentielles sont correctement mélangés

## **CRAMPES MENSTRUELLES**

Ingrédients:

3 gouttes d'huile essentielle de lavande

4 gouttes d'huile essentielle de cyprès

5 gouttes d'huile essentielle de menthe poivrée

1 fl oz jojoba

Directions:

Mélanger les huiles de lavande, de cyprès, et de menthe poivrée bien avec le jojoba. Mélangez dans une couleur foncée, bouteille en verre propre et masser doucement une petite quantité dans votre région abdominale chaque fois que vous vous sentez crampes.

## **CONGESTION**

Ingrédients:

4 gouttes d'huile essentielle de menthe poivrée

25 gouttes d'huile essentielle de Ravensara

30 gouttes d'huile essentielle d'eucalyptus

Inhalateur d'aromathérapie ou boule de coton

Directions:

Mélanger les menthe poivrée, ravensara, et les huiles d'eucalyptus dans une couleur sombre, une bouteille de verre propre, de préférence avec un insert de gouttes intégré ou orifice réducteur.

Si vous avez l'inhalateur de l'aromathérapie, faire tremper l'insert dans le mélange d'huile essentielle que vous avez créé et l'insérer dans le tube et fixer le capuchon. Soulever l'inhalateur à votre nez et respirer profondément autant que nécessaire. Vous pouvez

également appliquer deux à trois gouttes d'une boule de coton et de respirer le mélange d'huile essentielle de la boule de coton.

## **INSOMNIE**

Ingrédients:

5 gouttes d'huile essentielle de bergamote

5 gouttes d'huile essentielle de sauge sclarée

10 gouttes d'huile essentielle de camomille romaine

Directions:

Mélanger la bergamote, sauge sclarée, et les huiles de camomille romaine et dans une couleur foncée, bouteille en verre propre. Ajouter une ou deux gouttes du mélange que vous avez créé à l'étape précédente à un tissu et placez le tissu intérieur de votre oreiller pour aider à vous endormir le soir.

## **CONCLUSION**

Les huiles essentielles sont des dons de la nature polyvalents qui peuvent être utilisés pour améliorer votre vie de nombreuses façons différentes. Ce sont des substances puissantes qui peuvent aider à guérir votre corps, l'esprit et l'âme. Il existe différents types d'huiles essentielles avec chaque huile essentielle ayant son propre ensemble unique d'avantages. Ils sont l'un des plus puissants guérisseurs les tout-rondes que la nature nous a bénis, et, une fois combinés, ils peuvent donner une défense encore plus forte contre les maladies courantes et les plus rares occasionnels aussi. Certains d'entre eux sont très volatils, mais aussi longtemps que vous savez comment l'utiliser et de les stocker en toute sécurité, ils seront avec vous pendant un temps très long, et ils vont vous guérir de l'intérieur.

Comment sécher les herbes

*Le guide ultime pour facilement*

*Herbes séchage à Accueil*

*Ella Marie*

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## **introduction**

Il est pas un secret que les herbes ont été utilisés pour la valeur nutritive et des fins médicinales depuis des millénaires. Le fait qu'ils sont encore utilisés dans de nombreuses civilisations à travers le monde témoigne de leurs bienfaits pour la santé. Au supermarché, cependant, vous pouvez finir par payer des coûts élevés pour les herbes fraîches de qualité douteuse.

Vous ne pouvez jamais vraiment savoir ce que vous obtenez. Certains sites en ligne affirment qu'ils ont la meilleure qualité. Mais selon à qui? Comment savez-vous la vérité, lorsque certaines entreprises en ligne sont honnêtes, tandis que d'autres essaient juste de faire un profit élevé de votre ignorance. Trouver la meilleure offre et la meilleure qualité est difficile, voire impossible.

Une alternative à l'achat d'herbes, cependant, est de plus en plus votre propre puis les récolter. Ils sont amusants à croître et ne coûtent pas cher. Ils ne demandent même pas beaucoup de soin, et puis ils sont disponibles pour vous d'utiliser chaque fois que vous êtes prêt. Dans cet e-livre, vous apprendrez à propos de la récolte, le séchage et le stockage de vos herbes afin qu'ils puissent ensuite être cuites et servies avec.

Pour cultiver des herbes, vous ne devez pas beaucoup de place, car il ne prend pas un jardin à grande échelle. Vous pouvez décider de cultiver les herbes à l'extérieur, mais ils seraient même tenir sur le rebord de la fenêtre dans votre cuisine. Vous ne devrez pas à consacrer des tonnes de temps pour prendre soin d'eux non plus.

Vous, cependant, besoin d'investir un peu de temps et d'énergie à partir des plantes du bon pied.

Ils ont besoin de la bonne quantité d'eau et de la lumière du soleil. Vous aurez également besoin de tailler de temps en temps entre eux, de sorte que le feuillage mort ne vole pas les nutriments vitaux de la plante en bonne santé.

Le processus de séchage lui-même est aussi très important de comprendre. Si les herbes ne sont pas correctement séchés, ils peuvent moisir et devenir ruiné. Mal herbes séchées ne sera pas aussi offrir la même valeur que vous voulez ou attendre.

Maintenant, vous pouvez être reconnaissant la valeur des herbes, mais en insistant pour que vous ne pouviez pas les cultiver vous-même. Trop souvent, les gens répugnent à quelque chose de nouveau. Au lieu de cela, vous devez faire preuve d'audace et de

saisir cette occasion. Départ est la première étape vers la réalisation de tous les avantages. Le choix t'appartient.

En outre, il est difficile à sécher les herbes, et cet e-book va vous aider à explorer de nombreuses options. La méthode que vous choisissez d'utiliser est souvent une question de préférence personnelle. Ou, vous pouvez essayer quelques options et voir ce qui convient le mieux à vos besoins.

Vous ne devez pas être un expert pour développer et sécher vos propres herbes. Cependant, vous avez besoin d'avoir une compréhension de base des étapes. Un stockage adéquat est tout aussi important que le séchage des herbes. La clé est d'avoir les herbes prêt à l'emploi quand vous le souhaitez.

Vous serez très heureux avec les résultats de la croissance et le séchage de vos propres herbes.

Vous saurez les ingrédients exacts, les valeurs nutritionnelles, et des fins médicinales. Lorsque tant d'articles achetés en magasin sont traités avec des produits chimiques et des pesticides, aliments du potager peuvent également vous fournir une certaine tranquillité d'esprit.

## **Chapitre 1**

### **Pourquoi sécher les herbes est importante**

Sécher les herbes correctement est important de sorte qu'ils ne perdent pas leurs valeurs nutritionnelles ou médicinales. Il ne fait aucun sens de prendre le temps de grandir et de les récolter, mais ensuite tomber la balle quand il vient à séchage et le stockage.

### **La prévention**

Prévenir les moisissures, les levures et les bactéries de se développer sur vos herbes est essentiel.

Cela ne peut être accompli en retirant toute l'humidité d'eux. Malheureusement, l'humidité ne peut pas être vu, mais sa présence sera bientôt connu: lorsque vous ouvrez un pot ou un sac de vos herbes séchées, ils seront ruinés. La couleur et l'odeur indique immédiatement si quelque chose ne va pas. Lorsque vous les sécher complètement, cependant, vous ne devrez pas cette question.

## **Accessibilité**

Il peut être pratiquement impossible d'avoir toujours des herbes fraîches autour. Ils ne durent pas très longtemps. Toutefois, lorsque vous les faire sécher, ils seront prêts pour votre utilisation à tout moment. Vous pouvez y accéder rapidement à partir de votre domicile au lieu de se précipiter au magasin à la recherche d'herbes fraîches.

Vous vous sentirez aussi bien en sachant qu'ils ont été cultivés sans produits chimiques. Vous ne pouvez pas savoir ce à coup sûr lorsque vous achetez herbes séchées d'une entreprise. Si vous voulez quelque chose qui est tout naturel, il est préférable d'être assuré de ses origines.

Idéalement, vous devriez cultiver suffisamment herbes pour passer à travers les mois d'automne et d'hiver. En faisant cela, vous pouvez avoir assez jusqu'à ce que le printemps, lorsque vous allez commencer sur la culture et à la récolte de nouveaux. Ne pas stocker herbes séchées pour plus d'un an que ils vont commencer à perdre de leur valeur globale. Il peut être difficile au début d'estimer combien vous allez utiliser plus d'un an, mais faites de votre mieux pour juger.

Faites attention à la quantité et souvent vous utilisez herbes maintenant, et au cours de votre première année, de sorte que vous pouvez régler pour l'avenir. Si vous avez besoin de plus, il est préférable de garder diverses plantes à différents stades de croissance. Ensuite, vous ne disposez pas de tout recommencer et d'attendre avant que vous ayez plus de l'herbe disponible.



## **Coût**

Vous passerez beaucoup moins à sécher vos herbes que vous les acheter. En fait, vous allez dépenser moins sur l'ensemble du processus de leur culture, leur récolte, les sécher et les stocker, à vous de les acheter.

Si vous utilisez des herbes souvent, cela vous fera économiser de l'argent et fait beaucoup de sens. Comme vous en apprenez plus sur les bienfaits pour la santé offertes par différentes herbes, vous serez enclin à les utiliser encore plus que vous faites en ce moment. Économiser de l'argent est un bonus que vous ne voulez pas laisser passer.

En outre, si vous développez un problème de santé chronique due à une mauvaise alimentation?

Vous finirez par dépenser encore plus sur les visites chez le médecin, co-payeur, les franchises et les médicaments. Beaucoup d'herbes aident réellement à prévenir la maladie, et qui peut ajouter jusqu'à plus d'argent en restant dans votre poche.

## **Bienfaits pour la santé**

Différents types d'herbes offrent soit la valeur nutritionnelle ou médicinale. Certains d'entre eux offrent à la fois! Il est important de comprendre ces attributs lors de l'examen de la culture, la récolte, le séchage, et de les stocker.

Passez un peu de temps à lire l'information et des études de cas à partir de livres ou de sites de bonne réputation. Vous apprendrez que, maintes et maintes fois, les résultats indiquent que la consommation de diverses herbes rend les gens se sentent mieux et réduit leurs symptômes de problèmes de santé.

Le monde de la médecine moderne ne peut pas comprendre l'utilisation d'herbes - encore - mais ils ne peuvent pas ignorer la valeur qu'ils offrent. Il est aussi un fait que pendant des siècles, nos

ancêtres comptaient sur les herbes et les remèdes naturels pour la survie.

Lorsque vous utilisez des herbes comme indiqué, il n'y a aucun risque pour votre santé. Quand il vient à l'extraction des huiles à base d'herbes, se rappeler qu'ils sont très puissants. Juste quelques gouttes vont un long chemin! Avec tout cela à l'esprit, vous avez rien à perdre en donnant herbes un essai.

### **La valeur nutritionnelle**

Beaucoup de gens cuisinent avec des herbes parce qu'ils aiment leurs saveurs. Cependant, ces goûts développés parce que les ingrédients offerts valeur nutritive.

Nos ancêtres ne pas manger les aliments transformés ou de grandes quantités de sucre, et ils se sont engagés dans la journée de travail physique après jour pour survivre. Les aliments qu'ils mangeaient entre eux ont été choisis pour la meilleure valeur nutritive offrir. Ce ne fut pas seulement pour répondre aux besoins de leur corps, mais pour réduire le risque de problèmes de santé ainsi.

Cannelle, par exemple, peut aider à augmenter le métabolisme. Par conséquent, il régule le taux de sucre dans le sang. Cela est particulièrement vrai pour les personnes qui souffrent d'une hausse importante du niveau de sucre dans le sang après les repas.

Gousses séchées, d'autre part, offrent de puissants antioxydants. Ils aident à réduire le risque de divers problèmes de santé, et peuvent inciter votre corps à fonctionner à son meilleur.

Ce ne sont que quelques-uns des exemples de la façon dont les herbes peuvent aider à vous sentir beaucoup mieux, en plus d'améliorer le goût de vos aliments. Nous devons tous manger, alors pourquoi ne pas manger quelque chose qui est sain et savoureux?

### **Valeur médicinale**

Poudre de gingembre séché est naturellement anti-inflammatoires et est un excellent exemple d'une herbe avec une grande valeur médicinale. Il peut aider à réduire la douleur et l'inconfort qui est souvent associée à diverses formes d'arthrite.

Avec tout de la grande information là-bas, plus de gens sont enclins à utiliser des herbes séchées pour une valeur médicinale. Cela peut les aider à éviter le coût des médicaments coûteux. Il peut également aider à éviter les effets secondaires sévères de ces médicaments.

Toutefois, cela ne signifie pas que l'utilisation d'herbes séchées est un substitut aux soins médicaux. Vous devez être prudent de ne pas diagnostiquer et traiter vous-même ou les autres.

Toujours travailler avec vos professionnels de la santé pour évaluer et traiter les problèmes de santé.

Ne soyez pas peur de dire votre médecin que vous utilisez des herbes que pour des fins médicinales soit. Bien qu'ils ne prescrivent souvent des herbes spécifiquement, ils ont aussi ne devraient pas vous dire de ne pas les utiliser. Il est important de toujours être honnête avec votre médecin afin qu'ils sachent ce que vous consommez et combien de fois.

Gardez à l'esprit que de nombreuses cultures ont survécu pendant des centaines d'années en se fondant sur les herbes. Ils ne disposent pas hôpitaux et autres établissements où ils pourraient aller pour les soins comme nous le faisons aujourd'hui. Beaucoup de consommateurs comme l'idée de «revenir à l'essentiel" et en évitant les médicaments pharmaceutiques.

Il ya quelques règles générales que vous devez suivre si vous prévoyez de croître et d'herbes de récolte à des fins médicinales. Ils sont:

Growing les bonnes herbes pour vos besoins de santé.

Faire en sorte que le sol dans lequel vous les plantez est pas plein de produits chimiques nocifs.

Choisir votre herbes milieu de matinée ou début d'après-midi afin évaporation de la rosée. (Dew va augmenter le risque de moisissure.)

## **Chapitre 2**

### **Cueillette Herbes à sèche**

Une fois que vous avez décidé quelles herbes de se développer, vous devez suivre les instructions pour les attentivement. Certains auront besoin de plus d'eau ou de la lumière du soleil que d'autres. Faites attention à la façon dont ils regardent et changer votre routine de soins si les choses ne vont pas bien.

Étiqueter vos herbes, aussi, quand vous plantez, parce que beaucoup se ressemblent une fois qu'ils commencent à se développer. Vous devez être confiants quant à ce qui est une plante donnée avant de l'utiliser pour sa valeur nutritive ou à des fins médicinales.

Il est également important de garder un bon oeil sur le feuillage des plantes à mesure qu'ils grandissent. Prenez le temps de les éliminer et de supprimer toutes les parties des plantes qui semblent endommagés ou malades. Si vous voyez que la tige est décoloré, le feuillage est tombante, ou de la plante a des taches noires, vous savez que vous avez un problème qui ne peut être ignoré.

Certaines herbes doivent être tiré tandis que d'autres doivent être coupés. Il ya aussi ceux qui ont besoin d'être plumés. Utilisation de la méthode appropriée est important afin de ne pas endommager ou détruire ce que vous récoltez. Vous aurez besoin de couteaux et ciseaux pointus pour faire le travail correctement.

### **Utilisez la plante entière**

Ne jetez pas automatiquement l'usine et d'utiliser uniquement ses racines. Seuls certains types d'herbes fonctionnent de cette façon. Assurez-vous que vous avez la bonne information pour les herbes avec lesquelles vous travaillez. La façon de récolter une herbe peut être pas le meilleur pour la prochaine.

Sélectionnez les feuilles qui ressemblent le plus sain pour récolter. Les feuilles les plus âgées ne vont pas à vous offrir autant de valeur. Vous pouvez les recueillir et de les utiliser comme paillis pour votre jardin afin qu'ils ne vont pas perdre. Selon les herbes vous êtes de plus en plus, vous peut-être à l'aide:

Feuilles

Tiges

Semences

Capitules

Écorce

Racines

### **Quand récolter**

Savoir quand à couper et récolter les herbes peuvent être intimidant au début. Si vous êtes trop tôt, votre rendement peut être trop petit; si vous êtes trop tard, les plantes peuvent être endommagées. Leur croissance à l'intérieur dans des petits pots est la meilleure façon de garder un bon œil sur eux.

Chaque plante varie quand elle est prête à être récoltée. Cela signifie que vous avez besoin de se familiariser avec les détails des herbes particulières que vous cultivez. Lorsque vous commencez, tenir à pas plus de trois herbes. Cela vous permettra de vous concentrer sur eux sans se sentir dépassés.

En tant que votre niveau de confort et d'expertise se développe, vous pouvez commencer à planter plus d'herbes. Vous aurez envie d'obtenir les bases vers le bas et de gérer votre temps, cependant. Sinon, tout le travail que vous mettez dans de plus en plus entre eux seront un gaspillage.

Tout quelques herbes qui poussent les gens sont des plantes à feuilles qui donneront des graines.

Une fois les graines ont développé, les plantes ne seront pas continuer à croître. Ils ont servi leur destination. Choisissez les feuilles souvent pour encourager plus de feuillage pour se développer avant ces graines apparaissent. Ces herbes incluent le basilic, la ciboulette et le persil.

Basil doit être coupé fréquemment pendant le processus de croissance. Si vous lui permettez de croître sauvage, il se tendit. Lorsque vous coupez, vous remarquerez que la plante pousse vers l'extérieur ainsi que vers le haut. Il devient aussi une couleur verte très profond. Il est prêt à récolter quand il est environ 12 "de haut et a plusieurs feuilles vertes.

Ciboulette ont tendance à croître très rapidement. Ils cultivent principalement au printemps et en été. Si vous utilisez souvent, les planter dans des pots différents à des moments différents. Cela vous permet de récolter et sécher certains, tandis que d'autres sont encore en croissance et seront prêts à récolter en quelques semaines.

Persil peut être très difficile à couper quand il est prêt pour la récolte. Prenez la feuille entière et maintenez-le autour de la tige. Étouffer à l'endroit où il commence à agglutiner. Les feuilles les plus âgées sont durs, il faut donc éviter de les couper.

Vous aurez besoin de récolter de romarin avant qu'il ne devienne boisé. Coupez les pousses, mais ne pas couper dans les branches qui sont des feuilles ligneuses et manquant. Vous pouvez sécher le

romarin en grappes, donc ne vous inquiétez pas si vous récoltez un peu cela à la fois.

La meilleure façon de récolter le basilic est avec des ciseaux qui sont fermement maintenue entre le pouce et l'index. Snip juste au-dessus d'une paire de feuilles où vous pouvez voir une nouvelle croissance. Si vous coupez en dessous d'une feuille, la tige sera trop court pour lui permettre de continuer à croître. Au lieu de cela, il va dépérir et vous aurez à le remplacer.

Capsicum doit être coupé quand il est tourne change de couleurs. Beaucoup de gens coupés quand il est encore vert. Cependant, si vous êtes patient, il va commencer à tourner jaune, rouge et orange. Cela est quand vous devriez récolter. Vous devez être très prudent avec les tiges car ils sont très fragiles.

Mint est l'une des herbes les plus faciles à cultiver et à récolter. Snip, à partir de feuilles matures sains. Cela lui permettra de continuer à croître et pour vous de récolter plus quand vous en avez besoin.

Origan a des racines très peu profondes de sorte que vous devez être prudent avec eux. Ceci est l'un des rares herbes où vous êtes encouragés à couper les feuilles les plus âgées et les utiliser.

Permettre aux jeunes feuilles restent en place afin qu'ils puissent continuer à croître et à prospérer.

À la sauge, coupez les feuilles les plus jeunes qui sont encore tendres. Cependant, vous ne voulez pas couper plus de la moitié de l'usine. Si vous le faites, il ne sera plus produire de nouvelles feuilles pour vous. Essayez de récolter tôt dans la journée, lorsque les feuilles sont sèches de la rosée. Cependant, ne pas attendre jusqu'à ce qu'il soit trop chaud ou les huiles essentielles sera séchée par la chaleur du soleil.

Le thym est une autre herbe avec des racines très peu profondes, si vous avez besoin de récolter avec soin. Utilisez une paire de ciseaux pour enlever délicatement ce que vous avez besoin.

Prenez soin de ne pas utiliser trop de force ou de vous arracher la plante entière.

Lorsque vous récoltez échalotes, coupez de l'extérieur et de travailler votre chemin. Vous verrez le centre de la plante a de nouvelles pousses émergentes. Ils remplaceront les feuilles extérieures vous coupé.

Ceci est loin d'être une liste exhaustive, donc ne vous inquiétez pas si vous ne voyez pas d'instructions pour les plantes que vous êtes intéressés par la culture. Un peu de recherche en ligne vous dire les meilleures méthodes pour la croissance et la récolte d'autres herbes. Vous pouvez aussi regarder des vidéos étape par étape en ligne, qui peut être très utile lorsque vous commencez à pousser vos propres herbes.

## **chapitre 3**

### **Préparation pour le**

### **Procédé de séchage**

Les éléments que vous devez préparer pour le processus de séchage dépendent vraiment de la méthode que vous utilisez. Ne vous inquiétez pas, aucun d'entre eux nécessite l'achat d'équipement ou de quoi que ce soit cher comme ça. La plupart des gens ont presque tout ce qu'ils ont déjà besoin dans leur maison.

### **Temps**

Le temps est essentiel pour les herbes de séchage, parce que vous ne pouvez pas précipiter le processus. Vous avez besoin de sécher les herbes avec succès le droit chemin. Il vous n'êtes pas disposé à permettre à cette époque, il ne sert à rien même de commencer. Gardez à l'esprit que le processus peut prendre plus de temps les premières fois que vous récoltez. Après cela, vous serez en mesure de le faire plus rapidement et plus efficacement.



## **Provisions**

Les fournitures dont vous aurez besoin dépend de la méthode que vous prévoyez d'utiliser pour le séchage. Vous pourrez le lire sur ces options dans un futur chapitre et pouvez décider ensuite.

Si vous allez à accrocher les herbes à sécher, vous aurez besoin de la ficelle.

Vous aurez aussi besoin des sacs de jute ou de toile à fromage. Ces articles sont destinés à couvrir les herbes de sorte que la lumière du soleil ne les privent de leur valeur. Les rayons UV

aide à sec, mais une trop grande exposition réduit la puissance globale des herbes.

Si vous allez utiliser le four, vous aurez besoin de plusieurs plaques de cuisson. Cela vous permet de mettre les herbes en une seule couche. Vous pouvez utiliser un déshydrateur avec des plateaux ou votre micro-ondes.

Certaines personnes aiment à utiliser des gants de sorte qu'ils ne se touchent pas directement les herbes. Obtenez des gants jetables de sorte que vous pouvez les prendre sur et en dehors pendant tout le processus que vous avez besoin. Vous pouvez obtenir un paquet de gants jetables pour seulement quelques dollars.

## **Emballage et l'étiquetage**

Vous aurez aussi besoin des sacs ou des bocaux pour stocker herbes séchées avec succès. Ils doivent aussi être étiquetés. Ce point sera traité plus en profondeur dans un prochain chapitre.

Vous ne devez grandes jarres, sauf si vous prévoyez d'utiliser les herbes en grandes quantités.

Vous pouvez obtenir des petits pots de verre munis de couvercles de liège. Ceux-ci ont fière allure et ils ne prennent pas beaucoup de

place. Vous pouvez facilement les étiqueter et les garder accessibles.

## **Espace de travail**

Vous aurez besoin de beaucoup d'espace de travail pour récolter avec succès vos herbes. Un comptoir de la cuisine ou de la table de la cuisine est une excellente option. Assurez-vous que tout est essuyé et séché avant de commencer à travailler avec les herbes.

Si vous utilisez une méthode de séchage qui prendra plusieurs semaines, vous aurez besoin de garder cet espace sans être dérangés par la quantité de temps requise. Il est de cette question avec l'espace qui encourage souvent les gens à utiliser des méthodes de séchage plus rapide herbes, comme le four ou le déshydrateur.

Toutefois, lorsque accroché à sécher, ils ne prendront pas beaucoup de place du tout. Vous aurez besoin de votre espace de travail nouveau, cependant, quand ils sont complètement secs. Ceci est quand vous allez les émietter et les emballer.

## **Lavage et nettoyage**

Vous devez vous laver les herbes que vous avez récoltés avant de les sécher. Utilisez une brosse à poils durs pour enlever délicatement tout résidu ou le sol. Une brosse à ongles est idéal car il est petit et bien ajusté autour de vos doigts pour une bonne prise en main.

Rincer le résidu et la saleté avec de l'eau chaude. Tapoter délicatement sécher avec des serviettes en papier pour enlever l'excès d'eau. Vous pouvez également autoriser les herbes à sécher sur une serviette sur le comptoir pendant que vous travaillez avec les autres.

Certains consommateurs sauter cette laver le cadre du processus. Ils figurent il fera les herbes prennent plus de temps à sécher.

Toutefois, si vous ne les lavez pas, vous risquez de saleté et les résidus d'entrer dans vos aliments lorsque vous cuisinez avec eux.

Le lavage ne prend pas plus de quelques minutes, et vous pouvez en tapotant doucement les herbes sèches avec des serviettes en papier. Ne sautez pas cette étape dans un effort pour réduire la quantité de temps qu'il faut pour vous faire sécher vos herbes. Vous voudrez plus tard, vous aviez pris le temps de le faire!

## **Extractions**

Quand il vient à l'utilisation de médicaments à base de plantes pour, vous pourriez avoir besoin pour extraire les liquides de l'usine. De cette façon, vous ne serez pas réellement utiliser les matières végétales, comme les feuilles ou les tiges. Il existe trois principales méthodes d'extraction, vous pouvez utiliser. Celui que vous choisissez peut être une préférence personnelle en fonction des besoins, de la commodité, et / ou le type d'herbe que vous extrayez de. Il est une bonne idée d'examiner les trois options avant de prendre une décision finale. Ces options sont: Infusion

Décoction

Teinture

Infusion

Vous pouvez entendre la tisane terme utilisé de manière interchangeable avec une perfusion. Elle est l'une des méthodes les plus courantes et les plus rapides d'extraction. Tu auras besoin de:  
Une petite casserole de fer

Un pichet de verre

Une passoire à thé

Une échelle des ménages

Ne pas utiliser des casseroles qui sont fabriqués à partir d'aluminium ou de cuivre. Ils peuvent libérer des particules qui entrent dans votre système digestif. Ils peuvent aussi causer les herbes d'avoir un goût amer.

Ajouter environ une pinte d'eau froide dans la casserole. Chauffer jusqu'à ce que l'eau bout, puis éteindre le feu. Ajouter l'herbe à l'eau quand il est encore chaud mais pas plus bouillante. Remuer délicatement afin que les herbes sont complètement immergés mais prenez soin de ne pas les

endommager.

Permettre aux plantes de rester dans l'eau pendant 10 minutes. Verser le liquide à travers le filtre dans le pichet de verre. Avec quelques herbes, vous pouvez avoir besoin de les forcer deux ou trois fois en raison de leur puissance. Assurez-vous que vous regardez dans cette information pour selon herbe que vous travaillez avec.

## **Décoction**

Une autre méthode courante de préparation des herbes pour la médecine est décoction. Cela ne veut pas difficile à apprendre, mais beaucoup de gens trouvent que, pour maîtriser pleinement, il, ils doivent pratiquer souvent. Ceci est une bonne méthode à utiliser si vous voulez faire de très petites quantités de la médecine.

Placez une once d'herbe séchée dans une casserole avec une pinte d'eau et porter à ébullition.

Réduire le feu et laisser le liquide pour continuer la cuisson. Gardez un œil sur elle et retirer du feu lorsque le volume dans la casserole a été réduit à environ  $\frac{1}{4}$  du liquide d'origine.

Egouttez bien. Typiquement, cette méthode est utilisée lorsque vous extrayez de l'écorce ou des racines d'herbes. Si vous avez besoin

d'une grande quantité de l'élément extrait, ce ne sont pas la meilleure méthode à choisir.

## **Teinture**

Avec cette méthode d'extraction à partir d'herbes, vous consommez de l'alcool à la place de l'eau, car il est plus efficace. Il tire plusieurs des propriétés médicinales précieuses que l'eau peut.

Voilà pourquoi certains herboristes vont absorber les plantes dans de l'alcool avant de les utiliser.

Ne pas utiliser le méthanol ou l'alcool de bois pour cette méthode d'extraction. Cela peut provoquer une personne à devenir très malade ou même mourir. Faire tremper environ une once d'une herbe dans un litre d'alcool pendant 8 semaines. Secouez le conteneur chaque jour pendant les 4 premières semaines. Ensuite, laissez simplement reposer pendant les 4 prochaines semaines. Egouttez bien à la fin de la période de 8 semaines.

## **Chapitre 4**

### **Méthodes de séchage**

Vous avez plusieurs choix quand sécher vos herbes. Certaines personnes ont une méthode qu'ils utilisent tout le temps. Pour d'autres, cela dépend des types de plantes qu'ils utilisent. Encore une fois, vous devriez explorer quelques options pour décider ce qui fonctionne le mieux pour vous.

Peu importe la méthode ou des méthodes que vous comptez utiliser, ne soyez pas intimidé!

Sécher les herbes est beaucoup plus facile que vous pourriez imaginer. Prenez le temps d'apprendre quelques bases, et vous serez amende.

### **Quand vont-ils à sec?**

Vous devez donner les herbes suffisamment de temps pour sécher complètement. Les plantes sont complètement sec quand ils sont fragiles et crumble dans votre main avec facilité. Ne pas écraser les feuilles jusqu'à ce que vous êtes réellement prêt à les utiliser.

Gardez à l'esprit que si les herbes ne sont pas complètement secs, ils seront sensibles à la moisissure et d'autres problèmes. Ensuite, vous devrez jeter les herbes plutôt que de bénéficier de vos efforts. Donnez-leur le temps dont ils ont besoin pour sécher complètement et vous serez satisfait avec les résultats.

### **Conseils de base**

Avant de nous plonger dans les méthodes de séchage réels, il ya quelques conseils de base que je voudrais partager avec vous. Ils peuvent vous aider à acquérir une solide compréhension des raisons pour lesquelles vous séchez de certaines façons.

Le séchage est la méthode traditionnelle qui a été utilisé par les premières civilisations pour préserver herbes. Même si la méthode est vieux, il ne signifie pas qu'il est pas efficace. Comme dit le proverbe, vous ne disposez pas de réinventer la roue pour obtenir des résultats que le travail!

Comme mentionné dans un chapitre précédent, toujours prendre le temps de nettoyer vos herbes avant de commencer à les sécher. Vous ne voulez pas laisser la poussière et les résidus à la flânerie.

Ne jamais utiliser des pesticides pour cultiver vos herbes soit. Cela se traduit par la présence de toxines, même après les avoir lavées. Utiliser des méthodes entièrement naturels de la croissance de vos plantes pour les meilleurs avantages globaux. Assurez-vous de bien les sécher après rinçage. Vous devez toute l'humidité de surface à enlever.

Inspectez les plantes que vous avez prêt à sécher. Si il ya des signes de feuillage endommagé ou mort, le moment est venu pour le supprimer. Si elle persiste, il peut endommager vos plantes.

## **Suspendu dans la lumière du soleil**

Vous pouvez organiser vos herbes dans de petits paquets et de les attacher avec de la ficelle.

Pendez-les à l'envers sur le porche dans une zone où ils obtiendront beaucoup de soleil. Ne faites pas vos bottes trop serré ou l'air ne sera pas en mesure de circuler à travers eux.

Depuis les rayons UV peuvent décolorer herbes et réduisent souvent leur puissance, pensez à les couvrir. Vous pouvez le faire avec un sac de jute qui a été coupé en morceaux. Attachez autour des herbes pendant qu'ils sèchent et il permettra à la lumière du soleil et à l'air de contact, mais pas endommager les herbes.

Vous pouvez alternativement les accrocher à sécher dans votre maison dans une pièce bien ventilée. La chambre a également besoin d'obtenir beaucoup de soleil. Le grenier est une bonne idée, car il est plus proche du soleil. Le sous-sol, d'autre part, ne fonctionnera pas à cause de la lumière du soleil limitée. De plus, les sous-sols sont souvent humides, et la présence d'humidité ne laisseront pas vos herbes sèchent correctement.

Il peut prendre une couple de semaines pour sécher les herbes succès de cette façon. Après une semaine, les vérifier chaque jour. Si elles ne crumble pas lorsque vous les pincer, lui donner un autre jour et vérifier de nouveau.

## **Séchage de l'air sur les écrans**

Si vous ne disposez pas d'un porche, vous pouvez répartir les herbes sur les écrans que vous placez dans vos fenêtres. Vous pouvez même les accrocher au plafond afin qu'ils puissent obtenir la lumière du soleil sans être dans le chemin. Séchage à l'air fonctionne le mieux pour les herbes qui sont généralement de faible humidité. Cela comprend l'aneth, l'origan et le romarin.

## **Séchage Frame**

Bien cadre sécher vos herbes est temps, beaucoup de gens pensent qu'il leur donne les meilleurs résultats globaux. Il vaut le temps et les efforts qu'ils investissent en elle. Beaucoup de herboristes utilisent cette méthode, aussi, car ils se sentent les herbes maintenir le plus la puissance à travers le processus de séchage.

Pour cette méthode, vous avez besoin d'une boîte en bois qui est d'environ 3 pieds de tous les côtés. Le couvercle doit être fabriqué à partir de verre. Tapisser le fond avec du papier et assurez-vous il ya beaucoup de ventilation. Placer les herbes sur la feuille en une seule couche. Fixez le couvercle et assurez-vous que vous mettez les herbes chaque jour jusqu'à ce qu'elles soient sèches.

Placez le châssis dans une zone où les herbes peuvent obtenir beaucoup de soleil chaque jour.

Assurez-vous que la boîte est imperméable à l'eau en cas de pluie pendant la nuit. La pluie peut causer les herbes à la moisissure. Il peut prendre jusqu'à 6 semaines pour ce type de séchage d'herbe pour être complète.

### **Four micro onde**

L'un des appareils les plus pratiques dans la cuisine est le micro-ondes. Il est certainement un moyen rapide et facile à chauffer les aliments et pour dégivrer éléments que vous souhaitez cuisiner. Pourquoi ne pas l'utiliser pour aider à accélérer le processus de séchage des herbes?

La bonne façon de faire cela est de placer une seule couche de feuilles sèches entre une paire de serviettes en papier. Utilisez des essuie-lourds afin qu'ils ne tombent pas en dehors. Placez les serviettes et les herbes papier dans le micro-ondes pendant 2 minutes en haut. Laisser refroidir complètement.

Vérifiez les herbes, et si elles ne sont pas complètement fragile, leur donner plus de chaleur.



Tranches de 30 secondes sont recommandées pour réduire le risque de brûler. Le temps total, cependant, dépendra de la puissance de votre micro-ondes et le type d'herbe que vous êtes séchage.

## **Etuve**

Si vous avez une grande quantité d'herbes à sécher, la méthode de micro-ondes peut être trop lent. Vous pouvez accélérer les choses et obtenir de grands résultats avec l'utilisation de votre four. Placer les herbes dans une seule couche sur une plaque à biscuits. Préchauffer le four à pas plus de 200 ° C. Laissez les herbes pour sécher dans le four pendant 5 minutes.

Quand ils sont complètement cool, ils devraient être fragile. Si non, vous pouvez les réchauffer dans le four à nouveau, à quelques minutes à la fois. Une fois de plus, le type d'herbe aura une influence sur la quantité de temps nécessaire pour eux d'être séchés avec succès.

Beaucoup de gens aiment utiliser le four ou la méthode de micro-ondes pour le séchage en raison de la commodité. Il est vrai que vous pouvez sécher les herbes avec ces méthodes dans une affaire d'heures par rapport à une question de semaines. Il est particulièrement vrai pour les herbes d'humidité élevées telles que la ciboulette, la menthe et le basilic.

Cependant, vous devez être très prudent que vous ne pas roussir les herbes. Si vous les brûler ou les sur-sec, ils ne vont pas au bon goût ou d'offrir autant de valeur nutritive. Rappelez-vous, vous ne voulez pas cuisiner les herbes, il suffit de retirer l'humidité. Four de séchage peut également diminuer la puissance des herbes d'environ un tiers.

## **Déshydrateur**

Vous pouvez utiliser une machine appelée un déshydrateur pour enlever l'humidité de vos herbes. Ils peuvent coûter de 100 \$ à 400

\$ selon la taille, la marque et la qualité. Ceci est un excellent outil à utiliser si vous pouvez budget pour un.

Avec un déshydrateur, vous pouvez régler la température et vous pouvez facilement utiliser la minuterie de sorte que vous ne pas oublier de les vérifier. Ils circulent également l'air qui est important pour le séchage des herbes uniformément.

Pour les meilleurs résultats, vous pouvez acheter un déshydrateur qui est rond. Ils viennent avec empilage des plateaux, de sorte que vous pouvez mettre une couche d'herbes sur chacun des plateaux et les déshydrater en même temps. Cela permet d'économiser l'énergie et réduit le temps de séchage global pour l'ensemble de vos herbes.

## **Sel de séchage**

Pendant le séchage du sel est pas aussi populaire que d'autres méthodes, il est toujours utile de mentionner ici. Vous pouvez utiliser non iodé sel de table pour sécher les feuilles. Placez-les dans un bac, puis saupoudrer du sel sur le dessus d'eux. Il peut prendre jusqu'à 4 semaines pour les faire sécher cette façon.

Assurez-vous de secouer le sel supplémentaire avant de les emballer. Il est préférable de les emballer dans des bocaux de verre, plutôt que des sacs en plastique, si vous avez utilisé cette méthode.

## **Gel**

Il est également possible de congeler les herbes. Beaucoup de gens qui vivent dans des zones à forte humidité utilisent cette option. L'humidité dans l'air, il est pratiquement impossible pour eux d'obtenir leurs herbes assez sec, sans l'utilisation de nombreuses options de chaleur.

Une fois que les herbes ont été lavés, les blanchir dans de l'eau qui est en ébullition. Permettre aux herbes de rester dans l'eau pendant 1 minute. Avoir un récipient d'eau glacée prêt. Déplacez-les immédiatement de l'eau bouillante pour le bain de glace.

Les sécher, les emballer dans des sacs de congélation, et les ranger. Assurez-vous que vous retirez l'air et fermez hermétiquement. Vous devez également bien étiqueter chaque sac. Nous allons continuer à discuter de l'étiquetage dans le prochain chapitre.

## **Chapitre 5**

### **Comment stocker herbes séchées**

Une fois vos herbes sont sèches, vous avez encore une étape à franchir - emballage pour le stockage approprié. Il est important de ne pas laisser tomber la balle soit ici, ou tout votre temps et l'effort sera allé à perdre.

Il est une bonne idée de penser à où vous allez stocker les herbes séchées avant même d'avoir commencé. Vous ne devez pas trop de place, mais vous avez besoin d'un endroit qui est sec et sombre. Vous aussi vous ne voulez pas les stocker dans la cuisine, car ils peuvent absorber l'huile de cuisson ou d'autres odeurs fortes.

Évitez de les placer autour de la salle de lavage, aussi, car ils peuvent ramasser l'odeur et le goût de feuilles d'assouplissant. Le sous-sol, bien sûr, est une mauvaise option en raison de son humidité. Si vous habitez dans une région avec une humidité élevée, vous pouvez même avoir besoin d'exécuter un déshumidificateur dans la zone autour des herbes à titre de précaution.

### **Bocaux ou des sacs**

Il ya certains qui se disputent en utilisant des bocaux en verre ou des sacs en plastique pour stocker vos herbes séchées. Les deux méthodes sont utilisées, et franchement, il ne semble pas être un avantage de un sur l'autre.

Beaucoup de consommateurs comme les pots de verre, car ils peuvent les recycler. Ils savent que le verre ne va pas nuire à

l'environnement. Essayez d'utiliser du verre de couleur sombre lorsque cela est possible.

D'autres, comme la commodité des sacs et ils prennent moins de place pour stocker. Les sacs peuvent être empilés facilement.

Il vient vraiment à un choix personnel. Évitez l'utilisation de conteneurs en métal, car ils peuvent donner à vos plantes un goût métallique. Éviter les récipients en bois car ils absorbent l'humidité.

Quelle que soit la façon dont vous choisissiez, assurez-vous que les conteneurs sont étanches à l'air. Pour des bocaux en verre, cela signifie couvercles bien ajustés. Les fixer aussi serré que vous le pouvez. Avec les sacs, retirer tout l'air et assurez-vous de la fermeture est entièrement sécurisé.

## **Étiquetage**

Il faut toujours étiqueter vos pots ou des sacs d'herbes. Ceci est très important parce que beaucoup d'entre eux peuvent regarder la même chose. Votre étiquette doit comporter: Type d'herbe

Partie de la plante

Date emballé

Méthode de séchage

Ne jamais ajouter d'autres herbes séchées dans un pot jusqu'à ce qu'il soit complètement disparu.

Sinon, les herbes plus âgés peuvent ne pas être aussi puissant que vous voulez ou pensiez qu'ils étaient. Après un an, ils commencent à perdre son pouvoir.

Si vous avez besoin de stocker plus d'une herbe, créé un deuxième pot pour elle. Mettez cette deuxième pot derrière le premier de sorte que vous utilisez ne pas accidentellement en premier.

Une fois que le premier pot est tout utilisé, puis se déplacer et utiliser le deuxième pot.

Ceci est le même type de concept qui rotatif épiceries utilisent pour leurs produits. Ils se déplacent l'élément le plus ancien à l'avant et mettre le plus récent à l'arrière. Ce type de rotation garantit certains éléments ne traîne pas sur le plateau plus que d'autres.

## **Où stocker**

Vous souhaitez stocker vos herbes séchées abri de la lumière et de l'humidité. Assurez-vous que vous ne les placez pas dans le sous-sol ou tout autre endroit où il peut y avoir l'humidité ou les courants d'air. Évitez de les placer autour de la cuisine que les odeurs des autres aliments peut les ruiner!

Ne rangez jamais votre herbes partout qui permet à un enfant ou un animal de compagnie pour les atteindre. Alors que les herbes sont sûrs, ils peuvent être dangereux dans de mauvaises mains.

Certains d'entre eux sont très puissant et pourrait faire un enfant ou un animal malade si directement consommées. Les enfants et les animaux sont à la fois curieux et quelques herbes sentent très bon!

Si vous souhaitez afficher vos herbes, vous aurez toujours pas besoin de trop d'espace. Si votre région est limité, pensez à un rack over-the-porte. Vous pouvez placer à l'intérieur d'un placard couloir par exemple. Les pots peuvent tenir sur les étagères et sont faciles pour vous d'accéder.

Pourtant, ils ne prennent pas tout l'espace supplémentaire dans votre maison.

Si vous décidez de les congeler, il est une bonne idée d'avoir un petit congélateur qui est séparé de votre régulière. Peut-être vous avez déjà un congélateur où vous stockez la viande et d'autres articles. Vous pouvez allouer une partie de celui-ci pour vos herbes.

Vérifiez les pots ou des sacs remplis et que vous avez stockées quelques jours après que vous avez fait. Inspectez les pour vous assurer que vous ne emballez pas accidentellement tout ce qui avait encore une certaine humidité en elle. Si vous avez fait, le sortir de l'emballage ou le bocal et sécher à nouveau le contenu. Ensuite, vous pouvez les remballer.

Si vous ne les cochez pas, il peut être dévastateur plus tard, quand vous ouvrez le paquet ou un bocal de trouver la moisissure et d'autres questions. Mettez un rappel sur votre calendrier pour les vérifier la semaine après l'emballage. Puis les vérifier la semaine d'après. Si vous ne remarquez pas de signes d'humidité, vous êtes en clair!

### **Combien de temps?**

La plupart des herboristes croient que vous pouvez utiliser avec succès des herbes qui ont été séchés et stockés pendant jusqu'à un an. Après cela, ils perdront leur puissance et vous ne pouvez pas compter sur eux. Il ya les consommateurs qui les ont utilisés jusqu'à 5 ans après conditionnement et font valoir de bons résultats, mais qui est une grande chance à prendre.

Herbes peuvent encore bon goût pour un maximum de 5 ans, de sorte que soit pourquoi certaines personnes continuent à les utiliser. Toutefois, la puissance des herbes diminue avec le temps. Le but de l'utilisation des herbes est d'ajouter les valeurs nutritionnelles et médicinales. Par conséquent, il est logique d'utiliser les herbes quand ils sont encore de la meilleure qualité.

Vous ne voulez pas garder over-the-counter ou de prescription de médicaments en main pour 5

ans, il ne faut pas faire cela itwith vos herbes. Voilà pourquoi la partie de l'étiquetage du processus de séchage et d'emballage est si important!

Si vous trouvez que vous venez sur un an et vous ne l'avez pas utilisé tous une plante donnée, trouver des façons de l'utiliser. Trouvez des recettes qui font appel à elle et de les essayer! Vous et votre famille allez adorer le changement dans le menu, que nous sommes fatigués de manger les mêmes plats souvent.

Vous pouvez également offrir certaines des herbes restantes à vos amis ou en famille dans les derniers mois de l'année. Peut-être qu'ils ont pas essayé sécher leurs propres herbes mais ils sont intéressés. Dégustation vôtre peut être la motivation dont ils ont besoin de l'essayer sur leur propre! De plus, le partage avec les autres est une meilleure option que jeter herbes inutilisées hors.

## **Chapitre 6**

### **Erreurs courantes à éviter**

Bien sécher vos propres herbes est une expérience d'apprentissage, vous ne voulez pas apprendre certaines choses à la dure. En évitant ces erreurs communes, vous pourrez profiter des avantages de vos efforts et de réduire le risque de gâter vos herbes.

#### **N ° 1 - Utilisation d'herbes en tant que remplacement pour les soins médicaux.**

Alors que vous pouvez utiliser des herbes pour diverses affections mineures, vous ne devriez pas compter sur eux au lieu de soins médicaux. Par exemple, vous pouvez trouver l'utilisation de certaines herbes réduit la douleur et l'inflammation de votre arthrite. Vous devez toujours garder votre rendez-vous réguliers avec votre médecin, cependant, et vous devriez divulguer votre utilisation des herbes.

Il est bien beau de dire au médecin que vous préférez compter sur ces herbes que de prendre des médicaments sur ordonnance. Cela est votre droit, mais vous avez encore besoin d'obtenir des bilans annuels et autres soins médicaux.

## **# 2 - Ignorant qualité.**

Soyez sélectif quand il vient à la plante que vous choisissiez. Si elles ne sont pas en bonne santé, ils ne seront pas en mesure de vous fournir la valeur nutritionnelle ou médicinale. Il est important de comprendre que toutes les plantes sont les mêmes.

En partant avec une plante qui pousse pour vos herbes - à la place des semences - est une pratique courante. Assurez-vous que vous avez évalué les plantes pour assurer qu'ils sont en bonne santé. Si vous remarquez des problèmes, il est préférable de ne pas les acheter.

## **# 3 - Utilisation de produits chimiques.**

Évitez d'utiliser des pesticides ou d'engrais chimiques pour aider vos plantes poussent. Vous voulez que les herbes de rester le plus naturel possible. La seule façon de faire que cela arrive est de veiller à ce qu'ils sont cultivés dans les meilleures conditions.

Utilisez organique du sol et utiliser des méthodes naturelles pour éliminer les bugs et autres entités qui pourraient ruiner vos plantes. Prenez le temps de les éliminer et de supprimer feuillage mort régulièrement. Si vous permettez à la détente, il zapper la plante en bonne santé les nutriments dont il a besoin pour grandir.

## **# 4 - Obtenir la mauvaise quantité d'eau ou de la lumière.**

La bonne quantité de l'eau et la lumière du soleil est essentielle pour les herbes de se développer comme ils le devraient. Le sol doit être humide lorsque vous le touchez mais pas trempé. Trop d'eau peut augmenter les chances de moisissures et de bactéries nuisibles croissants. Pas assez d'eau peut entraîner une plante rabougrie.

Herbes ont besoin de lumière pour se développer, alors assurez-vous de les placer dans un rebord de fenêtre ou de les cultiver à l'extérieur où ils obtiennent beaucoup. Si vous remarquez des herbes dans votre jardin de la fenêtre font mieux que d'autres, faire



tourner les usines. La lumière du soleil supplémentaire peut être bon pour eux.

Ne pas planter en plein air dans les zones où il ya trop d'ombre. Avant de planter, d'évaluer le montant de l'ombre et de la lumière du soleil la zone obtient toute la journée. Les jours les plus chauds, vos plantes peuvent avoir besoin de plus d'eau que d'habitude, donc attention à la façon dont ils font diverses conditions météorologiques INI.

### **# 5 - Le surpeuplement.**

Donnez votre herbes beaucoup d'espace pour croître. Non seulement ils poussent-grand, mais la plupart ont besoin pour croître plus large ainsi. Les conditions limites peuvent provoquer une plante de croître faible ou malade, car il doit s'adapter à l'espace, il a été donné. Avec des plantes saines, moins est plus et vous obtiendrez le meilleur rendement pour cette herbe particulière.

### **# 6 - semis.**

Si vous taillez et récoltez vos herbes régulièrement, ils ne seront pas les semences. Procédé d'ensemencement signale la fin de leur croissance. Par la taille et de coupe, vous encouragez les plantes pour continuer à croître. Ensuite, vous pouvez prolonger le cycle de croissance et de leur récolte.

### **# 7 - Non sécher les herbes complètement.**

Une des erreurs les plus courantes avec des herbes séchage est pas de les sécher complètement.

Prenez votre temps avec l'une des méthodes de séchage et de veiller à ce qu'elles soient complètement sèches. Ne pas oublier de les vérifier après quelques jours de l'emballage. Si elles ne sont pas à sec, il est temps de les sortir et les sécher plus.

### **# 8 - Non les emballer correctement.**

Ne pas tomber à court à la dernière étape - emballage. Vous avez besoin d'étiqueter vos herbes afin que vous sachiez ce qu'ils sont et combien de temps vous avez eu. Utiliser des sacs étanches ou des bocaux hermétiques. Stocker à l'écart de l'humidité et de la lumière du soleil.

### **# 9 - Non apprentissage de vos herbes particulières.**

Il ya une énorme écueil de ne pas en apprendre davantage sur les herbes particulières que vous allez grandir. Plus vous en savez sur les méthodes de culture, les meilleures techniques de récolte, de séchage, pratiques, etc., plus il va être.

Voilà aussi pourquoi vous ne devriez commencer avec deux ou trois herbes au premier abord.

Comme vous devenez plus habile avec le processus, vous pouvez envisager d'ajouter plus à votre jardin. Trop à la fois, cependant, peut vous faire sentir dépassés.

### **# 10 - d'accélérer le processus.**

Alors que vos jours peuvent être très occupé, tailler un certain temps pour vos herbes pour commencer. Les premières étapes seront le plus de temps. Ensuite, il est juste une question de les garder abreuvés et assurer qu'ils obtiennent assez de soleil.

Faites attention à quand vos herbes doivent être élagués, aussi. Si vous ignorez ce, il va ralentir la croissance et limiter la qualité des herbes.

Allouer suffisamment de temps pour la récolte et de séchage. Les herbes ne vont pas travailler autour de votre horaire, de sorte que vous doivent être prêts pour eux. Vous devez donner le processus de séchage tout le temps qu'il faut, et il ne peut pas être précipité.

### **# 11 - Pas même essayer.**

Donner avant même d'avoir commencé est un échec garanti! Trop de gens pensent qu'ils ne peuvent pas faire de sorte qu'ils ne même pas essayer. Cependant, en suivant étape par étape, vous serez en mesure d'obtenir des résultats.

Vous avez la possibilité de cultiver vos propres herbes, de les faire sécher, et d'y accéder quand vous le souhaitez. Utilisez ce que vous apprendrez dans ce e-book pour vous aider à démarrer.

Donnez-vous du crédit pour aller de l'avant et à l'expérimentation. Voir ce qui fonctionne bien pour vous et créer un plan d'action qui vous permet de rester motivé.

## **Chapitre 7**

### **Herbes communs à sec**

Il ya trop d'herbes pour les énumérer tous ici, mais vous pouvez sécher tout ce que vous souhaitez utiliser. Voici une liste des herbes les plus courantes à considérer séchage. Il n'y a pas de bonne ou mauvaise types de travailler avec. Pensez à ce que vous voulez à partir d'un point de vue médical nutritionnel et à partir de là.

### **Antioxydants**

Une des raisons les gens utilisent les herbes est de puissants antioxydants qu'ils contiennent. Ces antioxydants aident à éliminer les toxines naturellement et les radicaux libres du corps. En conséquence, vous êtes en meilleure santé intérieur et l'extérieur.

Les herbes qui offrent les plus hauts niveaux d'antioxydants sont:

Allspice

clous de girofle

Cannelle

Mélisse

Marjolaine

Origan

Menthe poivrée

Romarin

Safran

Le thym

### **Avantages Plus spécifiques**

Il ya quelques herbes que vous pourriez souhaiter sécher et utiliser des avantages particuliers.

Comme vous apprendre sur les avantages potentiels, il peut vous encourager à cultiver et récolter eux. Voici une liste des effets qui peuvent vous intéresser.

### **Avoir une peau jeune et plus sain**

Beaucoup d'hommes et de femmes sont à la recherche de la fontaine de jouvence! Ils ne veulent pas voir les rides et ridules quand ils regardent dans le miroir. Protéger vos cellules de la peau est la clé pour rester plus jeune naturellement.

Épices italiennes peuvent être ajoutés aux aliments que vous préparez. Le basilic est l'épice italien le plus couramment utilisé dans les aliments. Non seulement il ne goûte grande, mais il aide aussi à protéger les cellules de la peau. Les puissants antioxydants trouvés dans le basilic peuvent aussi aider le corps à combattre les germes nocifs.

Basil peut aussi aider à réduire le risque de problèmes de santé graves. Cela comprend la maladie d'Alzheimer, de divers types de cancer, les maladies cardiaques et l'ostéoporose. Ce sont tous des

problèmes de santé qui peuvent réduire votre qualité de vie globale, de sorte que la lutte contre eux est importante.

## **Favoriser la guérison**

Comme nous vieillissons, il peut prendre nos corps plus long à guérir des coupures. Cela peut augmenter le risque d'infections bactériennes. Les bactéries nocives dans le corps peuvent également entraîner un mal de gorge, streptocoque, pneumonie ou même au fil du temps.

Le thym est une herbe puissant qui peut aider à promouvoir la guérison. Il attaque les bactéries nocives, mais ne va pas détruire les bonnes bactéries dans votre corps. Thym peut également aider à réduire l'inflammation et la douleur de la gorge. Il peut aider le corps à des réductions de guérison et les éraflures plus rapides.

## **Réduire l'inflammation**

Pour de nombreuses personnes, la douleur chronique est devenue partie intégrante de la vie.

Cependant, elle limite leur mobilité et leur qualité de vie à de nombreux égards. Sage est une plante qui peut aider à réduire l'inflammation et de ralentir le vieillissement du corps.

Cette inflammation est souvent associée à l'asthme, diverses formes d'arthrite, et le durcissement des artères. Ajout de la sauge aux aliments que vous mangez régulièrement peut être un moyen naturel pour aider à réduire l'inflammation et la douleur associée à ces conditions.

## **Better Sleep**

Quand votre corps est capable de bien dormir, vous serez étonné de voir comment vous vous sentez mieux. Votre esprit et votre corps besoin de sommeil pour se sentir reposé et heureux.

Tourner et vous retourner toute la nuit est mal à l'aise et vous fait vous sentir terrible dans la matinée.

Utilisation de somnifères peut vous laisser un sentiment groggy et brumeux le matin. Marjolaine est une plante qui peut naturellement vous aider à dormir plus facile et mieux.

Marjolaine est mieux utilisé comme un extrait. Il est très puissant, de sorte que vous ne aurait besoin d'utiliser environ 5 gouttes de cette huile dans la baignoire. Entrez dans la routine de le faire avant de vous endormir et de voir combien vous vous sentez mieux dans la matinée!

### **Stimuler votre système immunitaire**

La prévention est un élément clé d'un mode de vie sain. Ne pas attendre jusqu'à ce que vous ne vous sentez pas bien de prendre des mesures. L'origan est une plante exceptionnelle à considérer si vous souhaitez renforcer votre système immunitaire. Il peut aider à réduire le risque de problèmes de santé dus à des virus, des bactéries ou des radicaux libres.

Origan est souvent utilisé comme un antibiotique naturel et un agent anti-fongique naturel. Il peut aider à éclaircir un problème d'infection de levure ou de mycose des ongles.

### **Maintenir la santé cardiaque**

Un cœur en santé est important à tout âge, mais il devient plus important que nous vieillissons.

La maladie cardiaque est la principale cause de décès chez les hommes et les femmes aux Etats-Unis. Le gingembre est un excellent choix quand il vient à réduire le risque de problèmes cardiaques.

Ginger a été prouvé pour aider à réduire le risque d'obstruction des artères. Cela est un énorme facteur dans la prévention des crises

cardiaques. Ginger contribue également à prévenir champignons et les bactéries problèmes d'affecter le cœur. Il peut également stimuler le système immunitaire. En outre, le gingembre est un moyen naturel de réduire les niveaux de mauvais cholestérol, connu comme LDL.

## **Améliorer la digestion**

Lorsque le corps est pas digérer la nourriture correctement, il peut vous rendre très inconfortable.

Vous pouvez souffrir de reflux acide, gaz, ou des ballonnements. Aucun de ces effets font appel.

Piment de la Jamaïque a un goût unique qui est très bon et peut être ajouté à une variété d'aliments ou utilisé comme un thé.

Cette herbe est un moyen naturel pour améliorer la digestion globale. Il peut également aider votre système digestif. Il réduit les problèmes avec de l'acide en raison de la façon dont il active la digestion. Vous pouvez ajouter le piment à vos viandes, légumes, soupes et bouillons.

Piment de la Jamaïque peut également aider à réguler le taux de sucre dans le sang. Il peut être utile pour la régulation du cholestérol, aussi. Il ajoute beaucoup de saveur aux aliments, mais aussi beaucoup de valeur à votre santé globale.

## **À combattre les bactéries**

Si nous pouvions voir les bactéries et les germes tout autour, ce serait un cauchemar. Nous comptons sur notre système immunitaire pour nous aider à rester en aussi bonne santé que possible. Cannelle aide à lutter contre les bactéries nocives. Il peut même prévenir les problèmes de santé graves qui nécessiteraient des antibiotiques ou des formes plus puissantes de traitement.

Nos muscles et les articulations peuvent commencer à être moins mobiles que nous vieillissons.

Cannelle peut aider à atténuer ces problèmes, car il a des composés anti-inflammatoires. Il peut également aider à réduire les risques de carie dentaire, les maladies des gencives, E. coli, et les infections des voies urinaires (IVU).

## **Prévenir le cancer**

La bataille contre le cancer est très grave et coûte de nombreuses vies. Prévenir le cancer devrait être élevé sur votre liste quand prendre soin de votre corps. Le curcuma est une herbroot merveilleux qui peut vous aider à faire exactement cela. Il contribue également à réduire le risque de la maladie d'Alzheimer.

Le curcuma contient la curcumine - il est ce qui donne au herbroot sa coloration jaune. La curcumine aide à prévenir les mutations de l'ADN qui peuvent conduire à un cancer.

## **Atteindre un esprit sain et le corps**

Il semble que l'herbe de miracle est le clou de girofle. Il est très puissant pour une variété de raisons. Il peut aider à réduire la douleur dans les muscles et les articulations et est plein d'antioxydants puissants pour stimuler votre système immunitaire et à combattre les radicaux libres.

L'eugénol est trouvé dans le clou de girofle, ce qui est un type d'anesthésie légère et naturel. Il peut être utilisé pour réduire la douleur d'un mal de gorge, gencives irritées, ou les maux de dents. Clous de girofle peuvent également offrir un soulagement à ceux qui souffrent de problèmes respiratoires chroniques comme la bronchite et l'asthme.

Le clou de girofle est un anti-bactéries et l'option anti-fongique bien connu, aussi. En réalité, vous ne pouvez pas vous tromper avec l'utilisation de clous de girofle. Il ya tellement il peut protéger contre!

## **Conclusion**



Herbes ont été utilisés pendant des siècles dans de nombreuses cultures à la fois pour la valeur nutritive et des fins médicinales. Comme la médecine moderne a évolué, ils sont devenus moins fréquents. Cependant, beaucoup de gens veulent revenir à l'essentiel. Ils ne veulent pas prendre de produits chimiques tout le temps ou souffrir des effets secondaires des médicaments d'ordonnance.

Over-the-counter et les médicaments d'ordonnance peuvent être coûteux pour les consommateurs. Et pour ceux qui ont besoin de médicaments en cours, il peut être un fardeau énorme sur leurs budgets. Se sentir mieux, mais à un prix abordable est important.

Quand vous grandissez et sécher vos propres herbes, il est beaucoup moins cher que ce que vous pouvez acheter. Si vous cultivez types d'herbes vivaces, vous aurez une dépense ponctuelle pour commencer. Ensuite, ils vont grandir encore et encore, année après année pour vous. Tant que vous récoltez correctement et prendre soin d'eux avec de l'eau et de la lumière du soleil, ils poussent bien.

Vous êtes aussi dans un contrôle complet sur leur qualité. Ne supposez jamais que les herbes en bouteille que vous achetez ou même ceux disponibles sur le marché d'un agriculteur ont été cultivés dans les meilleures conditions.

La recherche montre que la majorité des herbes séchées en vente ne sont pas organique. Ils ont été cultivés à l'aide de pesticides qui contiennent des produits chimiques nocifs. Ceux qui sont certifiés en tant que coût beaucoup plus organique.

Lorsque vous achetez des herbes séchées dans des bouteilles, elles ont été irradiées dans la plupart des cas. Cela signifie qu'ils ont été exposés à un type de rayonnement gamma. Il est fait pour détruire toute trace d'agents pathogènes. Toutefois, ce processus peut également réduire la puissance globale des herbes.

Les informations que nous avons accès aujourd'hui suggère que en prenant mieux soin de votre corps tôt dans la vie, vous pouvez réduire les problèmes de santé potentiels plus tard. Qui veut vivre jusqu'à 100 ans, mais être si malades qu'ils ne peuvent pas profiter de leur longévité?

L'objectif devrait être de profiter de ces années dorées et d'être en aussi bonne santé que possible.

Séchage vos propres herbes peut vous offrir les moyens de prévenir et lutter contre différents types de problèmes de santé. La prévention est un gros morceau du puzzle de la santé qui est malheureusement souvent négligé. Beaucoup de gens ne se soucient pas de l'état de leur corps jusqu'à ce qu'ils tombent malades ou sont diagnostiqués avec des problèmes graves comme le cancer ou les maladies cardiaques.

Il est de notre responsabilité de prendre soin de notre corps. Ne pas blâmer la génétique et ne pas laisser au hasard. L'utilisation de ces herbes peut être le simple et le moyen efficace pour améliorer votre santé maintenant et pour éviter des problèmes de santé graves à l'avenir.

Identifier quelques herbes qui peuvent vous aider avec vos besoins particuliers. Prenez le temps d'apprendre ce avantages qu'ils offrent et la meilleure façon de les utiliser. Découvrez comment Theo les cultiver en utilisant les méthodes les plus efficaces et les plus efficaces. Dans le même temps, apprendre à les récolter avec succès.

Évaluer plusieurs des méthodes de séchage de sorte que vous pouvez choisir celui qui fonctionne pour vos besoins. Gardez à l'esprit que certains types d'herbes faire mieux avec une méthode de séchage que l'autre. Vos préférences personnelles jouent également un rôle dans ce que vous faites.

Assurez-vous que les herbes sont complètement sec afin de les utiliser plus tard. Placez-les dans des pots de verre ou des sacs

hermétiques et de les étiqueter. Ensuite, vous pouvez atteindre pour les herbes lorsque vous en avez besoin sans aucun problème ou tracas.

Vous allez ouvrir de nombreuses grandes opportunités pour vous et votre famille par la croissance et le séchage de vos propres herbes. Le soin préventif permettra de réduire vos chances de maladie et de vous aider à profiter pleinement de la vie!

Yoga pour débutants

*Top Facile Conseils de yoga et des poses pour perdre du poids, soulager le stress, et tonifier votre corps avec le Guide de Yoga  
YogaThe Ultimate Beginner à perdre du poids, soulager le stress et tonifier votre corps avec le yoga*

*Ella Marie*

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### **introduction**

Que pensez-vous lorsque vous entendez le mot yoga? Pensez-vous de yoga de chien vers le bas?

Peut-être qu'il ya quelque chose que vous avez pensé à explorer mais ne l'avez pas fait le temps pour. Peut-être vous avez entendu parler des diverses prestations de santé pour le corps et l'esprit qu'elle offre. Espérons, que la curiosité est ce qui vous a mené ici pour lire ce livre.

Alors que certaines personnes pensent que le yoga est la méditation, il est juste un petit formulaire d'elle. Yoga est essentiellement un moyen de préparer votre corps et votre esprit à la méditation. Vous trouverez que la participation à des poses de yoga premier est la meilleure façon de préparer votre corps et de vous assurer que votre esprit va se concentrer.

Le mot yoga est d'une ancienne langue indienne et cela signifie atteler. Voilà en référence à un attelage de boeufs. Cependant, dans la société d'aujourd'hui, il se traduit par un sens de l'union. Il est le processus d'obtention de l'esprit et le corps dans la synchro. Les pratiques physiques du yoga sont appelées asanas.

Vous entendrez souvent le yoga dénommé «votre pratique», et qui est parce qu'il est vraiment une expérience individuelle. Peu importe où vous commencez, vous défi de grandir et de voir vos options de yoga évoluent avec le temps. Cela permettra de vous tenir intéressés plutôt que l'ennui avec une routine donnée.

Vous ne pouvez pas penser que vous êtes très souple ou avoir beaucoup de force en ce moment.

Cependant, vous allez être en mesure d'améliorer dans les deux domaines que vous en tenir à votre routine quotidienne de yoga. La meilleure partie de yoga est qu'il ne soit pas compétitive.

Vous pouvez vous concentrer sur vous-même contester plutôt que de comparer vos capacités à celles des autres.

Si vous avez jamais essayé le yoga avant, vous pouvez être un peu intimidé par elle. Cependant, il n'y a rien d'être inquiet. Dans ce livre, vous apprendrez pourquoi le yoga est une bonne pratique quotidienne de participer à. Vous pourrez également obtenir des informations sur la façon de commencer si vous gagnez le plus de valeur à partir de lui.

Yoga est faible impact, mais il est extrêmement bénéfique. Il est une merveilleuse façon de renforcer votre noyau. Il vous permet également d'obtenir un ensemble de corps plus fort qui est plus souple qu'auparavant. Avec l'augmentation de force et de souplesse, il est également moins d'un risque de blessures aux membres lors de l'exercice ou des activités de routine quotidienne.

Il n'a pas d'importance ce que votre niveau actuel de forme physique se trouve; il ya des poses de yoga que vous pouvez prendre part à. Même si vous avez des problèmes de santé ou vous êtes enceinte, vous devriez être en mesure de faire certains d'entre eux. Bien sûr, il est toujours une bonne idée de parler à votre médecin avant d'ajouter toute nouvelle forme d'exercice à votre routine.

Yoga est considéré comme faible impact. Voilà pourquoi il est une excellente forme d'exercice pour ceux qui ont eu un mode de vie sédentaire. Il est également un excellent choix pour ceux qui ont des problèmes cardiaques, une douleur au genou, ou maux de dos chroniques.

Le yoga peut être une source de l'exercice physique et mentale pour toute la famille à prendre part à. Certains supposent que le yoga est juste pour les femmes, mais cela est faux. De plus en plus d'hommes prennent également un intérêt en elle en raison des avantages globaux de santé qu'il offre à eux. Les enfants trouvent souvent que le yoga les aide à se détendre, et il est une merveilleuse façon pour eux de faire de l'exercice tous les jours.

Le yoga peut être fait seul à la maison, ou il peut être fait à votre salle de gym locale. Il peut y avoir des studios de danse dans votre communauté pour qu'elle offre ainsi. Il est à vous où vous pourrez prendre part à tout cela. Regardez votre calendrier, le temps que les classes sont offerts, et votre budget pour faire votre choix.

## **Chapitre 1**

### **Les bienfaits du yoga**

Le corps et l'esprit sont deux éléments très puissants de notre fonctionnalité globale. Trop souvent, nous nous concentrons sur tout le corps quand nous pensons à l'amélioration de notre bien-être. Pourtant, il est l'équilibre de l'esprit et le corps à la fois travailler comme une équipe qui vous offre le plus d'avantages.

Il ya de nombreux avantages pour la santé de yoga - à la fois pour le corps et l'esprit. Dans ce chapitre, nous allons les explorer. Espérons que vous serez très heureux de commencer avec le yoga fois que vous réalisez tout ce qu'elle offre. Le yoga peut vous aider à regarder et sentir votre meilleur. Vous devez mettre en avant l'effort, cependant, si vous voulez que ces résultats!

### **Services de santé physiques**

Commençons par les avantages pour la santé physique que le yoga peut vous fournir. Qu'est-ce que vous allez générer dépend de combien de fois vous faites le yoga et les types de poses que vous prenez part à. Assurez-vous que vous êtes réaliste en termes de d'où vous partez. Ne vous découragez pas; lui donner le temps!

### **Améliore la force de base**

Le noyau du corps est très important mais trop souvent négligé. Le yoga est une merveilleuse façon de rendre votre coeur plus fort. Il sera également vous aider à avoir abs plus forte et plus défini. Si vous êtes intéressé par la levée de poids, vous verrez que un noyau fort vous permet de le faire.

Si vous essayez de courir plus vite ou à plus long terme, une meilleure base peut vous permettre de faire de même. Il ya très peu de choses que vous ne pouvez pas voir un meilleur résultat à partir en termes d'endurance physique en renforçant vos muscles du tronc.

### **Améliore la résistance globale**

Le yoga aide votre corps tout entier se renforcer. En plus de votre noyau, ce qui inclut vos jambes et vos bras. Cette force sera également vous aider à brûler plus de graisse. Dans le même temps, il peut améliorer vos capacités d'endurance pour d'autres formes d'exercice.

Des études montrent que les muscles qui sont plus forts sont moins susceptibles d'être blessés.

Une déchirure musculaire peut vous ralentir, et il peut aussi être très douloureux. Le plus fort est une personne, moins de temps qu'il faut pour eux de récupérer quand il ya un certain type de l'entorse ou de blessure impliquant les muscles.

### **Réduit les blessures pendant l'exercice et tâches quotidiennes**

Yoga est prouvé pour aider à réduire les blessures qui pourraient se développer au cours de routines d'exercices quotidiens ou même vos tâches quotidiennes. Il y a une combinaison de facteurs qui interviennent dans ce produit. La première est la résistance accrue de l'âme et le corps d'aide global.

Trop de gens éprouvent de la douleur à mesure qu'ils vieillissent, car ils ne sont pas très souple.

Quelque chose d'aussi simple que pour atteindre un objet hors d'une étagère élevée peut tourner le dos. Faire du travail de la cour peut entraîner des muscles qui ne sont pas très souvent utilisés étant douloureux.

Nous ne voulons pas avoir à être trop prudent avec les activités quotidiennes que nous prenons part à. Le yoga peut vous aider à avoir un corps qui est souple et d'utiliser les muscles qui ne seraient normalement pas utilisés. Par conséquent, lorsque vous ne les utilisez dans une activité quotidienne ou un événement spécial, ils ne vont pas être blessés ou douloureux.

### **Augmente le niveau d'énergie**

Ne dites jamais que vous êtes trop fatigué pour exercer! En obtenant un peu d'exercice tous les jours, vous pouvez augmenter votre niveau d'énergie. Ensuite, vous ne serez pas sentir morose mi-journée et d'atteindre pour les boissons contenant de la caféine pour vous requinquer.

Pas assez d'exercice chaque jour peut vous conduire à ne pas avoir assez d'énergie. Un corps qui est en mouvement reste en mouvement. Il est un cycle à partir de laquelle trop de gens ne peuvent pas se libérer. Ils sont tout le temps fatigué en raison d'un manque de mouvement, et ils se sentent comme ils ne peuvent pas se déplacer parce qu'ils sont trop fatigués. Vous devez prendre des mesures pour mettre fin à ce cycle.

### **Améliore la flexibilité**

Postures de yoga seront certainement améliorer votre gamme de flexibilité. En retour, cela contribue également à réduire le risque de blessures que votre corps ne sera pas alarmé par les mouvements dans certaines directions.

Certaines zones où vous reconnaîtrez une flexibilité supplémentaire à travers le yoga comprennent:

Hanches

Les épaules

Arrière



ischio-jambiers

## **Stimule le système immunitaire**

Des études montrent que la participation dans le yoga peut aider à stimuler votre système immunitaire. Ceci est parce que quand le corps et l'esprit ne sont pas synchronisés, une personne est plus susceptible de tomber malade.

## **Tonique**

Beaucoup d'hommes et de femmes sont auto-conscience de The Wiggles, en particulier sous le bras. Ils essaient de cacher cette zone du corps avec des vêtements. Le yoga peut aider à tonifier les muscles de sorte qu'il n'y a pas un surplus de peau de battement autour de vous déplacer ou de soulever vos bras.

## **Perdez du poids**

Prendre part dans le yoga peut aider à perdre de la graisse car il sera remplacé par le tissu musculaire maigre. En fait, le yoga peut être le plus de votre séance d'entraînement qui vous aide à perdre ces dernières livres tenaces ou avez passé un plateau.

## **La respiration réglementé**

Concentrant sur votre respiration est très important, et il peut vous aider avec votre tirage quotidien. Il peut également vous aider à contrôler votre stress ou de réduire l'anxiété. Le yoga est un excellent moyen de pratiquer votre respiration quotidienne de régulation de sorte qu'il devienne une seconde nature dans votre journée.

Yoga nécessite beaucoup de respiration profonde, et qui est un changement de la façon dont nous respirons normalement. Respiration plus profonde aide à nettoyer les voies nasales. Cela peut aider à réduire les problèmes de l'asthme et les allergies.

Respiration plus profonde peut aussi aider à améliorer la circulation du sang et de l'oxygène dans tout le corps. Ceci est très important pour tout le monde, mais particulièrement important pour les personnes atteintes de diabète.

### **Meilleur équilibre**

Yoga vous aidera à obtenir un meilleur équilibre. Cela va aider à réduire les risques de glissades ou de chutes. La plupart d'entre nous ne s'y préparent, et ensuite ils se produisent de nulle part.

Nous prenons notre équilibre pour acquis, mais il ne paie pas toujours au large.

### **Santé des articulations**

L'arthrite peut être très limitatif ainsi que douloureuse. Le yoga peut aider à réduire la douleur et l'inflammation. Il peut également réduire les chances de mobilité étant limitée. Syndrome du canal carpien peut également être réduite à diverses formes de yoga.

### **Bienfaits pour la santé mentale**

Ne jamais sous-estimer les avantages de santé mentale que le yoga peut offrir. Ils vont de pair avec votre corps sentir son meilleur aussi. Ces prestations de santé mentale comprennent:

#### **Réduction du stress**

Chacun d'entre nous l'expérience de stress; il n'y a aucun moyen d'éviter complètement. Pourtant, trop de stress peut rendre difficile pour nous de dormir, de se concentrer, ou même d'être heureux. Il peut également nuire à notre santé physique, si nous ne mangeons pas ou si nous nous engageons dans la drogue / alcool pour faire face.

Le yoga est un moyen de réduire le stress naturellement. Yoga le matin peut aider à vous sentir prêt à aborder les éléments plus

difficiles de votre journée que vous êtes sur le point de faire face.

### **Amélioration de la mise au point**

Rester concentré sur une tâche particulière est pas toujours facile. Parfois, nous sommes facilement distraits, et d'autres fois nous manquons de motivation. Le yoga peut aider votre esprit à se concentrer car il est reposé et il est détendu. La fatigue mentale est réel, et nous devons prendre des mesures pour lutter contre ce phénomène.

### **Élévation de l'humeur**

L'exercice quotidien, y compris le yoga, est une merveilleuse façon d'élever naturellement votre humeur. Certaines études montrent que cela peut aider à réduire les effets de la dépression légère à modérée.

Yoga augmente la production de produits chimiques dans le cerveau qui influencent l'humeur.

Voilà pourquoi une fois que vous entrez dans une routine quotidienne du yoga et vous manquez un jour ou deux, vous allez vraiment manquer!

### **Réduit l'impact des traumatismes**

Il ya des études en cours qui supposent un participant dans le yoga peut réduire l'impact du traumatisme. L'armée américaine a encouragé ceux qui ont été déployés pour participer à yoga pour réduire à la fois le stress et les traumatismes.

Ils croient que cela peut aider à réduire le nombre de membres enrôlés avec PTSD (trouble de stress post-traumatique). Il n'y a pas de données à long terme encore de déterminer exactement dans quelle mesure il va être.

## **Chapitre 2**

## **Trouver le bon Yoga**

### **pour votre corps**

La plupart des gens supposent qu'il n'y a qu'un seul type de yoga là-bas. Cependant, il ya quelques formes différentes de ce que vous pouvez envisager. La clé est de trouver le bon yoga pour votre corps. Dans ce chapitre, nous allons explorer les styles les plus courantes pour vous de prendre en considération.

Toutefois, avant de vous plonger dans tout type donné de yoga, vous avez besoin de jeter un oeil à vos propres besoins. Si vous avez des problèmes de santé, vous voudrez certainement de parler à votre médecin avant de commencer toute yoga.

Vous pensez peut-être que vous ne pouvez pas prendre part à toute yoga donnée due à un mauvais problèmes de genou ou à l'arrière, mais vous serez agréablement surpris de découvrir que cela ne vaut pas. Yoga peut être modifiée pour s'adapter à la fois votre niveau de forme physique et votre santé physique générale.

Votre poids est aussi quelque chose à prendre en considération. Si vous êtes en surpoids, il peut être plus difficile pour vous de faire quelques-unes des poses de yoga avancées. Vous trouverez peut-être difficile à étirer de toucher vos orteils ou de tenir certaines poses. Il peut être difficile de tenir en équilibre sur une jambe.

Ne pas laisser tout cela vous décourager, cependant; se concentrer sur ce que vous pouvez accomplir avec le yoga. Au fil du temps, vous serez en mesure de faire de plus en plus. Telle est la partie la plus agréable de lui - être capable de voir vraiment vous-même aller de l'avant.

### **Grossesse**

La plupart des femmes trouvent qu'ils sont en mesure de prendre part dans le yoga pendant la grossesse. Cela peut les aider à se détendre, à se sentir bien, et de rester concentré. Il est important de

parler à votre médecin pour vous assurer que le yoga est quelque chose que vous pouvez être en toute sécurité une partie de toute votre grossesse.

## **Niveau actuel de remise en forme**

Si vous alliez à prendre la course à pied comme une forme d'exercice quotidien, vous ne seriez pas vous inscrire pour courir un marathon demain! Avec cela à l'esprit, prenez votre niveau de forme actuel en considération. Voilà où vous devriez commencer.

Vous pouvez faire un objectif de continuer à ajouter plus difficile poses de yoga au fil du temps.

Ne soyez pas trop dur sur vous-même si vous avez besoin de commencer avec les poses les plus élémentaires. Nous avons tous besoin d'avoir un point de départ. Rappelez-vous, vous n'êtes pas vous comparer à quelqu'un d'autre quand il vient au yoga.

## **Apprenez les positions de base**

Peu importe quel type de yoga vous décidez est bon pour vous, il est préférable de commencer avec les positions de base. Nous allons discuter de chacun d'eux dans le prochain chapitre. Ces positions de base sont importants parce que beaucoup des poses de yoga les impliquer dans un format.

## **Sélectionnez Yoga Alignement-Oriented**

Il est dans votre meilleur intérêt de choisir un style de yoga qui aide votre corps à l'alignement.

Cela aidera à réduire le risque de blessures pendant les exercices. Si vous avez déjà une maladie, alors vous ne voulez pas le voir arriver de pire.

Voici les bases des neuf formes les plus courantes de yoga à considérer:

## **Ashtanga Vinyasa**

Ce type particulier de yoga aide à augmenter la force et la flexibilité. Il est aussi celui qui se concentre sur le bien-être mental à travers la séquence de mouvements. Ce style de yoga est fluide et implique de se concentrer sur la respiration. Les poses sont très rapide rythme.

## **Bikram**

Si vous aimez la chaleur, ce style de yoga peut être parfait pour vous! Bikram a lieu dans une chambre qui est d'environ 105 degrés Fahrenheit. Il améliore la souplesse et aide à éliminer les toxines du corps par la transpiration aussi. Il ya vingt-six positions de yoga et ils sont conçus pour le niveau ultime de la fonction globale et de la santé.

## **Intégral**

Ceci est une forme très douce de yoga qui fonctionne bien pour les débutants. L'approche holistique qu'elle offre peut aussi bien travailler pour les éléments de tous les jours de votre vie.

Les postures de yoga traditionnelles sont impliqués et ils aident le corps et l'esprit soient plus calme.

## **Iyengar**

Un bon alignement est au centre de ce style de yoga. Les postures sont détenus plus longtemps que dans les autres styles. Ceci est l'un des modèles les plus populaires de yoga aux États-Unis.

## **Jivamukti**

Ce style de yoga se concentre sur la méditation et l'élément spirituel. Il est très intense à la fois physiquement et intellectuellement, et il stimule le côté spirituel de la conscience. La fondation découle des enseignements de yoga traditionnelles.

## **Kripalu**

Ceci est un style de yoga qui favorise la guérison du corps. Il est aussi celui qui fonctionne bien avec la méditation. Le développement mental est aussi un avantage de lui. Beaucoup de gens avec des niveaux élevés d'anxiété ou de stress estiment que ce type de yoga complètement changé leur vie pour le mieux.

## **Kundalini**

Si vous cherchez un style de yoga qui augmente la conscience personnelle dans tous les domaines, Kundalini est de un à explorer. Il peut être complexe, mais, en raison des combinaisons de poses qui bloquent le corps et se concentrent sur la posture globale.

## **Sivananda**

Peut-être un style de yoga au rythme lent est ce que vous envisagez. Sivananda est certainement celui qui correspond à cette catégorie. Il se concentre sur l'utilisation de douze postures et de bonnes habitudes ainsi que la pensée ciblée. Il est une excellente option pour ceux qui ont des problèmes de santé, ceux qui ont une flexibilité limitée, et les femmes dans leur dernier trimestre de la grossesse.

## **Viniyoga**

Ceci est un type de style de yoga qui met la respiration et les postures en synchronisation. Il est une approche holistique qui met l'accent sur la répétition. Voilà ce qui le sépare des autres formes de yoga.

## **Chapitre 3**

### **Apprendre les positions et techniques**

#### **correctement**

Pour vraiment profiter de yoga, vous avez à apprendre les positions et les techniques correctement. Si vous ne le faites pas, ils vont être

un gaspillage de votre temps. Ils ne vont pas à offrir votre esprit ou votre corps les vrais avantages qu'ils peuvent offrir.

Si vous ne faites pas les positions et les techniques correctement, ils peuvent augmenter le risque de vous se blesser tout en les effectuant. Votre corps ne peut pas être aligné la façon dont il se doit, et qui met votre colonne vertébrale et d'autres parties du corps à risque pour la douleur et les blessures.

Prenez le temps d'explorer ce qu'il est tout au sujet avant de vous plonger en plein! Voici quelques méthodes pour aider à assurer que vous faites des poses correctement dès le début. Il est plus facile de le faire que d'essayer de briser les mauvaises habitudes plus tard.

Exercez-vous devant un miroir - Cela vous aidera à voir comment vous regardez et si vous avez besoin de changer la position de toute partie de votre corps.

Regarder des vidéos - Vous pouvez obtenir des DVD, ou vous pouvez regarder des vidéos en ligne. Ils vous montreront les poses corrects et comment entrer et sortir d'eux.

Livres - Il ya des livres de yoga avec des diagrammes qui vous montrent également la bonne façon de le faire chaque position.

Les instructeurs - Si vous prenez le yoga dans un studio de danse ou à la salle de gym, vous pouvez bénéficier d'un instructeur qualifié. Ils peuvent vous aider en tête-

à-un pour assurer que vous faites des poses correctement.

## **Poses de yoga**

Comme vous l'avez déjà appris dans ce livre, le yoga est beaucoup plus qu'un simple étirement.

Alors vous serez certainement prenez part à beaucoup d'étirement pour le corps, qui est juste le début. Les poses de yoga vous aident



également à l'équilibre, la souplesse et la force.

Chacune des poses de yoga et postures a un type spécifique de bénéfice physique à vous offrir.

Selon le type de yoga vous prenez part, ils peuvent être effectuées dans les étapes rapides ou vous pouvez avoir besoin de tenir chacun d'eux pour une durée plus longue.

L'approche que vous prenez dépend de votre choix de style de yoga. Il n'y a pas de bonne ou mauvaise pour sélectionner. Le but est de trouver quelque chose qui est un bon ajustement pour votre corps et votre esprit. Vous devrez peut-être essayer un peu de décider ce que vous allez coller avec.

Cependant, il ya un peu de yoga de base pose que vous avez vraiment besoin de commencer avec. Ils vous donneront une base solide pour travailler. Ces poses sont conçus pour donner à votre corps ce dont il a besoin en termes de flexibilité, la force, l'équilibre et d'étirement.

Beaucoup de styles de yoga utilisent ces mouvements de base comme une base pour d'autres poses et postures. Ils peuvent se ramifier dans des directions différentes, mais ils ont surtout un point de départ à ces mouvements de base.

Par conséquent, il est logique pour vous d'apprendre ces poses premier. Prenez le temps que vous devez apprendre à les faire correctement. Il fera passer à d'autres poses et postures qui sont plus avancés plus facile pour vous. Voici dix poses que vous devriez commencer avec avant de vous déplacer en quelque chose de plus complexe.

### **Chien orienté vers le bas**

La plupart des gens ont entendu parler du chien orienté vers le bas pose car il est le plus commun dans le yoga. Cette position consiste

à planter vos pieds sur le sol et à la flexion de votre corps vers l'avant, avec vos bras et vos fesses vers le haut.

Il peut prendre du temps pour maîtriser ce yoga particulier pose. Assurez-vous que vous ne vous passez pas trop loin vers l'intérieur comme cela peut rendre difficile de garder votre équilibre.

Vous voulez la majorité de votre poids pour être dans les jambes, et qui va vous aider à rester en équilibre. Efforcez-vous d'avoir les fesses pointées vers le haut et vos talons doivent être toucher le sol. Si vos muscles ischio-jambiers se sentent trop de pression, vous pouvez pliez vos genoux un peu jusqu'à ce que vous devenez plus flexible.

## **Pose Montagne**

Montagne pose regarde d'abord facile, mais il est pas! Il est très important pour le développement de vos muscles du tronc et l'équilibre. Cette pose travaille également sur l'alignement global pour votre corps. Focus sur traçant une ligne droite avec votre corps avec cette pose.

Cette droite doit commencer au sommet de la tête et étendre jusqu'aux talons des pieds. Assurez-vous que les épaules et le bassin sont alignés trop. Pensez à une fermeture éclair monter votre dos - vous voulez faire tout serré et aligné pour la pose de montagne.

## **Warrior I**

Atteindre le ciel! Voilà ce qui vient souvent à l'esprit avec le yoga Guerrier je pose. Avec les bras ensemble, vous étirez et d'atteindre. Ce tronçon commence dans les jambes et se déplace tout le chemin jusqu'à le corps.

La jambe arrière est à un angle et est également l'étirement. Le pied avant est planté et se pencha au niveau du genou pour offrir l'équilibre. Il est très important de garder les hanches vers l'avant

avec le guerrier que je pose. Vous pouvez trouver que vous devez obtenir vos jambes dans une position plus large pour rendre cela possible.

## **Warrior II**

Avec le Warrior II pose de yoga, les jambes restent dans la même position que Guerrier I. Il est seulement les armes qui changent de position. Au lieu d'être à la hausse, ils sont étendus vers l'extérieur.

Tant les hanches et les épaules doivent être ouverts sur le côté. Assurez-vous que l'avant de la cuisse est parallèle au sol. Cela va générer une brûlure assez!

## **Angle latéral étendue**

Il peut être difficile de remplir l'angle de pose latérale élargie au début. Cependant, comme votre souplesse et votre équilibre améliorer, il deviendra beaucoup plus facile.

Votre jambe arrière doit être élargi et étendu, avec le plat du talon. La jambe avant doit être planté et le genou plié. Appuyer doucement sur le côté de sorte que le bras du côté du pied planté est placé à plat sur le sol. L'autre bras est droit en l'air.

Lorsque vous essayez d'abord cette pose de yoga, vous pouvez avoir besoin de placer votre avant-bras sur votre cuisse plutôt que de le placer à plat sur le sol. Cela va vous aider à l'équilibre. Continuer à travailler sur la flexibilité de sorte que vous finirez par être en mesure de placer sur le plancher. Assurez-vous que vous gardez le torse pointé vers le plafond et non vers le sol.

## **Triangle**

La pose de yoga Triangle est très similaire. Cependant, au lieu de la jambe avant étant pliée au niveau du genou, il est prorogé et incliné en arrière. Cependant, le corps est plié à la taille de l'avant. Cela peut être un acte d'équilibrage très difficile au début!

L'avant-bras va être planté sur le sol avec l'autre bras tendu en l'air. Travaillez autant que vous pouvez faire les bras sont parallèles. Considérez-les comme une ligne droite - une à l'étage, puis vos épaules, puis l'autre bras.

### **Cat-Vache stretch**

Une des poses les plus importants pour vous de maîtriser lorsque vous commencez le yoga est le chat-vache stretch. Il est un bon à prendre part si vous avez des douleurs chroniques au dos. Ceci est un type de pose qui est très bon pour votre santé vertébrale globale.

Commencez sur votre tapis à quatre pattes vous assurer que votre dos est droit et vos épaules sont tourné vers l'avant. Maintenez votre tête vers le haut et se concentrer sur la prise longues inspire et expire.

Lentement, mettre la tête vers le bas et rouler le dos. Concentrez-vous sur l'étirement des cou, le dos et les fesses. Assurez-vous que vous vous levez de cette pose lentement.

### **Personnel Pose**

Ceci est similaire à la Montagne poser pour le yoga, mais vous serez assis pour l'exécuter.

Asseyez-vous avec vos jambes ensemble, mais étendu vers l'extérieur. Vos bras doivent être à vos côtés avec les paumes à plat sur le sol.

Mise au point sur le maintien du corps bien aligné au long de cette pose de yoga. Le dos et les abdominaux doivent être droites. Assurez-vous que vos fesses sont à plat sur le sol.

### **La pose de Cobbler**

Beaucoup de gens sont familiers avec la pose de Cobbler comme il est un tronçon commun pour toute forme d'exercice. Asseyez-vous avec vos pieds dessinés et touchant l'autre. Vos genoux ne seront pas pliés, et que vous voulez qu'ils soient aussi près du sol que possible.

Essayez d'atteindre vos pieds sans courber le dos ou vos abdos. Concentrez-vous sur l'extension de vos bras pour accomplir cette tâche tout en gardant les autres zones de votre corps dans l'alignement.

### **Position de l'enfant**

Une autre position de yoga très populaire est la pose de l'enfant. Ceci est parce qu'il est si important pour le bien-être de votre corps. Vos fesses doivent être assis sur vos jambes. Pliez votre torse vers l'avant et baissez la tête.

Vos bras doivent être à l'avant de votre corps. Étirer autant que vous pouvez gérer sans qu'il soit trop douloureux. Ceci est une bonne pose pour entrer dans si vous vous sentez étourdi ou hors de l'énergie au cours de votre séance d'entraînement de yoga. Il peut être une chance pour vous de se regrouper et aller de l'avant.

## **Chapitre 4**

### **Commencer**

Soyez réaliste lorsque vous débutez avec le yoga. Trop de gens sont déçus par ce qu'ils peuvent faire de cette première session. Ensuite, ils ne le font jamais à nouveau. Rappelez-vous, vous pouvez commencer où votre corps est maintenant et aller de l'avant. Telle est la clé de la réussite avec le yoga!

Il ya plusieurs choses que vous devez faire pour commencer. Vous voulez vous assurer que vous êtes aussi détendu que possible. Vous pouvez aussi ne veulent pas se sentir pressés. Dans le temps, vous allez trouver ce qui fonctionne le mieux pour vous en termes de yoga. Cependant, vous aurez besoin d'expérimenter pour savoir.

### **Lieu**

Où comptez-vous engager dans le yoga? Si ce sera dans un studio de danse ou de gymnastique locale, présenter une dizaine de minutes plus tôt. Procurez-vous un bon endroit et être à l'aise.

Présentez-vous à d'autres autour de vous. Le yoga est un excellent moyen de rencontrer d'autres personnes ayant un intérêt commun.

Essayez de trouver un studio de danse ou une salle de gym qui offre des petites classes. Vous vous sentirez plus à l'aise et vous obtiendrez plus d'attention l'un-à-un de l'instructeur. Inscrivez-vous à une classe qui est bon pour votre niveau de forme physique.

Vous pouvez également prendre part à yoga à la maison. Vous pouvez vous sentir plus à l'aise le faire sur votre propre. Assurez-vous simplement que vous faites des poses et postures correctement, comme nous en avons discuté dans un chapitre précédent.

Vous voulez également vous assurer que vous avez assez de place pour votre séance d'entraînement de yoga aura lieu; vous pouvez

avoir besoin de déplacer certains meubles.

Pendant que vous travaillez sur votre solde, vous ne voulez pas tous les éléments autour de ce que peuvent poser un danger pour vous.

Pour un entraînement de yoga à la maison, vous pouvez regarder des vidéos en ligne ou vous pouvez acheter des DVD. Comme améliorer vos capacités, vous pouvez changer ce que vous utilisez afin de continuer à vous remettre en question.

## **Vêtements**

Vous voulez porter des vêtements amples pour le yoga. Cela va permettre à votre corps la meilleure gamme de mouvement sans limites. Cependant, vous devez vous assurer que vous n'êtes pas à risque avec les vêtements que vous portez soit.

Par exemple, éviter les pantalons d'entraînement qui sont trop longues pour vous. Comme vous faites partie des poses, vos pieds peuvent se coincer dans les jambes d'entre eux. Cela peut vous faire trébucher ou tomber. Évitez les chemises qui sont trop lâches ou trop long, car ils peuvent obtenir sur votre chemin.

Shirts qui sont trop lâches peuvent aussi être très révélateur avec certains des poses de yoga, et vous ne voulez pas être conscient de soi. Les femmes doivent faire en sorte qu'ils portent un soutien-gorge avec beaucoup de soutien pour le yoga.

Alors ils font un pantalon de yoga et des sommets, vous ne disposez pas d'investir en eux. Vous pouvez porter des sueurs, shorts, maillots de sport, etc. Beaucoup de gens utilisent ce qu'ils possèdent déjà afin qu'ils ne subissent des dépenses supplémentaires.

Sauf si vous avez une condition médicale qui l'empêche, vous devriez faire le yoga nu-pieds.

Évitez de mettre lotion ou d'autres articles sur vos pieds qui peuvent les amener à glisser lorsque vous vous engagez dans le yoga.

Soyez conscient du type de revêtement de sol trop - un tapis anti-dérapant est très important.

## **Équipement**

Vous ne devez pas beaucoup de matériel à tous de prendre part à yoga. Il est recommandé que vous avez un tapis de yoga. Ils roulent rapidement et vous pouvez le prendre avec vous à une classe. Vous devez également prendre le long d'une serviette propre et une bouteille d'eau. Si vous prévoyez de faire du yoga à la maison, vous pouvez obtenir un tapis ou vous pouvez utiliser une serviette / couverture.

Si vous achetez un tapis, obtenir un qui est de bonne qualité afin que cela va durer. Idéalement, en chercher un qui est anti-dérapant. Vous verrez qu'ils sont offerts dans une variété de tailles et de couleurs. Si vous porterez avant et en arrière à la classe, en chercher un qui est léger.

Certains gymnases et les studios de danse ont fait tapis que vous pouvez utiliser. Ils facturent souvent quelques dollars par session pour eux en raison du coût et pour les nettoyer après chaque utilisation.

Il est une bonne idée pour essuyer votre propre tapis de yoga après chaque utilisation. Cela permettra d'éviter la sueur, la saleté et les débris de l'accumulation. Tapis de yoga sont à faible coût, et beaucoup de gens ont un à la maison et aussi l'un dans la voiture de sorte qu'ils peuvent toujours y accéder quand ils veulent travailler.

## **Prendre le temps**

La plupart d'entre nous ont un mode de vie très occupé, et il peut être trop facile de mettre de côté ce que nous comptons faire pour notre propre bien-être. Cependant, vous devez prendre un engagement à prendre le temps pour le yoga. Il aidera votre corps et l'esprit soient leur mieux.



Vous ne pouvez pas battre un investissement en vous-même!

Tailler de temps dans votre horaire quotidien pour le yoga. Écrivez-le sur votre agenda quotidien ou votre liste de choses à faire. Yoga est préférable si vous pouvez le faire tôt le matin.

Premièrement, qui va vous assurer de ne pas manquer de temps pour cela. Deuxièmement, il aide à préparer votre esprit et votre corps pour votre journée à l'avance.

### **Erreurs courantes à éviter**

Il ya quelques erreurs courantes que vous voulez éviter quand il vient à la mise en route avec le yoga. Ils vous aideront à avoir beaucoup de succès!

A défaut de prendre le temps - Ne pas se sentir coupable de prendre du temps pour yourself et vos besoins. Vous ne pouvez pas être votre meilleur pour les autres si vous ne prenez pas soin de vous-même aussi.

Abandonner - Ne pas abandonner parce que votre premier couple de sessions sont rugueuses. Yoga ne devait pas être facile, et les résultats en valent la peine.

Ne comparez pas - Si vous allez à une classe de yoga, ne comparez pas vos capacités à celles des autres autour de vous. Chacun a des compétences et de l'expérience avec le yoga.

Ne pas ignorer votre corps - Si votre corps vous dit une pose ou la posture est trop, ne pas continuer.

Manger - Ne pas manger un droit de repas lourd avant de prendre partie dans le yoga. Mangez quelques heures avant la classe, puis prendre une collation après.

Non alignant le corps - Vous pouvez créer de sérieux problèmes pour votre colonne vertébrale si votre corps est pas aligné

correctement lors des poses de yoga.

négativité - Gardez vos pensées positives de sorte que vous pouvez vraiment profiter de yoga. Si votre instructeur ou un autre étudiant souligne quelque chose que vous faites mal, apprenez de lui. Ils ne sont pas ramassés sur vous. Concentrez-vous sur ce que vous pouvez faire, pas sur ce que vous n'êtes pas en mesure de le faire encore.

## **Chapitre 5**

### **Yoga comme une forme de méditation**

Le yoga est une forme de méditation, et il est donc beaucoup plus que cela, mais cet élément de celui-ci a vraiment besoin d'être exploré. La formation de l'esprit à se concentrer est importante, et il porte sur tous les aspects de votre vie.

Méditation explore aussi le côté spirituel de qui vous êtes et ce que vous croyez. Cela ne doit pas être une religion. Il peut être très ouvert et libre d'esprit. Le tout se résume à ce que cela signifie pour vous, et qui est pourquoi il est si puissant ainsi que unique.

### **Qu'est-ce que la méditation?**

La méditation est une forme de relaxation qui relie le corps et l'esprit. Depuis qui est parallèle avec les objectifs du yoga, il est un grand match. Tu ne vas pas être juste assis là les jambes croisées, faisant de o avec votre pouce et l'index, en disant ommmm. Cela est juste une petite partie d'une façon de méditer.

### **Comment la Méditation fonctionne?**

Pour la méditation fonctionne, vous devez être ininterrompue dans vos pensées. Combien de fois par jour fait votre esprit merveille de ce que vous faites quelque chose d'autre? Vous êtes sur le point de savoir à travers la méditation!

Lorsque vous commencez, vous allez avoir à rediriger votre esprit encore et encore. Dans le temps, il deviendra plus discipliné. Vous devez être en mesure de se concentrer sur une idée, un objet, ou de la pensée.

Ce que vous allez découvrir est que le subconscient est très puissant! Vous pouvez penser que vous avez un contrôle complet sur votre propre esprit, mais qui est pas toujours vrai. Cependant, vous allez avoir plus de contrôle sur vos pensées, comment vous vous sentez, et même vos émotions une fois que vous implémentez la méditation avec le yoga.

## **Commencer**

Il est pas une bonne idée de sauter à droite avec la partie de la méditation des choses si vous êtes nouveau au yoga. Il est tout simplement trop de choses à prendre en une seule fois. Tout d'abord, apprendre les poses de base de yoga de sorte qu'ils sont faciles à faire pour vous sans penser trop dur à leur sujet.

Une fois que vous arrivez à ce point, vous pouvez introduire la méditation. Vous ne devrez pas se concentrer si dur sur vos poses et postures, de sorte que vous pouvez vous concentrer sur les pensées donnés ou des points focaux de votre choix.

## **Respiration**

Votre respiration est une grande partie d'être couronnée de succès avec la méditation. Lentement prendre dans chaque souffle et puis expirez lentement il. Vous ne voulez pas votre respiration est trop lent ou trop rapide; essayer de le garder naturel. Cependant, vous voulez prendre des respirations profondes que vous le faites normalement.

Trop souvent, nous ne sommes pas conscients de notre respiration du tout; il est juste une partie naturelle de la vie que nous prenons pour acquis. Grâce yoga et la méditation, vous pouvez l'utiliser comme un moyen de se détendre et de libérer votre esprit.

## **Soyez prêt**

Initialement, vous pouvez constater que la méditation est frustrant. Si vous avez un style de vie rapide et peu de patience, il sera encore plus d'une frustration. Il va être différent de ce que vous faites normalement. La méditation peut vous vider mentalement et émotionnellement quand vous commencez.

Cependant, comme vous êtes en mesure de rester concentré pendant des périodes de temps plus longues, vous obtiendrez plus profondément dans la méditation. Vous vous sentirez pensées, émotions expérience, et de ressentir des sensations de votre corps que vous ne remarquez avant.

Vous ne disposez pas de méditer pendant de longues périodes de temps pour que cela fonctionne pour vous. Commencez avec un objectif de seulement cinq minutes. Ensuite, vous pouvez continuer à ajouter des petits incréments à elle jusqu'à ce que vous êtes à un calendrier que vous êtes heureux avec.

## **Chapitre 6**

### **Rester motivé**

Si vous allez acquérir les éléments physiques, mentaux et spirituels du yoga, vous avez à rester motivé. Vous devez tenez-vous compte de sorte que vous êtes en mesure de lui donner le temps de travailler pour vous. Ne vous découragez pas - se motiver! Rester motivé est important aussi!

### **Mettez vos pensées en mouvement**

Combien de fois avez-vous pensé sur le yoga? Voulez-vous vous aviez fait-il partie de votre routine il ya longtemps? Mettez ces pensées en mouvement et pour y arriver! Aujourd'hui est le jour pour commencer. Arrêtez de dire un jour, et en faire une réalité.

### **Deux Semaine Engagement**

Convenir d'un engagement de deux semaines pour le yoga. Cela signifie que vous vous engagez à prendre part pendant au moins trente minutes par jour pour les quatorze prochains jours. Si vous trouvez qu'il est pas pour vous, juste assez. Cependant, la plupart des gens trouvent qu'ils aiment ce qu'il offre le corps et l'esprit, afin qu'ils continuent il. Tu ne vas pas savoir jusqu'à ce que vous essayez!

## **Remplacer les pensées négatives**

Effacer toutes les pensées négatives que vous avez, et de les remplacer par des pensées positives.

Vous aurez besoin de vraiment se concentrer sur faire ce que vous commencez le yoga. Ne vous inquiétez pas si vous êtes hors d'équilibre; rire quand vous êtes. Ne pas se concentrer sur de ne pas être en mesure d'atteindre vos orteils; mettre l'accent sur le fait que vous avez essayé de le faire se produire.

En remplaçant les pensées négatives par des pensées positives, l'ensemble de votre état d'esprit améliore. Vous verrez que vous avez moins de pensées négatives que vous commencez à vous former pour les remplacer. Les pensées négatives peuvent être toxiques dans tous les domaines de votre vie.

Utilisez le yoga comme votre point de départ pour remplacer les pensées négatives. Ensuite, vous pouvez commencer à faire cela toute la journée. Vous trouverez Il vous aide à avoir une vision plus claire et de rester vraiment motivé dans tous que vous prenez part à.

## **Éliminer Culpabilité**

Nous avons brièvement abordé ce dans un chapitre précédent, mais vous devez éliminer la culpabilité. Si vous avez un emploi, vous pouvez penser que vous devriez aller au début et à rester tard. Prenez le temps pour le yoga afin que votre corps et l'esprit avantage.

Si vous êtes un parent, vous pensez peut-être que vous devriez passer tout votre temps libre avec les enfants. Vous avez besoin de temps pour vous et prenez soin de vous afin que vous pouvez être le meilleur parent pour eux maintenant et dans l'avenir.

Faites participer les enfants avec le yoga trop car ils peuvent bénéficier. Ensuite, vous pouvez tout avoir un grand temps avec elle ensemble et vous ne devez pas vous inquiéter que la culpabilité.

## **Gestion du temps**

Une autre partie de rester motivé est la gestion du temps. Vous ne voulez pas être précipité. Vous aussi vous ne voulez pas penser du yoga comme une chose que vous devez obtenir fait ce jour-là.

Au lieu de cela, vous devriez voir comme quelque chose que vous voulez accomplir chaque jour.

Équilibrez votre temps afin que vous êtes en mesure de se concentrer sur le yoga. Ne passez pas votre temps à le faire, mais la réflexion sur les tâches, les enfants, ou votre travail. Être présent à l'esprit et le corps et utiliser le temps de vraiment se concentrer sur ce que vous essayez d'accomplir.

Encore une fois, le yoga le matin est une merveilleuse façon de commencer la journée se déplaçant sur une note positive. Si vous attendez jusqu'à ce que le soir, vous pouvez être trop fatigués ou trop occupé, et ensuite le yoga est retiré de vos plans. Yoga ou toute forme d'exercice tard dans la soirée peuvent également rendre plus difficile de dormir à cause de stimuler votre esprit et votre corps.

## **Apprenez à dire non**

Pourquoi trouvons-nous si difficile de dire non? Nous voulons être utiles et nous voulons que les gens nous aiment. Pourtant, nous avons seulement tant d'heures dans une journée donnée pour que les choses accomplies. Apprenez à dire non afin que vous n'êtes pas constamment vous disperser.

Vous ne devez pas donner une raison pour laquelle vous ne pouvez pas aider avec quelque chose soit. Il est très bien pour les remercier de vous demander et de leur dire que vous ne possédez pas le temps de prendre sur. Si vous pouvez aider d'une autre manière, comme un don en argent, vous pouvez faire une telle offre.

## **Écoutez votre esprit et corps**

L'esprit et le corps envie de prendre réellement part à l'exercice quotidien comme le yoga.

Écoutez ce qu'ils vous disent. Vous sentez-vous léthargique et irritable sur les jours que vous ne prenez pas part au yoga? Qui est très commun, et cela signifie que cette séance d'entraînement est vraiment bénéfique pour vous sur le plan personnel.

**Essayez de nouvelles poses de yoga et les postures** Comme toute autre forme d'exercice de routine, vous allez vous ennuyer rapidement si vous faites la même chose jour après jour. Ceci est la raison pour laquelle vous avez besoin de continuer à essayer de nouvelles poses de yoga et les postures.

Comme vos capacités à améliorer, ne pas avoir peur d'essayer quelque chose au niveau suivant.

Cela maintient frais, et que vous aidera à rester motivé. Ne pas oublier ceux que vous avez déjà appris, même si - ajoutez-les dans le mélange de beaucoup de variété.

## **Relevez le défi**

Si vous voulez vous sentir fiers des efforts que vous avez faits, vous remettre en question. La seule personne que vous devez vous efforcer d'être meilleur que demain est vous-même.

Rappelez-vous, le faire d'une manière qui est positif et que les avantages à la fois votre corps et votre esprit.

## **Essayez de ne jamais sauter plus d'une journée**

Entrer dans la routine de yoga quotidienne est importante. Il y aura des moments, cependant, lorsque vous avez à manquer une journée. Il ne peut pas être aidé lorsque vous êtes malade ou si vous avez une urgence.

Cependant, essayez de ne jamais sauter plus d'une journée dans une rangée. Si vous le faites, il sera plus difficile de revenir dans la routine de yoga quotidienne. Si vous trouvez que vous passez souvent dû à un problème de temps, alors vous devez réévaluer votre gestion du temps.

## **Partenaire de Yoga**

Vous pouvez constater que un partenaire de yoga est ce que vous avez besoin pour rester motivé.

Ceci est quelqu'un que vous pouvez prendre une classe avec ou que vous allez travailler avec à la maison. Il pourrait être un ami ou même quelqu'un qui vit dans votre même ménage.

Un partenaire de yoga vous aide à rester responsable et de rester sur la bonne voie. Vous pourrez profiter de votre temps avec lui ou elle, et vous saurez qu'il ou elle est en attente pour vous y rendre et à y participer.

L'inconvénient à un partenaire de yoga est qu'il peut être plus difficile à obtenir dans à un moment qui fonctionne pour vous deux. Si il est un voisin qui peut venir à 6 heures, il peut très bien fonctionner. Si il est un ami qui vit à travers la ville, il peut être une lutte.

Vous devez également vous assurer que vous n'êtes pas vous comparer à votre partenaire de yoga. Essayez de trouver quelqu'un qui est à un niveau de forme similaire comme vous. Ensuite, vous pouvez à la fois continuer à progresser dans plusieurs poses de yoga complexe et postures.



Pourtant, vous devriez tous deux se déplacer à votre propre rythme pour un maximum d'avantages.

## **Système de récompense**

Si vous faites du yoga une partie de votre routine quotidienne, vous pourrez vous récompenser avec une santé optimale à la fois physiquement et mentalement. Vous devez également avoir un système de récompense en place qui vous permet d'obtenir quelque chose que vous voulez vraiment pour votre travail acharné.

Votre première récompense devrait être de maintenir l'engagement de yoga de deux semaines.

Vous pourrez vous offrir une nouvelle tenue, aller voir un film qui vous intéresse, etc. L'idée est que la récompense soit quelque chose que vous avez gagné et que vous apprécierez vraiment de sorte qu'il vous garde motivé.

## **Chapitre 7**

### **Yoga comme la médecine alternative**

Il ya tellement de problèmes de santé physique et mentale qu'une personne peut éprouver.

Comme nous vieillissons, ils sont plus susceptibles de développer. Toutefois, le yoga peut être une merveilleuse source de la médecine alternative.

La plupart des gens sont d'accord qu'ils préfèrent traiter ces questions de santé avec une forme d'exercice que de médicaments. Over-the-counter et les médicaments d'ordonnance peuvent avoir des effets secondaires sévères. Le coût d'entre eux peut également ajouter, surtout si le problème de santé signifie de les prendre tous les jours.

Il est important de comprendre que l'utilisation de yoga comme la médecine alternative est pas un remplacement pour les soins médicaux. Vous devriez toujours travailler en étroite collaboration avec vos professionnels de la santé. Cependant, vous pouvez leur faire savoir que vous aimeriez voir si le yoga peut aider à vous sentir mieux.

Si vous prenez des médicaments tous les jours, vous pouvez apporter des améliorations importantes, ce qui leur permet de réduire votre dose quotidienne ou supprimer que les médicaments de votre plan de traitement. Ne changez jamais votre dose ou arrêter la prise de médicaments sans l'approbation de votre médecin.

## **Santé physique**

Lorsque notre corps ne se sent pas bien, il peut être difficile de se concentrer sur tout ce que nous avons à faire. Il peut faire du mal à travailler, de prendre soin de notre maison, ou pour profiter des activités sociales.

Yoga aide à faire circuler le sang et l'oxygène à travers le corps. Si vous êtes souvent sédentaires, alors vous pouvez avoir quelques problèmes avec la circulation. Cela est également vrai si vous êtes en surpoids.

Personnes atteintes d'arthrite trouvent souvent que les tâches quotidiennes sont difficiles en raison de l'inflammation dans les articulations. Le yoga peut aider à réduire la douleur et l'inflammation de sorte qu'une plus grande gamme de mobilité est disponible.

Trop de tension autour du cou, le dos, les épaules et représente souvent des maux de tête chroniques. Cela peut aller de légers maux de tête à des migraines. Yoga peut aider à assouplir ces groupes de muscles et de les rendre plus souples.

Yoga peut être en mesure d'aider à réduire ces types de problèmes de santé physiques: Arthrite

Asthme

maux de dos chronique

tunnel carpien

Fatigue chronique

Diabète

Circulation

fibromyalgie

Maux de tête chroniques

Des problèmes de sinus

## **Santé mentale**

Notre bien-être mental est également très important. Quand une personne ne se sent pas bien à cause de l'humeur, d'anxiété ou d'autres préoccupations, alors il peut être difficile d'avoir des relations personnelles. Il peut aussi être difficile de bien faire au travail ou pour prendre soin de votre famille. Toute forme d'exercice, y compris le yoga, peut aider à augmenter la quantité de produits chimiques dans le cerveau qui l'humeur.

Sentant trop de stress et d'anxiété peut prendre un péage sur nous. Il peut faire du mal à dormir, et il peut être difficile de se concentrer. Peut-être vous obtenez Snappy aux personnes avec qui vous travaillez ou de vivre avec parce que vous êtes énervé. Vous pouvez vous sentir comme vous êtes toujours de mauvaise humeur. Plus de ces produits chimiques dans le cerveau peut réduire ces sentiments.

Beaucoup de personnes qui ont été en traitement de la toxicomanie / alcoolisme trouver que le yoga peut aider à rester propre. Ils peuvent avoir des éléments déclencheurs qui les amènent à long pour le vice

encore une fois. Le yoga peut être une façon de libérer l'esprit et aider à se concentrer sur des options plus positives.

Beaucoup de gens trouvent qu'ils dorment beaucoup mieux quand le yoga est une partie de leur journée. Ils ne doivent pas prendre des aides qui entraînent souvent dans leur réveiller groggy de sommeil. Ils ne doivent pas jeter et tourner toute la nuit et se réveiller le lendemain quand ils ne veulent pas vraiment.

Yoga peut être en mesure d'aider à réduire ces types de problèmes de santé mentale: dépression légère à modérée

Anxiété

Crises de panique

SSPT

Insomnie

Stress

Humeur

## **Chapitre 8**

### **Vivre une vie saine**

Le yoga est certainement une grande partie de la vie d'un mode de vie sain pour votre corps et votre esprit. Les amener dans la synchro est important, mais une seule pièce du puzzle. Si vous voulez vraiment sentir votre mieux et de réduire les risques pour la santé, vous devez avoir de bonnes habitudes globales.

Même si la vie est bien remplie, vous devez vous assurer que vous prenez soin de ce que votre corps et votre esprit ont besoin. Pensez à eux comme une machine. Une voiture peut fonctionner quand il a quelques problèmes, mais pas la façon dont il le devrait. Ne prenez pas votre corps ou votre esprit pour acquis!

## **Exercice quotidien**

Participer à au moins trente minutes d'exercice quotidien. Ce ne peut être que le yoga ou il peut être un mélange de yoga avec d'autres formes d'exercice. Prenez votre niveau de forme physique en considération et toujours vous assurer que votre corps est en assez bonne santé pour un type donné de l'exercice.

## **Eating Right**

Votre corps et votre esprit ont besoin de vitamines et de nutriments pour prospérer. Évitez de manger des aliments qui sont transformés tels que la restauration rapide. Évitez les aliments qui sont riches en sucre ou riches en sel. Vous ne disposez pas d'éliminer tous les de votre alimentation, mais assurez-vous que vous ne consommez ces aliments avec modération.

Votre régime devrait être composé de beaucoup de fruits frais et des légumes frais. Mangez des aliments qui sont riches en protéines. Suite à ces directives permettra de réduire vos envies de sucre. Il sera également vous tenir rassasié plus longtemps afin que vous n'êtes pas trop manger toute la journée.

## **Rester hydraté**

Faites attention à ce que vous buvez trop. Beaucoup de produits de boissons ont de grandes quantités de caféine et de sucre en eux. Vous voulez garder votre consommation de ces ingrédients au minimum. Évitez les boissons de régime avec des substituts de sucre comme ils ne sont pas bon pour vous.

L'eau est la meilleure option quand il vient à éteindre la soif et de rester hydraté. Boire plusieurs verres d'eau chaque jour pour éliminer les toxines de votre corps. Si vous ne l'aimez pas le goût de l'eau ordinaire, ajouter un peu de citron frais ou de la chaux à elle.

Le thé vert est également un excellent choix pour rester hydraté. Il monte en régime de votre métabolisme et aide à éliminer les toxines.

Vous pouvez consommer du thé chaud ou à froid vert selon vos préférences personnelles.

## **Ensoleillement**

Certaines exposition au soleil chaque jour vous aidera à stimuler votre humeur. Bien sûr, vous voulez faire attention au soleil en raison de rayonnements UV nocifs. Porter des manches longues, un chapeau, crème solaire et lorsque vous êtes à l'extérieur.

Lorsque vous êtes à l'intérieur, ouvrez les rideaux ou les stores pour laisser la lumière du soleil.

Si vous travaillez nuits et dormir pendant la journée, essayez de passer quelque temps dans la lumière du soleil avant d'aller vous coucher ou lorsque vous vous réveillez.

## **Suffisamment de sommeil**

La plupart des adultes ne reçoivent pas assez de sommeil chaque nuit. Il est très important pour votre esprit et votre corps que vous le faites. Le manque de sommeil affecte l'humeur et rend plus difficile de se concentrer. Il a également été liée à un gain de poids et à un risque accru de problèmes de santé graves.

Pour les meilleurs résultats, essayez d'aller dormir et se réveiller à la même heure chaque jour.

Vous ne pouvez pas rattraper le sommeil que vous avez manqué pendant la semaine en dormant dans le week-end.

Assurez-vous que votre environnement de sommeil est à l'aise. La température ne doit pas être trop chaud ou trop froid. Vous voulez éliminer les bruits gênants. Assurez-vous que votre oreiller et votre matelas vous offrent assez de soutien.

## **Éliminer les mauvaises habitudes**

Si vous vous engagez dans les habitudes nocives, est maintenant le temps de les éliminer de votre mode de vie. Il n'a pas d'importance combien de temps vous êtes livrés à eux. Si vous fumez, il ya beaucoup de risques pour la santé. Si vous utilisez de l'alcool ou des drogues, alors vous pouvez être en danger de graves problèmes de santé en développement.

## **Conclusion**

Le yoga est une excellente option pour les deux hommes et les femmes à prendre part à. Même les enfants et les personnes âgées peuvent bénéficier des poses et postures. Le yoga est bon pour l'esprit, le corps et les éléments spirituels d'une personne.

Depuis le yoga est faible impact, il peut être engagée dans indépendamment de certains problèmes de santé ou de mobilité réduite. Il ya beaucoup d'avantages de yoga qui empêchent les gens de prendre part à tous les jours. Si vous voulez avoir plus de flexibilité, un meilleur équilibre et plus de force, cela est un moyen pour y arriver.

Si vous souhaitez réduire le stress, se concentrer davantage, et avoir une meilleure mentalité et de l'humeur, alors le yoga peut vous aider à y parvenir. Lorsque vous êtes débutant, assurez-vous de connaître la bonne façon d'effectuer les diverses poses et postures. Vous voulez leur faire d'une manière qui est sûr et qui vous aide à gagner le plus d'avantages.

Vous ne devez pas dépenser beaucoup d'argent à investir dans les équipements pour le yoga. La plupart des gens ont des vêtements à la maison qu'ils peuvent porter pour de telles activités. Si non, vous pouvez les acheter pour un faible coût. Un tapis de yoga de qualité va coûter de 25 \$ à 100 \$ selon la marque et le style.

Yoga peut être effectuée à la maison sans avoir à acheter un équipement coûteux que vous ne disposez pas de place pour. Vous pouvez également prendre part dans le yoga quand vous voyagez pour le travail ou pour le plaisir; la plupart des hôtels ont une salle de

fitness où vous pouvez engager. Vous pouvez même le faire dans votre chambre d'hôtel.

Depuis le yoga est si populaire, vous devriez être en mesure de trouver un gymnase ou une école de danse qui offre des cours. Demandez-lui si vous pouvez vous asseoir et regarder une classe ou d'obtenir un cours gratuit avant de vous inscrire. Ceci est une merveilleuse façon de décider si l'emplacement est bon pour vous ou pas.

Yoga continue d'être une des méthodes les plus populaires de la remise en forme et se sentir bien.

Il est très diversifiée qui contribue à empêcher une personne de devenir ennuyer avec elle. Vous pouvez continuer à vous battre pour essayer poses et postures plus complexes que ceux que vous maîtrisez à votre niveau actuel.

Mise en route avec le yoga est pas difficile, et vous avez tellement de choix en ce qui concerne le style que vous souhaitez suivre. Essayez plusieurs d'entre eux afin de déterminer qui est la meilleure solution pour vos besoins et vos objectifs de santé.

Mise motivés et rester motivé avec le yoga n'a pas à être un énorme défi. Prenez du temps pour cela tous les jours et vous remarquerez rapidement des améliorations à votre esprit et le corps.

Cela va vous encourager à continuer à prendre part.

Le yoga est l'un des types les plus populaires de l'activité physique qui aide à la fois le corps et l'esprit. Il est réalisé par des personnes des deux sexes et de tous types de modes de vie et les groupes ethniques. Il est pas une tendance passagère; il est ici pour donner l'exemple d'une vie plus saine pour tout le monde.

Mijoteuse Vegan



*The Ultimate Vegan mijoteuse Cookbook dont 39 Facile et délicieux  
Vegan la mijoteuse Recettes pour le petit déjeuner, déjeuner et  
dîner!*

*Ella Marie*

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## **introduction**

Lorsque vous êtes sur le régime végétalien, vous pourriez être inquiet de savoir si vous serez en mesure de trouver les recettes qui

ont bon goût mais aussi rendent la vie plus facile pour vous.

Alors que vous voulez être en meilleure santé et de faire les bons choix pour vous et votre famille, vous ne devez pas toujours tout ce temps supplémentaire pour faire le repas parfait chaque nuit. Ce guide est destiné à vous montrer quelques moyens simples que vous pouvez faire des repas végétaliens toute votre famille va adorer avec l'aide d'une mijoteuse.

La mijoteuse est la bouée de sauvetage pour de nombreuses familles. Quand vous savez que la nuit va être occupé et que vous ne disposez pas vraiment beaucoup de temps pour nourrir votre famille, cela peut être utile. Vous aurez simplement jeter les ingrédients à l'intérieur dans la matinée, mettre le couvercle sur le dessus, mettre le chauffage, et ensuite avoir la tranquillité d'esprit de savoir que un bon repas de famille saine sera prêt quand vous arrivez à la maison.

Ce guide est destiné à vous aider à démarrer avec la mijoteuse de régime végétalien. Il est plein de recettes que vous avez besoin afin de bien manger, peu importe la taille d'une ruée vous pouvez être dans ou si vous avez un rien de temps. Que vous cherchez quelque chose pour le petit déjeuner, une soupe, un grand repas pour nourrir toute la famille pour le dîner ou le déjeuner, ou quelque chose qui est à mourir pour finir la nuit, vous serez en mesure de trouver le bon choix pour vos besoins.

Chapitre 1 commence avec les bases d'un régime végétalien. Ce régime est parfait si vous voulez être en bonne santé, voulez être plus socialement responsable, ou si vous êtes inquiet au sujet de l'environnement. Dans ce chapitre, vous découvrirez ce que le régime végétalien est de savoir si oui ou non vous êtes en mesure d'obtenir la nutrition dont vous avez besoin pour rester en bonne santé, et les avantages de suivre un régime végétalien. Chapitre 2 parle de la mijoteuse et comment il va être en mesure de vous faire économiser beaucoup de temps dans votre vie bien remplie. A l'intérieur, il ya aussi des conseils sur la façon de faire l'expérience

de la cuisson lente encore mieux afin que vous avez un temps plus facile d'obtenir le repas sur la table.

Chapitre 3 commence avec quelques-unes des recettes végétaliennes qui ont été promis. Il est

plein de tous les petits déjeuners à la mijoteuse que vous avez besoin afin de rendre l'ensemble de la famille heureuse. Qu'ils soient dans l'humeur pour quelque chose de sucré ou de quelque chose qui est un peu plus consistant, vous serez en mesure de trouver la bonne recette ici.

Chapitre 4 se poursuit avec quelques bonnes soupes mijoteuse qui sont également aux végétaliens. Ce sont agréable pour l'apéritif ou pour vous réchauffer quand il fait froid dehors et vous ne veulent tout simplement pas faire face à la journée.

Chapitre 5 présente les principaux plats que vous allez aimer parce qu'ils se nourrissent toute votre famille. Vous pouvez les préparer en peu de temps, et le moment où vous rentrez chez vous, toute votre famille pourrez vous asseoir et profiter de la nourriture, la chaleur, et la conversation qui vous font tous une famille. Enfin, le chapitre 6 présente les bonnes choses: desserts. Pas de repas, même un repas végétalien, est complet sans un peu de dessert de vous couronner. Ce chapitre vous donne quelques options qui peut également être faite dans la mijoteuse.

Il ya tellement de choses à aimer à l'aide d'une mijoteuse pour préparer tous les repas que les besoins de votre famille, même avec un régime végétalien. Utilisez ce guide pour obtenir les recettes que vous avez besoin pour commencer.

## **Chapitre 1:**

### **Notions d'un régime végétalien**

Bien qu'il existe un grand nombre de régimes là-bas qui sont destinés à vous aider à perdre du poids, avoir une meilleure santé et

d'être juste mieux tout à fait, aucun d'entre eux exigent le genre de changements de style de vie qui viennent souvent avec le régime végétalien. Certaines personnes ont des difficultés à décrire ce que le régime végétalien pourrait ressembler, et souvent ils auront des idées préconçues sur ce plan de régime qui ne sont pas vraiment vrai. Médias et ceux à qui ils parlent aurait pu mentionner certaines choses sur le régime végétalien qui sont tout simplement pas vrai, mais séparer le vrai du faux peut être difficile. Ce chapitre examine quelques-uns des avantages que vous pouvez obtenir à partir du régime végétalien ainsi que pourquoi vous devriez envisager de l'utiliser pour changer votre vie et votre santé, autour.

## **Quel est le régime végétalien**

Un régime végétalien est similaire au régime végétarien de ne pas manger de la viande, mais il prend les choses un peu plus loin. Il demande disciples de ne pas manger quelque chose comme les œufs, les produits laitiers, le poisson et la viande. Certains végétaliens peuvent également exclure d'autres options telles que le miel et tout avec des produits d'origine animale, comme le vin, la bière, la gélatine et le sirop de maïs à haute teneur en fructose.

Il ya beaucoup de raisons différentes pour lesquelles quelqu'un choisirait d'être un végétalien. Il ya certains qui serait choisir de manger ce type de régime en raison de raison éthique, tandis que d'autres le feront pour l'environnement ou pour leur santé. Par exemple, il ya quelques végétaliens qui estiment que quand ils mangent laitiers et les oeufs, ils sont encore manifester leur soutien pour l'industrie de la viande, quelque chose qu'ils ne veulent pas faire. En fait, il ya beaucoup de végétariens qui plus tard est venu à être végétaliens dans leurs choix.

Une autre raison que certaines personnes choisissent d'aller avec ce genre de style de vie est parce qu'ils pensent que cela va les aider à promouvoir un monde plus solidaire et plus humaine.

Ils savent que les humains pourraient ne pas être parfait, et ils ne sont pas nécessairement essayer d'être bas sur les humains, mais

ils ne croient que nous avons tous la responsabilité d'essayer de notre mieux afin de rendre le monde un meilleur endroit pour tous les êtres vivants.

## **Nutrition**

Certains de ceux qui envisagent ce type de régime soucier qu'ils vont avoir des difficultés avec l'obtention de la nutrition dont ils auraient besoin pour rester en santé. Ils voient que quelques-uns des principaux groupes d'aliments sont prises et ils pensent qu'ils vont obtenir malade et malsain et que les revendications sur la façon dont le régime alimentaire est sain sont toutes fausses.

Cela est vrai dans une certaine mesure; vous devez être très prudent. Si vous mangez une grande variété d'aliments et assurez-vous que votre alimentation est agréable et équilibrée pendant que vous êtes sur le régime végétalien, vous allez obtenir autant, sinon plus, des nutriments que votre corps a besoin par rapport à votre alimentation actuelle des plans. D'autre part, si vous mangez des aliments qui sont tous les mêmes et ne pas diversifier votre alimentation, vous trouverez probablement que ce régime est pas tout à fait sain pour vous.

## **Avantages d'un régime végétalien**

Il ya beaucoup de grands avantages que vous serez en mesure de sortir de l'alimentation végétalienne aussi longtemps que vous vous assurez que vous suivez correctement et ne pas passer à côté de choses importantes. Certains des grands avantages que vous serez en mesure de sortir de ce régime comprennent:

Nutrition-il ya tellement de nutrition que vous serez en mesure d'obtenir sur les fruits et légumes qui sont autorisés sur ce régime que vous serez en meilleure santé que vous avez déjà été dans le passé. Certains des nutriments supplémentaires que vous pouvez sortir de ce régime comprennent des glucides sains, vitamine E, vitamine C, acide folique, de potassium, de fibres, de magnésium, et tant d'autres antioxydants qui va garder votre corps fort.

la prévention de la maladie régime végétalien est un bon choix lorsque vous essayez de prévenir l'apparition de la maladie et d'autres problèmes de santé. Certaines des maladies que vous pouvez éviter sur ce plan de régime comprennent les maladies cardiaques, taux élevé de cholestérol, cancer de la prostate, le diabète de type 2, le cancer du sein, l'ostéoporose et le cancer du côlon.

avantages-ils physiques sont aussi quelques avantages physiques que vous pouvez obtenir de suivre le régime alimentaire végétalien. Certains de ces comprennent un indice inférieur de masse corporelle, la perte de poids, gain d'énergie, une peau plus saine, moins d'odeur de corps, une vie plus longue, moins de la mauvaise haleine, des cheveux plus sains, des ongles plus forts, moins de symptômes du syndrome prémenstruel, moins de migraines, et moins de complications avec des allergies.

Comme vous pouvez le voir, il ya assez peu d'avantages que vous serez en mesure d'obtenir de suivre un régime végétalien sain. Vous aurez à regarder attentivement ce que vous consommez, non seulement pour veiller à ce que vous mangez sain et fait suite à l'alimentation végétalienne, mais pour assurer que vous avez trouvé dans tous les grands éléments nutritifs qui sont promis avec ce régime. Si vous êtes capable de faire cela, vous serez en mesure de réaliser une meilleure santé que jamais auparavant.

## **Chapitre 2:**

### **Notions de base de la cuisine lente**

La mijoteuse est probablement l'une des meilleures inventions pour les mères et les familles actives. Il vous permet de mettre à tout un repas le matin, puis, lorsque vous arrivez à la maison, peu importe comment vous êtes occupé, le repas est fait et vous pouvez vous asseoir et profiter.

Avec les horaires chargés que de nombreuses personnes sont aux prises avec, trouver le temps de faire un repas cuisiné à la maison à

la fin de la journée, et encore moins avoir l'énergie, afin de réellement obtenir fait, est presque impossible. Ce chapitre va vous fournir quelques-unes des bases de l'utilisation d'une cuisinière lente de sorte que vous pouvez commencer à faire de ces délicieux repas à la maison et qu'ils soient prêts dès que vous êtes.

Conseils pour commencer

### **Choisissez la bonne taille**

La première chose que vous devez faire est de choisir celle qui est la bonne taille. Souvent, vous serez en mesure de faire beaucoup de repas avec une seule taille, de sorte que vous devrez simplement choisir celle qui est assez grand pour toute votre famille pour vous assurer qu'il ne déborde pas ou sous rempli. Si il ya seulement deux d'entre vous qui seront en dégustant un repas, vous ne serez pas besoin d'une grande mijoteuse. D'autre part, une grande mijoteuse est grand si vous nourrissez une grande famille ou avoir des invités plus.

### **Ne pas trop remplir**

Si vous mettez trop dans la mijoteuse, vous courez le risque de le repas ne se fait pas correctement pendant le temps de cuisson. Cela laisse ouverte la possibilité pour vous d'avoir des aliments crus, qui pourrait être un danger pour la sécurité alimentaire. Il est préférable d'essayer de ne pas remplir plus de deux tiers de la mijoteuse pour assurer qu'il va faire cuire tous les aliments correctement.

### **Mettez le couvercle sur le dessus**

Nous avons tous fait; nous coup d'oeil dans la cuisine et l'odeur comment bien le repas de la mijoteuse est et voulons juste enlever le couvercle pour une seconde afin de récupérer une partie de l'odeur. Même si cela peut être tentant, il est préférable de laisser le couvercle de la mijoteuse sur. Ceci est ce que garantit que les aliments sont cuits correctement, et elle permet de conserver la totalité de la chaleur à l'intérieur. Il est préférable de ne ouvrir le

couvercle une fois pendant le processus de cuisson environ une demi-heure avant qu'il ne soit fait pour voir si la nourriture est cuite correctement ou si elle va avoir besoin de plus de temps. Sinon, il est préférable de simplement laisser le couvercle.

## **Planifier à l'avance**

Si vous prenez le temps de planifier certains de vos repas de cuisson lente à l'avance, il va rendre les choses tellement plus facile quand il est temps de mettre tout cela ensemble. Cela peut aussi aider si vous voulez jeter dans les ingrédients tout de suite le matin, mais vous êtes inquiet de manquer de temps. La nuit avant que vous voulez faire de l'un des repas, couper et couper de la viande, couper tous les légumes, mesurer les ingrédients secs, et obtenir l'une des sauces préparées qui seront nécessaires. Vous pouvez les placer ensuite dans des conteneurs dans le frigo de sorte que vous pouvez les jeter dans la mijoteuse le lendemain matin.

Quand il est le lendemain matin, vous pouvez placer les ingrédients à l'intérieur de la cocotte, puis les réchauffer en suivant les indications qui sont pour la recette. Puis, une fois que vous venez à la maison ce soir-là, vous aurez un bon repas chaud prêt à aller pour vous.

## **Montre Température**

Pour faire cuire votre droit alimentaire, vous devez être conscient de la température à l'intérieur de la mijoteuse de sorte que la nourriture se fait juste. Certaines choses que vous pouvez faire pour veiller à ce que la mijoteuse est la cuisson des aliments correctement, et que rien de tout cela est d'entrer dans des zones de température dangereuses, ne jamais inclure l'ajout d'ingrédients congelés dans la mijoteuse avec d'autres ingrédients, ne jamais cuisiner ensemble un rôti ou poulet parce qu'ils ne se fera pas correctement, et de garder le couvercle sur de sorte que la chaleur peut être gardé à l'intérieur et bien réchauffer la nourriture.

## **Choisir la meilleure**



Vous devez vous assurer que vous avez une mijoteuse qui est en bonne forme quand vous faites vos repas. Vous ne voulez pas choisir un qui est cassé ou très vieux, car il ne va pas être en mesure de préparer le repas de la façon que vous souhaitez. Certains des nouveaux modèles vont même rendre le processus plus facile pour vous en vous mettez dans la quantité de temps que la nourriture doit cuire à une température donnée, puis garder au chaud pour vous après que, dans le cas où vous ne recevez pas la maison à temps. Assurez-vous de choisir celui qui va travailler le mieux à vos besoins avant de commencer.

Utilisation de votre mijoteuse peut être une grande expérience, et vous allez adorer combien il peut être amusant pour obtenir le repas fait tôt le matin, sachant souper va être en attente pour vous lorsque vous franchissez la porte plutôt que d'avoir à faire quelque chose de dernière minute ou de prendre la famille de sortir pour manger. Utiliser une partie des recettes qui sont dans les prochains chapitres pour obtenir le meilleur de votre régime végétalien avec la facilité d'une mijoteuse.

## **Chapitre 3:**

### **végétalienne hôtes mijoteuse**

#### **Vegan Quiche**

Ingrédients:

14 oz. tofu

1 c. jus de citron

1 c. zeste de citron

1 c. vinaigre de cidre de pomme

1 c. huile d'olive

2 c. levure alimentaire

½ c. oignon coupé en dés

2 gousses d'ail émincées

10 oz. épinards

8 oz. champignons tranchés

¼ c. flocons de piment rouge

½ c. herbes séchées

Poivre

Du sel

Directions:

1. Commencez cette recette en faisant ressortir la mijoteuse et la pulvérisation avec l'aérosol de cuisson.
2. Prenez le tofu et appuyez sur toute l'humidité en utilisant deux serviettes et quelque chose de lourd sur le dessus de celui-ci. Laissez reposer pendant environ 15 minutes.
3. Alors que le tofu est manipulé, chauffer un peu d'huile dans une poêle avant d'ajouter les champignons, les épinards, les oignons et l'ail. Faites cuire jusqu'à ce qu'ils deviennent ramolli puis presser le surplus d'humidité. Assaisonner avec les flocons de piment rouge, herbes séchées, de poivre et de sel.
4. Apportez un robot culinaire et ajouter le vinaigre, le jus de citron, le zeste de citron, et le tofu à l'intérieur. Pulse les ingrédients afin qu'ils deviennent lisses.
5. Prenez ces sur le processeur de la nourriture et de plier la levure nutritionnelle et légumes à l'intérieur. Verser dans la mijoteuse et cuire sur un réglage bas pendant 4 heures ou jusqu'à ce que avant de servir.

## **Compote de pommes**

Ingrédients:

½ c. eau

8 pommes pelées et tranchées

½ c. tarte à la citrouille épices

¾ c. sucre roux

Directions:

1. Sortez la mijoteuse et obtenir tout mis en place. Quand il est prêt, vous pouvez combiner l'eau et les pommes ensemble à l'intérieur.
2. Cuire ce mélange sur un réglage bas pendant environ 8 heures.
3. Lorsque cette fois-ci en place, ajouter les épices tarte à la citrouille et le sucre brun, prendre le temps de remuer afin de combiner complètement.
4. Cuire tout pendant 30 minutes sur le réglage bas avant de servir.

## **Crumble aux pommes**

Ingrédients:

pudding

1 c. lait d'amande

2 c. sirop

2 c. eau

½ c. graines de chia

1 c. cannelle

2 c. poudre de marante

5 tranches de pommes

Du sel

1 c. cannelle

Crunch Topping

½ c. poudre d'amande

1/3 c. le sucre de coco

¼ c. noix de coco râpée

¼ c. compote de pommes

1 c. cannelle

1 c. vanille

Directions:

1. Démarrez cette recette en prenant une mijoteuse et mélanger le sel, la cannelle, l'arrow-root, les graines de chia, de sirop, de l'eau et le lait à l'intérieur. Couche les tranches de pommes sur le dessus, mais ne pas mélanger pour combiner.

2. Dans un bol, mélanger tous les ingrédients pour la garniture ensemble. Étaler sur le dessus des pommes avec vos mains.

3. Placer le couvercle sur la cocotte et laissez cuire les ingrédients sur un réglage bas pendant quatre heures.

4. Baissez le feu, et laisser ensuite l'ensemble des repas pendant environ une heure.

5. Garnir avec des noix ou des raisins secs et ensuite profiter.

## **Tarte au potiron Latte**

Ingrédients:

1 c. sucre roux

1 peut lait de coco

1 c. purée de citrouille

½ c. gingembre

½ c. cannelle

1/8 c. quatre-épices

1/8 c. cardamome

Clous de girofle

Directions:

1. Sortez la mijoteuse et placer tous les ingrédients à l'intérieur. Combinez-les à l'aide d'un fouet.
2. Placer le couvercle sur le dessus de la mijoteuse et laisser cuire les ingrédients ensemble sur un réglage bas pendant environ 8 heures.
3. Lorsque le temps de cuisson est presque terminé, vous devriez utiliser à nouveau le fouet pour mélanger les ingrédients et obtenir les morceaux sur.
4. Buvez immédiatement ou stocker dans un réfrigérateur jusqu'à une semaine.

## **Mozzarella et épinards frittata**

## Ingrédients:

1 c. huile d'olive

3 oeufs

1 c. mozzarella

½ c. oignon coupé en dés

3 blancs d'œufs

¼ c. poivre

2 c. lait d'amande

¼ c. poivre blanc

1 tomate coupée en dés de roma

1 c. épinards hachés

Du sel

## Directions:

1. Démarrez cette recette en prenant une poêle. Ajouter l'huile et l'oignon, laisser le faire revenir l'oignon afin qu'il devienne tendre, qui prendra environ 5 minutes.
2. Lorsque cela est fait, prendre la mijoteuse et de le vaporiser avec un certain aérosol de cuisson.
3. Dans un bol, mélanger l'oignon, ¾ tasse de fromage, et le reste des ingrédients. Utilisez un fouet à combiner et puis versez-le dans la mijoteuse.
4. Saupoudrer les ingrédients avec le reste du fromage. Couvrir et laisser cuire pendant une heure sur un réglage bas de la chaleur.

Servir chaud et profiter.

## **Gruau Nuit**

Ingrédients:

6 c. eau

¼ c. sirop d'érable

2 c. l'avoine

¼ c. sucre roux

1 c. cannelle

½ c. du sel

¾ c. bleuets, séchées

Directions:

1. Sortez la mijoteuse et le manteau avec un certain aérosol de cuisson.
2. Lorsque cela est fait, prendre tous les ingrédients et de les combiner à l'intérieur de la mijoteuse, en veillant à remuer pour bien mélanger.
3. Couvrir la mijoteuse et cuire le mélange pendant environ 8 heures sur un réglage bas.
4. Juste avant de servir, vous pouvez mélanger les ingrédients bien ensemble. Servir tout de suite de sorte qu'il est chaud.

## **Chapitre 4:**

### **végétalienne Soupes mijoteuse**

## Red Pepper et Chaudrée de maïs

### Ingrédients:

- 2 c. huile d'olive
- 1 poivron rouge coupé en dés
- 1 oignon jaune coupé en dés
- 3 dés de pommes de terre Yukon Gold
- 4 c. grains de maïs
- 4 c. bouillon de légumes
- ½ c. paprika
- 1 c. cumin
- 1 c. du sel
- 1/8 c. poivre de Cayenne
- 1 c. lait d'amande

### Directions:

1. A l'intérieur une sauteuse, faire chauffer l'huile avant d'ajouter l'oignon et laisser cuire pendant environ 5 minutes de sorte qu'il devient mou et transparent. Déplacez l'oignon dans la mijoteuse, puis ajouter le sel, le poivre de Cayenne, le paprika, le cumin et le bouillon, une tasse de maïs, pommes de terre, et le poivron.
2. Cuire ceux-ci sur un réglage bas pendant environ 8 heures ou un réglage élevé pendant 4 heures de sorte que les pommes de terre peuvent devenir tendre.



3. Après ce temps, éteignez la mijoteuse et retirez le couvercle. Donnez la soupe quelques minutes pour refroidir un peu.

4. Sortez votre mélangeur et réduisez en purée la soupe avant de retourner à la mijoteuse et tournez le dos.

5. À ce moment, vous pouvez ajouter le lait de soja et le reste du maïs. Couvrez et faites cuire sur un réglage bas pendant encore 30 minutes afin qu'il puisse chauffer et remonter. Assaisonnez avec le sel et le poivre et ensuite profitez.

### **Sweet Chili de pommes de terre**

Ingrédients:

1 oignon rouge haché

1 poivron vert haché

4 gousses d'ail hachées

1 c. Chili en poudre

2 c. poudre de cacao

1 c. cumin

Du sel

Poivre

¼ c. cannelle

1 tomates en dés, le feu rôti

1 peut rincés haricots noirs

1 peut rincés haricots

1 pelées et coupées de la patate douce

La crème fraîche, tortilla chips, les radis et les oignons verts tranchés en tranches pour servir Directions:

1. Pour commencer, faire ressortir une mijoteuse et combiner un peu de poivre, le sel, la cannelle, le cacao, le cumin, la poudre de chili, l'ail, le poivron, l'oignon et l'intérieur.
2. Ajouter les tomates avec leurs liquides, ainsi que la patate douce, les haricots et une tasse d'eau. Incorporer tout cela ensemble afin de mélanger.
3. Couvrir la mijoteuse et cuire le repas sur un réglage bas pendant environ 8 heures ou un réglage élevé pendant 4 heures ou jusqu'à ce que les patates douces sont en mesure d'être tendre et le piment épaisse un peu.
4. Lorsque cela est fait, servir le chili avec les garnitures qui sont laissés.

## **Pommes de terre à la normande**

Ingrédients

1 c. noix de cajou

1 c. levure alimentaire

$\frac{3}{4}$  c. poudre d'ail

1  $\frac{1}{2}$  c. lait de soja

Du sel

6 pommes de terre crues

Directions:

1. Avant de commencer, prenez les pommes de terre et les faire tous tranches belle et mince comment votre famille en jouit.
2. Prenez un mélangeur ou un robot culinaire et mélanger tous les ingrédients sauf les pommes de terre. Mélanger ces ensemble afin qu'ils peuvent devenir onctueuse et lisse.
3. Prenez environ un tiers des pommes de terre et les couche sur le fond d'une mijoteuse. Top avec un tiers de la sauce, puis répétez ces couches jusqu'à ce que vous avez utilisé tous les ingrédients, en terminant par la sauce.
4. Cuire sur un réglage bas pendant environ 6 heures avant de déguster votre repas préféré.

## **Minestrone**

Ingrédients:

1 peut égouttés et rincés haricots blancs

2 c. huile d'olive

32 oz. bouillon de poulet

½ c. oignon, haché

1 c. carottes, coupées en dés

½ c. céleri, coupé en dés

2 gousses d'ail émincées

1 peut menue tomates, coupées en dés

parmesan

2 feuilles de laurier

1 brin de romarin

2 c. basilic haché

½ c. du sel

Poivre

2 c. épinards hachés

¼ c. persil italien haché

2 c. pâtes cuites

1 courgette en dés

Directions:

1. Sortez votre mélangeur pour commencer, et ajouter une tasse de bouillon avec les haricots en purée. Quand cela est fait, chauffer un peu d'huile dans une poêle avant d'ajouter l'ail, l'oignon, le céleri et les carottes. Faire revenir ces jusqu'à ce qu'ils soient tendres parfumé et, ce qui prend environ 15 minutes.

2. Après ceci est fait, placer ce dans la mijoteuse avec le reste du bouillon, du poivre, le sel, le parmesan, les haricots en purée, et les tomates. Ajouter le persil, le basilic et de romarin.

3. Couvrir la mijoteuse et laisser cuire la soupe sur un réglage bas pendant environ 6 heures.

4. Un peu avant la soupe est faite la cuisson, ajouter les épinards et les courgettes. Couvrir la mijoteuse et laisser cuire ce mélange pendant 30 minutes.

5. Juste avant de servir, sortir le brin de romarin et les feuilles de laurier et assaisonner avec un peu de poivre et de sel. Verser dans des bols et garnir avec un peu plus de parmesan si nécessaire avant de déguster.

## La soupe aux pois

Ingrédients:

5 c. bouillon de légumes

4 c. pois cassés rincé, séché

4 c. eau

1 c. carottes, hachées

2 gousses d'ail émincées

1 oignon haché

3 c. huile de noix de coco

4 c. blanc pâte miso

Poivre

Du sel

Directions:

1. Pour commencer, hacher l'ail, les carottes, et l'oignon et les jeter dans la mijoteuse. Mélanger la pâte de miso et l'huile de coco suivant, puis les mélanger bien.

2. Mettez le reste des ingrédients dans la mijoteuse et puis de haut avec le liquide.

3. Placer le couvercle sur le dessus de la mijoteuse, puis tournez sur un réglage élevé pendant au moins 4 heures. Assurez-vous de mélanger quelques fois pour obtenir ce droit.

4. Assaisonner au goût et puis laissez la soupe refroidir dans des bols pendant quelques minutes avant de servir.

## **Lentilles Chili**

### Ingrédients:

1 oignon coupé en dés

3 gousses d'ail hachées

1 jalapeno dés

1 poivron rouge haché

1 poivron jaune haché

2 ½ c. bouillon de légumes

1 carotte pelée et coupée en dés

2 boîtes de sauce tomate

1 sac rincé lentilles brunes

2 c. tomates en dés

2 boîtes de haricots rouges rincés et égouttés

1 c. cumin

3 c. Chili en poudre

Poivre

Du sel

### Direction:

1. Sortez la mijoteuse et obtenir tout prêt. Couper ou hacher tous les légumes avant de les placer dans la mijoteuse.

2. les couvrir et cuire à haute température pendant 4 heures. Servir ce plat chaud.

## **Pozole Vert**

Ingrédients:

8 c. bouillon de légumes

2 piments jalapeno ensemencées

2 poivrons poblano ensemencées

1 lb tomatilles

1 bouquet de coriandre

Poivre

Du sel

4 gousses d'ail

1 c. origan séché

60 oz. semoule de maïs en conserve

3 courgettes hachées

Directions:

1. Prenez un mélangeur pour commencer cette recette, et de combiner l'intérieur d'une tasse de bouillon de légumes, le poivre, le sel, l'ail, l'origan, la coriandre, tomatillos, jalapenos, et les poivrons poblano. Mélanger tous ces ingrédients ensemble jusqu'à ce qu'ils soient lisses. Goûtez-les et voir si le mélange est assaisonné la façon dont vous le souhaitez.

2. Lorsque cela est fait, faire ressortir la mijoteuse et verser le mélange à l'intérieur. Ajouter dans le reste du bouillon de légumes ainsi que la semoule de maïs.

3. Couvrir la mijoteuse et cuire sur un réglage bas pendant environ 4 heures. Après ce temps, vous pouvez ajouter les courgettes et laisser réchauffer dans la mijoteuse pendant encore 30

minutes.

4. Verser dans des bols sur et servir chaud.

### **Costaud Vegan Stew**

Ingrédients:

2 gousses d'ail

3 carottes crues

1 patate douce

8 bébés de pommes de terre

3 c. seitan, saveur de boeuf

1 c. Bouillon végétalien

1 c. eau

2 brins de thym

1 brin de romarin

Directions:

1. Pour commencer, couper le seitan et les légumes comme ils ont besoin de l'être. Combinez-les tous dans la mijoteuse.



2. Placer le couvercle sur le dessus de la mijoteuse et cuire tous les ingrédients ensemble sur un réglage bas pendant environ 8 heures.

3. Lorsque ce temps est écoulé, jetez le romarin et le thym brins. Goûter et ajouter en plus assaisonnements si elle est nécessaire.

4. Servir ce ragoût chaud et profiter.

## **Quinoa et Black Bean Stew**

Ingrédients:

2 poivrons chipotle, séchées

$\frac{3}{4}$  c. non cuits de quinoa

1 lb de Beans noirs

1 oignon rouge coupé en dés

1 tomates en dés

3 gousses d'ail hachées

1 poivron rouge haché

1 poivron vert haché

1 bâton de cannelle

1 c. poudre de coriandre

2 c. poudre chili

7 c. eau

$\frac{1}{4}$  c. coriandre

Poivre

Du sel

Directions:

1. Placez tous les ingrédients à l'intérieur de la mijoteuse, sauf pour le sel, puis remuer afin de les amener à se combiner. Il est possible de faire revenir le poivron, l'ail, l'oignon et à l'avance si vous voulez, mais il est pas nécessaire.

2. Faire cuire le plat pendant environ 4 heures sur un réglage élevé ou pendant 8 heures sur un réglage bas de sorte que les haricots noirs ont le temps de se tendre.

3. Prenez les chipotles et le droit de la cannelle avant de servir. Verser dans quelques bols et ensuite profiter!

## **Chapitre 5:**

### **végétalienne mijoteuse repas principaux**

#### **Gombo**

Ingrédients:

1 oignon jaune haché

2 c. huile d'olive

1 poivron vert haché

2 branches de céleri hachées

3 gousses d'ail hachées

2 c. bouillon de légumes

2 c. farine

1 Les tomates peuvent, en dés

1 peut rincés et égouttés haricots  
1 courgette coupée  
8 oz. champignons blancs en quartiers  
1 c. le gombo en tranches  
1 c. Assaisonnement cajun  
2 c. La sauce Worcestershire, végétarien  
1 feuille de laurier  
Poivre  
Du sel

Directions:

1. A l'intérieur un faitout, faire chauffer une cuillère à soupe de l'huile. Lorsque l'huile est chaude, vous pouvez ajouter l'ail, le céleri, le poivron et l'oignon. Cuire sorte que cela devient doux et commence tout juste à brun, qui prendra environ 10 minutes. Déplacez les légumes cuits sur la mijoteuse.
2. Placez le pot sur le feu et chauffer le reste de l'huile. Ajouter la farine et cuire pendant 4 minutes pour que la farine peut devenir une couleur brun doré.
3. Verser le bouillon dans cette puis porter à ébullition. Une fois qu'il a atteint une ébullition vous pouvez le déplacer dans la mijoteuse.
4. Ajouter le reste des ingrédients, sauf la sauce chaude et le riz préparé.
5. Couvrir la mijoteuse et laisser cuire ces ingrédients sur un réglage bas ou environ 8 heures.

Une fois cela fait, prendre la feuille de laurier, ajoutez en un peu plus de sel et de poivre si elle est nécessaire, et puis servir sur le dessus du riz avec un peu de sauce chaude pour profiter.

## **Lasagne**

Ingrédients:

La sauce

£ 1 tour de sol

4 ¼ c. sauce de tomate

1 aubergine

Assaisonnements à l'italienne

Ricotta

1 lb de tofu pressé

2 c. jus de citron

1 c. huile d'olive

¼ c. du sel

2 gousses d'ail émincées

¼ c. flocons de levure nutritionnelle

1 c. sel à l'ail

1 c. poudre d'oignon

Feuilles de basilic hachées

Poivre

piment rouge

Directions:

1. Sortez la ronde Yves et le laisser décongeler au micro-ondes pendant environ 2 à 3 minutes.
2. Tout qui travaille sur le dégivrage, vous pouvez placer la moitié de tous les ingrédients pour la ricotta dans un robot culinaire. Mélanger ces jusqu'à ce qu'ils soient lisses. Prenez le reste du tofu et émietter à l'intérieur d'un bol.
3. Ajouter le reste des ingrédients de la ricotta dans le bol avec le tofu et le mélanger. Que ce soit un peu trapu bien. Goûter et ajouter plus de sel d'ail si elle est nécessaire.
4. Prenez l'aubergine et le hacher. Combinez cela avec une tasse de la sauce tomate et les Yves, avec tout assaisonnement. Mettez dans une casserole et faire cuire de sorte qu'il peut être très chaude et que la sauce commence à bouillonner.
5. Verser la moitié de la sauce ordinaire dans la mijoteuse. Casser les nouilles afin d'adapter, vous pouvez faire une couche avec trois d'entre eux. Ajouter environ  $\frac{1}{4}$  de tasse d'eau sur le dessus.
6. Déposer la moitié de votre sauce à la viande sur le dessus des nouilles avant de compléter avec trois autres. Verser  $\frac{3}{4}$  du mélange de ricotta sur cette nouvelle couche de pâtes et garnir avec trois autres nouilles en veillant à les appuyer afin d'aplanir tout en dessous. Ajouter dans un autre  $\frac{1}{4}$  de tasse d'eau à cette couche.
7. Verser le reste de la sauce de la viande sur tout cela et le haut avec trois autres lasagnes.

Verser le reste de la sauce tomate sur le dessus et ajouter un autre  $\frac{1}{4}$  tasse d'eau.

8. Placer le couvercle sur le dessus de la mijoteuse et laisser ce cuisinier sur un réglage bas pendant environ 4 à 6 heures. Servez ce chaud.

## **Macaronis au fromage**

Ingrédients:

10 oz. fromage cheddar végétalien

5 oz. fromage mozzarella végétalien

16 oz. spaghettis de blé entier secs

4 c. lait de soja

2 c. lingots végétalien, végétarien

flocons de piment rouge

Du sel

Poivre

Assaisonnement créole

Directions:

1. Prenez une mijoteuse et obtenir tout mis en place. Quand il est prêt, prendre tous les ingrédients et de les jeter à l'intérieur.

2. Placer le couvercle sur le dessus de la mijoteuse, puis cuire à haute température pendant environ 90 minutes, en veillant à mélanger au moins deux ou trois fois dans le processus.

3. Lorsque cela est fait, servir chaud et profiter.

## **Fajitas**

## Ingrédients:

3 tomates italiennes en dés

1 épépiné et coupé en tranches de poivron vert

125 grammes. piments verts coupés en dés

1 épépiné et coupé en tranches de poivron rouge

1 oignon émincé

2 c. cumin

1 ½ c. huile végétale

2 c. Chili en poudre

¼ c. sel à l'ail

½ c. origan, séché

## Directions:

1. Sortez la mijoteuse et pulvériser le bas de telle sorte que rien ne colle.

2. Ajouter tous les ingrédients énumérés dans la mijoteuse et utiliser une cuillère pour les mélanger afin que les légumes peuvent se recouvrir avec les épices et les huiles.

3. Placer le couvercle sur le dessus de la mijoteuse et laisser cuire ce repas sur un réglage bas pendant environ 4 heures ou un réglage élevé pendant 2 heures.

4. Lorsque le repas est terminé, verser sur certains tortillas préparés et servir avec de la crème sure, avocat, et les haricots noirs.

## **Poivrons farcis**

## Ingrédients:

4 poivrons

1 c. feta, émietté

1 peut rincés et égouttés haricots blancs

½ c. couscous

1 gousse d'ail hachée

4 oignons verts tranchés

Du sel

Poivre

1 c. origan

Quartiers de citron à utiliser pour servir

## Directions:

1. Trancher un peu de la couche du fond de vos poivrons de sorte qu'ils sont en mesure de reposer à plat pendant que vous travaillez. Trancher les sommets de leur part ainsi, jeter les tiges, et de prendre les graines et les nervures des poivrons.

2. Prenez un bol et ajouter l'origan, l'ail, les blancs d'échalote, couscous, feta et les haricots à l'intérieur. Assaisonner avec du poivre et le sel puis mélanger.

3. Farcir les poivrons avec le mélange de haricots, puis déposer les poivrons à l'intérieur d'une mijoteuse préparé.

4. Couvrir la mijoteuse et laisser cuire le repas sur un réglage élevé pendant 4 heures.



5. Saupoudrer les poivrons avec les Verts échalote et servir avec des quartiers de citron avant de déguster.

## **Courgettes et d'aubergines au parmesan**

Ingrédients:

2 oeufs

2 c. chapelure

1 c. eau

1 aubergine coupée en rondelles

1 courgette en rondelles

2 pots de sauce à spaghetti

1 qt. huile de canola

1 paquet. fromage mozzarella, râpé

1 paquet. Parmesan et Romano mélange de fromage, râpé

1 c. Parmesan

Directions:

1. Prenez un bol et battre les oeufs avec l'eau. Placez la chapelure dans un autre bol.

2. Prendre une tranche de l'aubergine et le placer dans les œufs afin qu'il soit revêtu sur les deux côtés. Appuyez doucement sur les miettes de pain préparé ainsi.

3. Répétez cette étape avec le reste des courgettes et les tranches d'aubergine. Que les légumes fixés pendant environ 5 minutes avant de continuer.

4. Versez l'huile dans une poêle, en vous assurant qu'il ya au moins quelques pouces d'huile dans la poêle. Chauffer pendant dix minutes de sorte qu'il est presque fumeur.

5. Placez quelques tranches de courgettes et les aubergines dans la poêle et laisser frire pendant 5

minutes de chaque côté avant de vider sur une plaque avec des serviettes en papier. Répéter l'opération avec le reste des tranches de légumes.

6. Lorsque vous avez fini avec cela, faire ressortir une mijoteuse et verser une demi-tasse de la sauce en elle. Disposer les courgettes et les tranches d'aubergine sur le dessus de la sauce avant de compléter avec un peu des deux mélanges de fromage.

7. Répétez ces couches jusqu'à ce que toutes les tranches de légumes ont été utilisés et le dessus avec le reste de la sauce.

8. Placer le couvercle sur le dessus de la mijoteuse et cuire sur un réglage bas pendant environ 8

heures ou jusqu'à ce que la sauce commence à bouillonner. Donnez le plat environ 10 minutes pour refroidir avant de servir.

## **Dîner Southwest One Pot**

Ingrédients:

1 poivron vert coupé en dés

1 ½ c. doliques à œil noir, séchés et trempés la veille

1 oignon haché

Gousses d'ail hachées

1 peut drainé maïs sucré

¼ c. Chili en poudre

1 tomates en dés

2 c. cumin

½ c. fromage râpé, Cheddar

2 c. riz, cuits

Directions:

1. Égoutter les doliques à œil noir et rincez-les bien. Placez-les dans la cocotte avec les tomates, maïs, ail, oignon, poivron vert et.
2. Assaisonner le tout avec le cumin et la poudre de chili, en veillant à mélanger le tout bien ensemble.
3. Couvrir la mijoteuse et cuire le repas sur un réglage élevé pendant environ 2 heures. Après ce temps, vous pouvez ajouter le fromage et le riz.
4. Cuire pendant 30 minutes pour chauffer tout au long avant de déguster.

## **Mushroom Stroganoff**

Ingrédients:

500 g de champignons tranchés

1 oignon coupé en dés

1 c. beurre

2 c. ketchup

1 cube de bouillon préparé dans l'eau

3 c. paprika

3 gousses d'ail coupées en tranches

Persil haché

4 c. crème aigre

Directions:

1. Prenez un moule à peu et faire fondre le beurre à l'intérieur. Quand le beurre soit complètement fondu, ajouter l'oignon et le champignon et faites-les cuire pendant environ 10

minutes. Vous saurez qu'ils sont faits quand ils commencent à ramollir et rétrécir en taille, mais vous ne voulez pas qu'ils soient tout le chemin fait la cuisine.

2. Déplacer ces légumes sur la mijoteuse avant d'ajouter l'ail, le paprika, le ketchup, et le stock en tranches.

3. Placez le couvercle sur le dessus de la mijoteuse et cuire les ingrédients ensemble pendant environ 4 heures sur un réglage de température élevée.

4. Après ce temps est écoulé, ajouter le persil haché ainsi que la crème sure jusqu'à ce qu'il soit bien mélangé. Quand cela est fait, servir sur des nouilles et profiter!

## **Épinards et des haricots Enchiladas**

Ingrédients:

1 peut rincés haricots noirs

1 paquet. épinards hachés

1 c. blé

8 oz. fromage râpé Cheddar

½ c. cumin

Du sel

Poivre

2 pots de salsa

8 tortillas de maïs

4 radis émincés

1 haché tête de laitue romaine

½ c. tomates raisins, coupées en deux

3 c. jus de citron vert

½ tranches de concombre

2 c. huile d'olive

Oignons verts tranchés à utiliser pour le service.

Directions:

1. Prenez un bol et écrasez jusqu'à la moitié des haricots. Lorsque ces grains sont écrasés jusqu'à ajouter quelques poivre, le sel, le reste des haricots, une tasse de fromage, le cumin, le maïs et les épinards. Mélanger pour bien combiner.

2. Etaler un des pots de salsa au fond de votre mijoteuse. Divisez le mélange de haricots entre les 8 tortillas, puis les rouler, en plaçant le côté couture vers le bas dans la mijoteuse.

3. Haut tout avec le reste du fromage et de la salsa.

4. Couvrir la mijoteuse et laisser chauffer sur un réglage bas ou environ 3 heures ou jusqu'à ce que chaud.

5. Juste avant de servir, faire ressortir un autre bol et mélanger le concombre, les tomates, radis, la laitue et l'intérieur avec le poivre, le sel, l'huile et le jus de lime. Servez ce avec les tortillas et saupoudrer un peu de les échalotes plus de tout cela avant de déguster.

### **Vegan braisé**

Ingrédients:

½ c. poudre d'oignon

6 oz. Mélange rapide seitan

½ c. thym, séché

½ c. du sel

½ c. eau

1/8 c. poivre

3 c. tamari

1 c. huile d'olive

1 lb de carottes

2 oignons jaunes douces coupées en deux

1 lb quartiers pommes de terre nouvelles

Du sel

Poivre

¼ c. vin rouge sec

1 ½ c. bouillon de légumes

2 gousses d'ail écrasées

1 c. le thym

Directions:

1. Pour commencer cette recette, faire ressortir un grand bol et mélanger ensemble le poivre, le sel, le thym, la poudre d'oignon et de seitan. Lorsque cela est bien combiné, vous pouvez prendre la sauce tamari (environ deux cuillères à soupe de celui-ci) et l'eau et l'ajouter dans ce mélange.

Assurez-vous de mélanger le tout bien et ajouter un peu plus d'eau si elle semble comme elle est trop sèche. Pétrir jusqu'à ce que il est lisse, ce qui va prendre environ 3 minutes. Verser ce mélange à l'intérieur vous avez préparé la mijoteuse.

2. Une fois que vous avez fini avec cela, vous pouvez faire ressortir une grande poêle et faire chauffer l'huile à feu moyen de certains. Lorsque l'huile est chauffé correctement, vous pouvez ajouter dans les pommes de terre, les carottes et les oignons et faites-les dorer rapidement.

3. Une fois que ceux-ci sont bel et doré, vous pouvez assaisonner à votre goût avec le sel et le poivre avant de déplacer l'ensemble du mélange sur la mijoteuse.

4. À ce moment, vous pouvez ajouter le thym, l'ail, le reste de la sauce tamari, le vin, et le stock.

5. Couvrir la mijoteuse et laisser cuire ce mélange sur un réglage bas pendant environ 8 heures ou jusqu'à ce que tout soit bien cuit.

6. Après ce temps est écoulé, vous pouvez prendre le seitan et le légume de la mijoteuse. Prenez le seitan et émincez-le sur un plat

de service afin que chacun puisse avoir. Quand cela est fait, l'entourer avec les légumes et verser sur un peu de la sauce de cuisson pour aider à donner plus de saveur et le garder humide.

7. Servir tout de suite et profiter.

## **Chow Mein**

Ingrédients:

1 ½ c. céleri, haché

£ 1 poulet haché végétarien

1 ½ c. carottes, hachées

6 oignons verts hachés

1/3 c. sauce soja

1 c. bouillon de légumes

¼ c. flocons de piment rouge

½ c. gingembre

8 oz. châtaignes d'eau tranchées

1 peut drainé germes de soja

1/3 c. eau

¼ c. fécule de maïs

Directions:

1. Pour commencer, sortez la mijoteuse et obtenir tout mis en place la façon dont vous le souhaitez. Prenez tous les ingrédients, sauf



l'eau et la fécule de maïs et de les combiner à l'intérieur de la mijoteuse.

2. Couvrir la mijoteuse et laisser cuire ces ingrédients sur un réglage bas pendant environ 8

heures.

3. Lorsque le repas est presque terminé, sortir un petit bol et mélanger l'eau et la fécule de maïs jusqu'à ce qu'il soit lisse. Lentement, ajouter ce dans la mijoteuse.

4. Cuire un peu plus, en veillant à laisser le couvercle un peu hors du pot afin que la vapeur puisse sortir. Cuire pendant environ 20 minutes.

5. Servir ce plat avec du riz et profiter.

## **Squash Lasagne**

Ingrédients:

2 pkg. courges d'hiver purée

1/8 c. noix de muscade

1 paquet. épinards

1 récipient ricotta

Du sel

Poivre

12 lasagnes

8 oz. fromage mozzarella

Salade d'un côté

Directions:

1. Pour commencer cette recette, prendre un bol et mélanger la noix de muscade et la courge, puis réglez sur le côté.

2. Dans un autre bol, vous pouvez combiner un peu de poivre, le sel, les épinards et la ricotta et définir ce que l'un sur le côté ainsi.

3. Sortez la mijoteuse à ce moment une étalé environ une demi-tasse de votre mélange de squash.

Garnir avec environ 3 lasagnes, en veillant à les briser en morceaux pour les amener à monter.

Garnir avec le reste du mélange de squash, trois autres des nouilles, puis la moitié du mélange de ricotta.

4. Répéter ces couches, faire en sorte que la couche finale est le mélange de ricotta. Saupoudrer le dessus avec une partie du fromage.

5. Lorsque toutes les couches sont faites, couvrent la mijoteuse avec le couvercle et cuire sur un réglage bas pendant environ 4 heures ou jusqu'à ce que les nouilles soient tendres.

6. Servir ce plat chaud avec une salade sur le côté si vous voulez avant de déguster.

## **Coconut Tofu Curry**

Ingrédients:

8 oz. cubes de tofu

1 c. l'oignon pelé et coupé en deux

2 ½ c. épépiné et haché poivron vert

2 c. ail pelé

1 ½ c. du sel

1 c. poudre de curry

1 c. garam masla

2 c. beurre d'arachide

8 oz. la pâte de tomates

10 oz. lait de coco

Directions:

1. Pour commencer cette recette, faire ressortir un processeur de nourriture et placez tous les ingrédients, sauf le tofu à l'intérieur. Mélanger jusqu'à ce que ils sont tous lisse et crémeuse.

2. Sortez la mijoteuse et verser le mélange du processeur de nourriture à l'intérieur. Ajouter dans le tofu avant de placer le couvercle sur le dessus.

3. Faire cuire le repas sur un réglage bas pendant environ 4 à 5 heures avant de servir chaud.

## **Vegan Meatloaf**

Ingrédients:

2 c. huile d'olive

2 gousses d'ail émincées

1 oignon jaune émincé

1 c. thym, séché

1 ½ c. haricots pinto cuits

12 oz. tofu émietté

$\frac{3}{4}$  c. ketchup

1 c. moutarde de Dijon

2 c. sauce soja

$\frac{1}{2}$  c. noix moulues

$\frac{1}{4}$  c. chapelure, séchées

$\frac{1}{2}$  c. flocons d'avoine

$\frac{1}{2}$  c. gluten de froment

2 c. amidon de tapioca

Du sel

Poivre

2 c. persil haché

2 carottes pelées et coupées

2 échalotes

2 pommes de terre pelées et coupées Yukon Gold

2 c. moutarde brune

1 c. vinaigre de cidre

1 c. sucre roux

Directions:

1. Prendre une poêle et chauffer un peu d'huile à l'intérieur. Lorsque l'huile est chauffée, ajouter les oignons et faites-les cuire pour qu'ils

deviennent tendres, pendant environ 5 minutes.

2. Après que cela est fait, ajouter le thym et l'ail et cuire pendant une autre minute.

3. Prenez un robot culinaire et mélanger la prochaine ketchup, le tofu et les haricots, la moutarde, le mélange d'oignon et la sauce. Processus jusqu'à ce qu'il soit bien mélangé.

4. Dans un grand bol, vous pouvez combiner le persil, amidon de tapioca, gluten de blé, la chapelure, l'avoine, et les noix. Assaisonner avec du poivre et du sel. Ajouter dans le mélange de haricots et bien mélanger.
5. Mettez ce mélange sur une surface de travail, puis le façonner en un pain qui est assez grand pour tenir dans la mijoteuse. Appuyez afin d'obtenir pour tenir ensemble. Huile de l'insert de votre mijoteuse ou utiliser un aérosol de cuisson.
6. Organiser vos chariots sur le fond de la mijoteuse et puis assaisonner avec un peu de sel et de poivre. Ajouter dans les tranches de pommes de terre ainsi et arroser avec un peu d'huile d'olive.
7. Placez le pain sur le dessus des légumes puis entourent avec les échalotes.
8. Dans un autre bol, mélanger le vinaigre, la cassonade, la moutarde et le reste du ketchup jusqu'à ce qu'ils soient bien mélangés. Fais tourner ce sur le pain avant de mettre le couvercle sur le dessus.
9. Faire cuire les repas pour environ 4 heures sur un réglage bas. Lorsque le repas est terminé, enlevez le couvercle, tourner la mijoteuse hors tension, puis de laisser le jeu de pain pendant environ 10 minutes.
10. Après ce temps, le sortir et de le placer sur un plat de service. Entourez avec les échalotes, pommes de terre et les carottes, puis couper le pain avant de servir.

## **BBQ lentilles Sandwich**

Ingrédients:

28 oz. tomates concassées

1 // 2 c. mélasse  
6 oz. peut pâte de tomate  
¼ c. vinaigre blanc  
2 c. vinaigre de cidre de pomme  
1 oignon doux quartiers  
3 gousses d'ail  
1 c. moutarde sèche  
1 c. le sucre de coco  
½ c. du sel  
½ c. fumée liquide  
¼ c. flocons de piment rouge  
1/8 c. cayenne  
4 c. lentilles cuites

Directions:

1. Pour commencer cette recette, vous pouvez prendre tous les ingrédients sauf les lentilles et les mettre dans un mélangeur ou un robot culinaire. Mélanger ces tous ensemble jusqu'à ce qu'ils deviennent lisses. Verser dans une casserole.
2. Couvrir la casserole et porter les ingrédients à ébullition. Quand ils sont à ébullition, réduire le feu un peu et laisser mijoter à couvert pendant environ 30 minutes.
3. Versez ce mélange dans la mijoteuse avec les lentilles et placer le couvercle sur le dessus.

Allumez à un niveau bas et cuire pendant environ 2 heures ou jusqu'à ce que chaud.

4. Sortez un peu de pain ou pains à hamburger et servir ce au-dessus d'eux pour profiter.

### **Casserole de riz sauvage**

Ingrédients:

2 oignons hachés

3 céleri en tranches

2 pkgs. À grains longs mélange de riz

1 boîte de crème de champignons

2 ½ c. eau

½ c. beurre

½ c. champignons tranchés

½ lb fromage américain

Directions:

1. Pour commencer cette recette, faire ressortir une mijoteuse et obtenir tout mis en place.

2. Prenez les champignons, le fromage et le beurre, la crème de la crème de champignons, de l'eau, mélange de riz, le céleri et les oignons et les placer dans la mijoteuse.

3. Placer le couvercle sur le dessus de la mijoteuse et cuire le repas pendant 8 heures sur un réglage bas ou 4 heures sur un réglage élevé avant de déguster.



## **Chapitre 6:**

### **Vegan Desserts mijoteuse**

#### **Mocha Cheesecake**

Ingrédients:

½ c. des plaquettes de chocolat

2/3 c. du sucre

½ c. beurre fondu

2 blocs de fromage à la crème ramolli

2 oz. chocolat fondu

2 oeufs

1 c. vanille

¼ c. du sel

1 c. café instantané

Caramel Salé

1 c. sucre roux

4 c. beurre

½ c. crème fouettée

1 c. vanille

3 / c. du sel

Directions:

1. Commencez par faire le gâteau au fromage. Apportez 12 petits pots et pulvériser sur certains aérosol de cuisson. Mélanger les plaquettes de chocolat avec le beurre et un peu de sel. Ajouter un peu plus une cuillère à soupe à chaque bocal et appuyez jusqu'à ce qu'il se trouve dans une couche. Faites-le avec tous les pots et mettre sur le côté.

2. Prenez un bol et battre le fromage à la crème et le sucre afin qu'ils deviennent lisses. Ajouter dans l'un des oeufs à la fois et continuer à battre entre les deux. Ajouter le sel, le café instantané, la vanille et le chocolat fondu, et de les combiner. Verser cette garniture dans chaque pot.

3. Placer les bocaux dans la mijoteuse. Versez de l'eau chaude tout autour des bocaux de sorte qu'ils sont environ  $\frac{3}{4}$  couverts.

4. Couvrir la mijoteuse et laisser ces cuisinier sur un réglage élevé pendant environ une heure.

Quand ils ont fini, vous remarquerez qu'ils ne se trémousser. Sortez-les de la mijoteuse et laisser refroidir au réfrigérateur pendant environ 2 heures.

5. Lorsque cela est fait, vous pouvez travailler sur le caramel salé. Apportez une casserole et placer le sel, la crème à fouetter, la cassonade et le beurre à l'intérieur. Laisser mijoter ces ensemble pendant environ 7 minutes, en veillant à fouetter à quelques reprises.

6. Lorsque vous êtes prêt à servir, vous pouvez verser cette sauce sur chacun des gâteaux et top avec un peu de crème à fouetter avant de servir.

## **D'Apple Cobbler**

Ingrédients:

4 tranches de pommes

½ c. cannelle

2 c. sirop

¼ c. noix de muscade

2 c. granola

2 c. beurre

Directions:

1. Prenez les pommes et coupez-les de sorte qu'ils sont plus petits, vous pouvez choisir ou non de laisser la pelure.

2. Sortez la mijoteuse et placer les pommes à l'intérieur de sorte qu'ils sont encore sur le fond.

3. Dans un petit bol, mettre le beurre, les épices et sirop à l'intérieur, en veillant à bien mélanger.

Verser ce sur le dessus des tranches de pommes dans la mijoteuse. Couronner le tout avec le granola.

4. Couvrir la mijoteuse et cuire sur un réglage bas pendant environ 8 heures avant de servir.

## **Berry Cobbler**

Ingrédients:

1 c. farine

1 c. levure

3 c. du sucre

¼ c. cannelle

1 oeuf

2 c. huile de canola

¼ c. lait d'amande

Du sel

2 c. myrtilles

2 c. framboises

1 c. du sucre

½ c. jus de citron

¼ c. farine

Directions:

1. Sortez un bol et mélanger la cannelle, la poudre à pâte, 3 cuillères à soupe de sucre, et 1 tasse de farine.
2. Dans un autre bol, vous pouvez combiner l'huile de canola, le lait et l'œuf. Fouetter ensemble afin que ceux-ci qu'ils soient bien mélangés.
3. Donnez votre mélange d'œufs avec le mélange de farine et remuer afin qu'ils deviennent humide.
4. Étendre ceci sur la mijoteuse que vous avez et que vous définissez sur le côté.
5. Dans un autre bol, mélanger le sel, reste de la farine, et le reste du sucre avant d'ajouter les bleuets, les framboises et le jus de citron. Incorporer ce afin de combiner complètement.
6. Répartir ce mélange sur la pâte déjà dans la mijoteuse. Le couvrir et cuire à un niveau bas pendant 2 heures afin qu'il puisse cuire à

travers.

7. Haut avec un peu de yogourt congelé et en profiter.

## **Peanut Butter and Cake de pouding au chocolat**

Ingrédients:

1 c. de farine tout usage

2 c. poudre de cacao

1/3 c. du sucre

1 ½ c. levure

2 c. huile végétale

½ lait d'amande au chocolat

2 c. vanille

½ c. morceaux de beurre d'arachide

½ arachides hachées

½ c. morceaux de chocolat

¾ c. du sucre

1 ½ c. eau bouillante

2 c. poudre de cacao

Directions:

1. Sortez la mijoteuse et pulvériser le tout de sorte qu'il ne colle pas.

2. Apportez un bol et mélanger la poudre à pâte, la moitié de la poudre de coco, 1/3 c. sucre et la farine. Ajouter la vanille, l'huile et

lait d'amande et mélanger de sorte qu'il commence juste à devenir humide. Incorporer les arachides, les morceaux de chocolat et d'arachide morceaux de beurre et bien mélanger.

3. Étaler cette pâte au-dessus de la cuisinière préparé.

4. Dans un autre bol, vous pouvez combiner le reste de la poudre de cacao et de sucre de  $\frac{3}{4}$  tasse.

Incorporer l'eau bouillante, puis versez ce mélange dans la mijoteuse ainsi.

5. Couvrir la mijoteuse et laisser chauffer à haute température pendant deux heures.

6. Lorsque cela est fait, sortir de la mijoteuse et laisser reposer pendant environ 30 minutes pour refroidir. Verser dans des plats et profiter.

### **Citron et gâteau aux bleuets**

Ingrédients:

$\frac{1}{2}$  c. farine à pâtisserie

$\frac{1}{4}$  c. stevia

1 c. nectar d'agave

$\frac{1}{4}$  c. levure

Ingrédients humides:

$\frac{1}{4}$  c. myrtilles

$\frac{1}{3}$  c. lait d'amande

1 c. La graine de lin

1 c. huile d'olive

¼ c. vanille

½ c. zeste de citron

¼ c. extrait de citron

Directions:

1. Sortez la mijoteuse et obtenir tout prêt à utiliser.
2. Prenez un bol et mélanger les ingrédients secs et bien mélanger. Dans un autre bol, vous pouvez combiner les ingrédients humides ainsi.
3. Lorsque les deux cuvettes sont réunies vous pouvez ajouter les ingrédients humides avec celles à sec et le mélange de sorte qu'ils sont combinés.
4. Versez ce mélange dans la mijoteuse, en veillant à étaler uniformément. Placez une serviette propre entre la mijoteuse et le couvercle afin d'absorber toute la condensation.
5. Faire cuire le dessert pendant environ 60 minutes afin que le milieu peut devenir solide.
6. Servez ce chaud.

## **Pumpkin Pudding**

Ingrédients:

6 c. les cubes de pain, vicié

¼ c. pacanes hachées

¼ c. raisins secs

3 oeufs battus

3 c. lait d'amande

$\frac{3}{4}$  c. sucre roux

1 peut citrouille

1 c. vanille

2 c. tarte à la citrouille épices

Directions:

1. Pour commencer, vous pouvez prendre la mijoteuse et de graisse avec un peu de beurre.

Transférer les noix de pécan, raisins secs, et les cubes de pain dans la mijoteuse et remuer pour combiner.

2. Mélanger la tarte à la citrouille épices, la vanille, le sucre brun, la citrouille, le lait et les œufs dans un bol. Versez ce mélange sur les cubes de pain.

3. Couvrir la mijoteuse et chauffer le plat pendant environ 4 heures sur un réglage bas ou jusqu'à ce qu'il soit fait. Servir chaud.

### **Pouding au pain au chocolat**

Ingrédients:

2 c. pain de blé entier, vicié

1  $\frac{1}{2}$  c. hachée et pommes pelées

1 c. lait d'amande

1 c. graines de lin avec de l'eau chaude



2 c. brandy de pomme

1 / c. du sucre

1/3 c. noix hachées

¼ c. pépites de chocolat haché, hachées

Directions:

1. Sortez la mijoteuse et de l'huile, ou la ligne d'autre avec du papier sulfurisé. Prenez un grand bol et laissez tremper les pommes et le pain avec l'édulcorant, mélange de graines de lin, brandy

de pomme et le lait pendant environ 10 minutes. Si le mélange est trop sec, vous pouvez ajouter plus de lait.

2. Ajouter le chocolat et les écrous à ce moment avant de gratter le mélange à l'intérieur du mijoteuse.

3. Placer le couvercle sur le dessus et cuire l'ensemble du mélange sur un réglage élevé pendant environ 2 heures. Prendre plaisir!

### **Creamsicle Tapioca Pudding**

Ingrédients:

½ c. perles de tapioca

1 conteneur de lait de coco

1 c. extrait de vanille

2 c. l'extrait d'orange

Édulcorant supplémentaire

Directions:

1. Sortez votre mijoteuse et obtenir tout mis en place. Placez tous les ingrédients à l'intérieur de la mijoteuse préparé.
2. Mettez le couvercle sur le dessus de la mijoteuse et laisser cuire sur un réglage élevé pendant environ 2 heures ou sur un réglage bas pendant 4 heures.
3. Lorsque le pudding est presque terminé, vous devriez lui donner un goût et de décider si elle a besoin de plus d'édulcorant ou non.

## **Tarte aux pêches**

Ingrédients:

5 tranches de pêches

1/4 c. du sucre

2 c. farine

1/3 c. canneberges séchées

1/4 c. cannelle

1 c. eau

2/3 c. l'avoine à cuisson rapide

3 c. beurre fondu

3/4 c. sucre roux

Directions:

1. Pour commencer sur cette recette, prenez un bol et placez le sucre et la farine à l'intérieur.

Quand ils sont mélangés, mélanger dans les pêches et les mélanger autour afin de revêtir le fruit.

2. Ensuite, ajoutez les flocons d'avoine, la cannelle, et les canneberges dans le bol et mélanger entre eux autour afin de mélanger ainsi.
3. Placez le mélange de la pêche et de l'eau dans la mijoteuse préparé. Verser lentement le beurre sur le dessus des pêches avant de saupoudrer sur le sucre brun.
4. Couvrir la mijoteuse et allumez-le à un niveau bas. Cuire le plat pendant environ 4 heures ou plus que les pêches ont le temps de se tendre.

## **Conclusion**

Il ya beaucoup de choses que vous allez l'adorer sur l'utilisation d'une mijoteuse afin de rendre l'ensemble de vos repas végétaliens. Ce régime particulier peut être très difficile à traiter, et beaucoup de gens choisir de ne pas aller sur elle parce qu'ils estiment qu'ils ne disposent pas du temps nécessaire pour se consacrer à elle, ou ils pensent qu'ils devront dépenser heures et des heures dans la cuisine juste essayer d'obtenir chaque repas fait.

Comme vous pouvez le voir, avec de nombreuses recettes qui sont présentés dans ce livre, vous allez être en mesure de faire des repas incroyables pour toute la famille, même ceux qui ne sont pas végétalien, en quelques minutes. Vous pouvez servir ces pour votre famille ou choisir de les donner à des amis et d'autres personnes qui viennent visiter. Plusieurs des recettes fonctionnera, peu importe l'occasion et même vos amis non-végétaliens seront heureux de leur donner un essai.

Ou vous pouvez simplement les garder pour toi tout seul, ce qui est ce que nous voulons faire.

Ceci est la beauté de l'aide de la mijoteuse. Vous pouvez simplement mettre tous les ingrédients à l'intérieur dans la matinée, partez sur votre chemin à obtenir du travail et tout le reste fait, et puis, quand vous rentrez chez vous, le repas est terminé et prêt à

être apprécié. Cela peut vous faire gagner du temps et de l'argent par rapport à rentrer à la maison, trop fatigué pour cuisiner, et en prenant ensuite toute la famille à manger.

La prochaine fois que vous êtes pressé pour créer un délicieux repas pour toute la famille, mais vous ne pouvez tout simplement pas avoir le temps pour le faire après le travail, jetez un oeil à travers ce guide. Vous serez en mesure de trouver toutes les recettes que vous aurez besoin pour rendre tout le monde heureux, si vous faites le petit déjeuner, les soupes, plat principal, ou desserts. Et ils sont tous trop végétalien, ce qui en fait saine et salubre pour tout le monde.

Les antibiotiques à base de plantes

*56 Petits Remèdes naturels connus pour aider à guérir et prévenir les maladies bactériennes*

*Ella Marie*

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## **introduction**

Pourtant, ils peuvent se révéler très difficile de prendre soin de. La plupart des gens atteignent pour over-the-counter médicaments. Lorsque ceux-ci ne parviennent pas à obtenir des résultats, ils font un rendez-vous avec leurs médecins, et généralement à pied avec des antibiotiques pour prendre soin de l'infection.

Cependant, il existe de nombreux antibiotiques à base de plantes que vous pouvez utiliser à la maison qui ne vous coûtera pas une fortune. En fait, beaucoup d'entre eux vous pouvez déjà avoir dans votre maison. D'autres sont facilement accessibles, et vous pouvez les acheter en ligne ou chez les commerçants locaux ainsi.

Antibiotiques à base de plantes ne sont pas tous les effets secondaires qui est un problème commun avec des médicaments d'ordonnance. En plus de cela, au fil du temps votre corps construit une tolérance à la prescription d'antibiotiques. Cela peut les rendre inutiles à l'avenir si vous tombez malade souvent.

Prescription d'antibiotiques sont également connus pour faire des ravages sur votre intestin résultant dans ce qu'on appelle dysbiose, qui est quand les mauvaises bactéries sur-puissance, les bonnes bactéries dans votre intestin. Ce déséquilibre entraîne généralement un large éventail de problèmes de santé, tels que la prolifération de Candida et une baisse du système immunitaire pour ne nommer que quelques-uns.

Antibiotiques à base de plantes qui sont utilisés pour prendre soin des infections bactériennes sont désignés comme astringents. Ajout de ces aliments à votre alimentation régulière peut stimuler votre

système immunitaire et réduire le risque de ces infections se produisent même.

Antibiotiques à base de plantes peuvent être utilisés lorsque vous en avez besoin, sans aucun tracas ou les périodes d'attente. La plupart d'entre eux peuvent être utilisés par les enfants et les adultes. Dans ce livre, vous apprendrez tout sur les cinquante-six options différentes que vous avez!

Il est également important de comprendre, il peut avoir des moments où vous avez besoin de prendre des antibiotiques prescrits par votre médecin. Toutefois, lorsque vous utilisez ces remèdes naturels, vous pouvez réduire considérablement le risque de tomber malade à des infections bactériennes.

## **Chapitre 1**

### **Pourquoi antibiotiques de synthèse sont un gros problème dans la société d'aujourd'hui**

Non seulement les antibiotiques de synthèse ont des effets secondaires sévères, ils sont attribués à un éventail de questions dans la société aujourd'hui. En fait, ils ont été considérés comme l'un des grands problèmes que la médecine moderne et la science ont besoin de jeter un oeil de près.

#### **Le manque d'information**

Le plus gros problème est la plupart des gens ne réalisent même pas qu'il existe des antibiotiques à base de plantes naturelles disponibles qu'ils peuvent utiliser. Ils assument leur médecin connaît le mieux parce que ce est l'état d'esprit que nous avons fait la promotion dans la société. Si le médecin dit que vous devez antibiotiques, vous sortez et obtenez sans poser de questions.

Pour beaucoup de gens lisant ce livre, qui peut être une déclaration révélatrice. Vous pourriez même être en colère que vous avez

dépensé autant d'argent pour la prescription d'antibiotiques lorsque vous aviez d'autres options moins coûteuses et plus saines. Pourtant, vous ne pouvez pas avoir été au courant jusqu'à maintenant qu'ils ont même existé ou qu'ils pourraient aider à vous sentir mieux.

Malheureusement, tant que la société dans son ensemble est mieux informé que les antibiotiques à base de plantes naturelles sont un choix, l'utilisation de plus d'antibiotiques de synthèse va continuer.

## **Foie**

Le foie est un organe très important de l'organisme. Il a besoin pour fonctionner correctement pour que nous nous sentions notre mieux. L'utilisation d'antibiotiques de synthèse régulièrement peut endommager le foie. Cela peut rendre plus difficile pour le corps comme un tout pour exécuter les processus qui vous maintiennent en bonne santé et se sentir votre meilleur.

## **Interagissez avec d'autres médicaments**

Si vous avez d'autres problèmes de santé, vous pouvez déjà prendre divers médicaments sur ordonnance. Il est possible, cependant, qu'ils ne interagissent pas bien avec des antibiotiques synthétiques. Vous pouvez souffrir plus d'effets secondaires, ou de vos autres médicaments peuvent ne pas fonctionner aussi bien. Cela peut vous rendre vulnérable en ce qui concerne votre bien-être global.

## **Déshydratation**

Un des effets secondaires communs de antibiotiques de synthèse est la diarrhée. En conséquence, la déshydratation peut se produire que le corps perd de liquides et d'électrolytes. Une personne ne peut ressentir la soif, mais cela ne signifie pas qu'ils sont de rester hydraté, donc un soin particulier doit être pris.

## **Infections vaginales**

Des études ont lié la hausse des infections vaginales à l'utilisation des antibiotiques synthétiques.

En effet, ils tuent souvent les bonnes bactéries ainsi que les bactéries nocives. Le corps repose sur les bonnes bactéries de garder les choses équilibrées. Même les jeunes filles peuvent obtenir des infections vaginales pour cette raison.

Ironiquement, la façon dont la plupart des médecins les traitent est de prescrire un autre antibiotique. Cela peut devenir un cycle qui est à la fois inconfortable et malsain. Mycoses vaginales peuvent causer des démangeaisons, brûlures, et l'inconfort.

**Création de superbactéries raison de la résistance** Il ya des scientifiques et des professionnels de la santé qui craignent que les antibiotiques synthétiques créent superbactéries. Ils font qu'il est plus difficile de traiter avec succès des infections bactériennes simples. En effet, le corps commence à accumuler une tolérance aux antibiotiques. Ensuite, il devient de plus en plus difficile de tuer l'infection avec les mêmes médicaments.

Ce problème est particulièrement préoccupant pour les jeunes enfants, qui ont tendance à tomber malade plus facile et plus fréquemment que les adultes. Si on leur donne des antibiotiques synthétiques souvent, ils cessent d'être aussi efficace. Cela peut entraîner une infection bactérienne simples transformer en quelque chose qui nécessite une hospitalisation.

## **Hypersensibilité et les allergies**

Pas tout le monde fait bien avec l'utilisation d'antibiotiques de synthèse. Le corps peut devenir hypersensible ou allergique à un ingrédient dans le médicament. Par exemple, beaucoup de gens sont allergiques à la pénicilline, mais ils ne sont pas conscients jusqu'à ce qu'ils prennent pour la première fois.

Leur visage peut gonfler, ils peuvent éclater en une éruption cutanée, ou ils peuvent trouver la respiration difficile. Ces



préoccupations requièrent davantage d'attention médicale et souvent des médicaments supplémentaires pour prendre soin des symptômes.

## **Coût**

Le coût des antibiotiques synthétiques continue d'augmenter constamment. Même ceux avec l'assurance maladie sont souvent frustrés avec le co-payeur et les franchises. Ou ils peuvent découvrir que quand ils arrivent à la pharmacie, leur assurance ne couvre pas le type particulier de l'antibiotique qui a été prescrit.

Par exemple, l'amoxicilline est généralement couvert. Pourtant, de nombreux patients sont maintenant résistantes à ses effets positifs en raison de la tolérance de leur corps pour les antibiotiques. En conséquence, ils sont prescrits Z-Pac, mais cela est rarement couverts par les régimes d'assurance-santé.

## **Risque pour les enfants / Animaux**

Chaque fois que vous avez antibiotiques de synthèse dans votre maison, il ya un risque pour les enfants et les animaux domestiques. Il ya le risque qu'ils vont trouver et consommer. Une surdose de ces médicaments peut être très grave, non seulement pour les enfants mais aussi pour les adultes.

Prendre plus que le montant suggéré par jour ne sera pas vous aider à aller mieux en moins de temps. Vous avez également de prendre le médicament pendant toute la durée il a été prescrit, même si vous vous sentez mieux. Si non, il ya un risque que les bactéries ne seront pas complètement détruit et vous devrez tout recommencer avec le médicament.

## **D'énormes profits pour les entreprises**

Les énormes profits que les sociétés pharmaceutiques font de la vente d'antibiotiques synthétiques élève à des milliards de dollars chaque année. Cela fait partie de la raison pour laquelle il n'y a pas

vraiment un effort pour amener les consommateurs à compter sur les antibiotiques à base de plantes. Ces entreprises préfèrent faire de l'argent que de se concentrer sur le bien-être global de la société.

## **Chapitre 2**

### **Souvent trouvé dans votre cuisine**

Plusieurs des antibiotiques à base de plantes naturelles à partir de laquelle vous pouvez choisir sont déjà dans votre cuisine. Si vous ou les membres de votre famille obtenez souvent des infections bactériennes, ajouter plus d'entre eux pour les aliments que vous préparez. Elles contribueront à améliorer les saveurs de vos aliments et boissons, et vous offrir un moyen naturel de rester en bonne santé.

### **Vinaigre de cidre de pomme**

Il ya des niveaux élevés de l'acide malique et acétique trouvés dans du vinaigre de cidre. Il contient également de grandes quantités d'acides aminés et de vitamines. Il est un moyen puissant pour lutter contre les maladies comme il est antivirale, antibactérienne et antifongique.

Prendre une cuillerée le matin et la nuit est un excellent moyen de lutter contre les problèmes de santé. Si vous ne l'aimez le goût, vous pouvez le mélanger avec un verre d'eau pour diluer.

### **Chou**

Les pouvoirs de guérison de chou sont énormes, mais trop de gens ne mangent pas. Ajoutez ceci à votre alimentation au moins une fois par semaine pour stimuler votre système immunitaire.

Vous pouvez aussi boire du jus de chou frais tous les jours pendant une semaine pour vous aider à rebondir après un problème de santé qui a appauvri votre énergie.

## **Huile de noix de coco**

Non seulement l'aide d'huile de noix de coco à réduire le risque d'infections bactériennes, mais il peut faire les aliments que vous préparez sain. Il offre beaucoup d'avantages globaux de santé et il a un goût aussi grande! Toute recette qui appelle à l'utilisation de l'huile végétale peut être sain avec ce simple changement. Vous pouvez utiliser plusieurs fois par semaine dans le cadre d'un régime alimentaire plus sain. Il est de petits changements de ce genre qui ajoutent le plus.

L'huile de coco peut aider à stimuler votre système immunitaire. Il propose également des propriétés anti-fongiques et beaucoup de puissants antioxydants. Il est censé aider à améliorer les niveaux de sucre dans le sang et pour stimuler le fonctionnement du cerveau. Si vous ne voulez pas cuisiner avec elle, ajouter une cuillerée à votre café le matin pour un coup de pouce en bonne santé et plus d'énergie.

## **Aliments fermentés**

Ce qui vient à l'esprit quand vous pensez à des aliments fermentés? Beaucoup de gens associent seulement avec de l'alcool. Cependant, il ya des avantages pour la santé des aliments fermentés comme ils sont classés comme un probiotique. Ils vont détruire les bactéries nocives, mais pas les bactéries saines trouvés dans le corps.

Certains grands choix dans cette catégorie d'aliments comprennent les légumes de culture et des cornichons premières. Vous pouvez également prendre une forme de capsule quotidienne de ce que vous trouverez au magasin d'aliments de santé local. Les aliments fermentés offrent beaucoup d'antioxydants et de micro-organismes nécessaires. Les aliments offrent plus d'avantages que les capsules.

## **Ail**

Depuis au moins 2000 ans de l'ail a été utilisé dans le monde entier comme une source de la médecine. Il a été utilisé pour les infections de l'oreille, la grippe, et même la peste noire. L'ail contient des antioxydants puissants qui tuent les bactéries nocives.

Elle élimine également les radicaux libres dans le sang, de sorte que le système immunitaire devient plus forte. L'allicine est l'ingrédient actif dans l'ail, et il contribue à la destruction des deux virus et des bactéries - quelque chose d'un antibiotique de prescription est pas capable de faire.

L'ail peut être consommé dans les repas sous forme de clous de girofle. Il peut également être transformé en un jus de fruits. Si vous ne l'aimez pas le goût de l'ail, il ya aussi des capsules.

Vous avez seulement besoin d'une petite quantité pour atteindre les avantages; trop d'ail peut effectivement perturber l'estomac. Si vous prenez tout type de médicaments anticoagulants, évitez d'utiliser l'ail comme un antibiotique naturel à base de plantes.

## **Gingembre**

Non seulement est le gingembre puissant, il a un arôme très forte. L'odeur est le résultat des différentes huiles essentielles et de composés qui le composent. Certaines de ces propriétés offrent des propriétés anti-inflammatoires et antibactériennes. Seule une petite quantité de gingembre doit être consommé à la fois.

## **Miel**

Le doux, délicieux goût de miel, il est un élément populaire dans toute cuisine. Cependant, il propose également des propriétés antibactériennes. Beaucoup de cultures invoqués miel brut avant antibiotiques de synthèse ont été introduits.

Une enzyme antimicrobienne se trouve dans le miel, et elle interdit différents types de bactéries nocives de se développer. On pense également pour aider à la foie et de réduire toxines dans le corps qui

peuvent détruire le système immunitaire. Le miel peut être ajouté à des boissons, consommée sur le pain grillé, ajouté à des céréales chaudes ou consommés crus.

## **Oignon**

Beaucoup de gens cuisinent avec de l'oignon pour la saveur, mais ils aident aussi leur système immunitaire. Oignon est censé aider à traiter tout ce que vous pouvez imaginer. Cela inclut les infections bactériennes et même l'inflammation.

Oignon contient des composés soufrés, et qui est ce qui le rend un très bon antibiotique à base de plantes. Ils peuvent également aider à réduire les symptômes du rhume et de la grippe, qui sont virale - et non bactérienne - maladies.

## **sauge**

Si vous avez tendance à souffrir d'infections des voies respiratoires supérieures, la sauge est une excellente option pour aider à vous sentir mieux. L'ajout de ce à votre nourriture régulièrement peut stimuler votre système immunitaire et à protéger contre de tels problèmes de santé en développement. Vous ne devez pas ajouter grand-chose sage à faire une différence.

## **chapitre 3**

### **Herbes**

Il ya aussi beaucoup d'herbes que vous pouvez utiliser pour la cuisson ou pour créer une boisson à base de plantes. Il ya une longue liste de ces herbes qui vous offrent la valeur des antibiotiques naturels. Vous utilisez peut-être déjà certains d'entre eux.

D'autres vous pouvez acheter localement, fraîches ou séchées. Il est important de faire de votre mieux pour trouver des herbes de haute

qualité. La meilleure est la qualité, plus la puissance qu'ils vaudra quand lutte contre les infections bactériennes.

## **Piment de la Jamaïque**

Offrant des antioxydants et des éléments exceptionnels anti-inflammatoires, le piment est certainement quelque chose à envisager pour les antibiotiques à base de plantes. Il peut être utilisé pour diverses recettes, de sorte qu'il est souvent un type d'aide préventive. Il peut donner le système immunitaire un coup de pouce afin que vous êtes moins susceptibles de souffrir d'infections bactériennes et d'autres maux. Il est assez puissant et une petite quantité de piment de la Jamaïque va un long chemin dans la saveur.

## **Anis**

Ceci est une épice souvent utilisée dans les plats alimentaires asiatiques, mais il peut être ajouté à peu près tout. Vous ne devez pas trop de lui, si, comme il ne possède une saveur audacieuse. Il goûte comme la réglisse de sorte qu'il est souvent confondu avec l'ancien dans les plats.

Anis a été utilisé comme herbe médicinale depuis des siècles en Asie et dans le monde entier.

Ses propriétés antibactériennes sont qu'un des éléments précieux qu'il offre. Il fournit également beaucoup d'antioxydants.

Ne pas dépasser la dose de 500 mg par jour. Si vous allez prendre une dose maximale, la diviser en deux ou trois doses au long de la journée au lieu de tous à la fois.

## **Basilic**

Ajouter le basilic à la plupart des plats que vous cuisinez, et il va stimuler votre système immunitaire. Huile de basilic peut être ajouté à des aliments que vous ne faites pas cuire, y compris des salades.

Il vous aidera à rester en bonne santé et si vous ne commencez à obtenir un type d'infection bactérienne, il peut aider à tuer les bactéries nocives dès le début.

## **Bay Leaf**

Les interminables avantages de la feuille de laurier en font un choix populaire pour les infections bactériennes de défense. Il contribue également à réduire l'acné et atténuer les problèmes d'estomac. L'huile de laurier permet de réduire la capacité des bactéries nocives de croître. Il peut également lutter contre la croissance de plusieurs types de champignons.

## **Cardamome**

Peut-être l'un des secrets les mieux cachés relatifs à la lutte contre les bactéries nuisibles est la cardamome. Il contient des quantités élevées de cinéole. Il est également un moyen très courant pour lutter contre la mauvaise haleine chronique.

Ceci est une herbe très utile pour le traitement des maux de gorge et la toux. Vous ne devriez pas utiliser la cardamome si vous avez des calculs biliaires ou si votre vésicule biliaire a été retirée.

## **Graine de carvi**

Vous obtiendrez les meilleurs résultats si vous cherchez de l'huile de graines de carvi noir.

Pendant des milliers d'années, il a été utilisé pour aider avec une variété de problèmes de santé. Il est un moyen puissant pour combattre les bactéries qui provoquent des infections profondes qui peuvent être difficiles à combattre.

Prenez une cuillère à café le matin et de nouveau dans la nuit avant que les symptômes ne soient plus présents. Si vous ne l'aimez le goût, ajouter un peu de miel à l'huile. La dose quotidienne recommandée pour la prévention est de 50 mg à 100 mg.

## **Cerfeuil**

L'histoire de cerfeuil va très loin dans de nombreuses cultures à travers le monde. Il pousse de façon sauvage dans de nombreuses régions, et il n'a pas fallu longtemps pour que la valeur à découvert. La meilleure façon de l'utiliser est de faire bouillir quelques feuilles de cerfeuil dans une tasse de vinaigre de cidre. Retirer les feuilles et boire la concoction avec quelques cuillères de miel mélangés pour rendre douce.

Le cerfeuil est une excellente option à considérer pour une toux chronique. Cette toux peut faire du mal à dormir la nuit. Sirotant un thé fabriqué à partir de cette plante avant d'essayer de dormir peut vous aider à obtenir le reste vous avez vraiment besoin.

## **Chili Peppers**

Il ya quelques variétés de piments là-bas à choisir. Certaines disposent d'une chaleur douce et d'autres ont une température moyenne ou très chaud. Vous ne devez pas consommer trop de ces piments de récolter les bénéfiques. Ils peuvent garder le corps sain et les bactéries nocives de se multiplier.

## **Cannelle**

Sur le côté plus doux de choses, il ya la cannelle, qui offre également une protection contre les bactéries nuisibles. Cannelle peut être utilisé dans la cuisson différents bonbons ou il peut être saupoudré dans des boissons pour les rendre plus doux, sans l'utilisation de sucre. Il peut aider à réduire les symptômes du rhume, des spasmes musculaires, des vomissements, et l'inflammation commune.

## **Clous de girofle**

Non seulement gousses peuvent aider à gagner la bataille contre les infections bactériennes, ils peuvent également être utilisés pour réduire la douleur. Placer quelques gousses bouillies dans votre



bouche entre les dents et les gencives peut réduire la douleur et l'inflammation jusqu'à ce que vous pouvez être vu par votre dentiste.

Clous de girofle peuvent également être utilisés pour traiter la douleur modérée due à une inflammation, tels que les symptômes de l'arthrite. Clous de girofle peuvent aider à réduire les nausées et les vomissements dus à la grippe, des problèmes de santé, ou même des effets secondaires de médicaments d'ordonnance.

## **Coriandre**

Une des utilisations les plus populaires pour la coriandre est de prévenir le risque d'intoxication alimentaire. Il peut aussi aider à lutter contre différentes formes d'infections qui semblent être résistantes aux antibiotiques de prescription. (Cette résistance peut se produire quand une personne les prend trop souvent). Vous pouvez l'ajouter à peu près tout produit alimentaire et il ne sera pas altérer le goût.

La douleur articulaire est souvent réduite à l'utilisation de la coriandre. Certaines personnes trouvent qu'il prend aussi naturellement soin des hémorroïdes pour eux. Les femmes qui sont enceintes ou qui allaitent peut utiliser pour augmenter leur débit de lait.

## **Cumin**

Ajout d'une petite quantité de cumin à votre nourriture sera en rehausser la saveur. Cela est particulièrement vrai de plats de la cuisine péruvienne. Cumin est un choix puissant antibiotique.

Il contient du thymol, et cela contribue également à améliorer l'efficacité de la prescription d'antibiotiques, si vous avez besoin de les prendre.

## **Aneth**

Une petite quantité d'aneth va un long chemin en raison de la saveur acidulée il offre aux aliments. Dill peut également aider votre corps à combattre les infections et stimuler votre système immunitaire. Aneth frais peut être trouvé à l'été et au début de l'automne. Cependant, vous pouvez obtenir l'aneth séché toute l'année. Dill a également été utile dans la lutte contre la perte osseuse.

Il peut être appliqué à l'intérieur de la bouche ou de la gorge pour réduire la douleur. Il est important de ne pas utiliser l'aneth si vous prenez du lithium en tant que votre médecin vous a prescrit. Dill peut entraîner dans le corps ne traite pas de lithium comme il se doit.

## **Fenouil**

Beaucoup de gens saupoudrer de graines de fenouil dans leur nourriture ou au-dessus de salades comme un moyen de stimuler le métabolisme. Il est un élément commun pour la perte de poids efficace à long terme. Fenouil a également anti-fongiques et des propriétés antibactériennes à offrir.

## **Mélisse**

Non seulement le goût de la mélisse et l'odeur délicieuse, il est très antibactérien. Il ya aussi une herbe apaisante qui a été utilisé pendant des siècles pour aider à réduire le stress et l'anxiété. Il est offert comme un thé, feuilles séchées, des capsules, et des extraits. Mélisse ne doit pas être utilisé par toute personne qui prend des médicaments de la thyroïde.

## **Marjolaine**

Le rhume peut être débilitante, mais la marjolaine est un bon moyen de réduire la longueur de temps qu'il attarde. Il offre de l'aide pour les deux maladies bactériennes et virales. Il est assez doux que de nombreux parents utilisent pour les nourrissons et les jeunes enfants. Pourtant, il est suffisamment efficace pour offrir de l'aide pour les adultes, aussi.

Marjolaine est souvent faite dans un thé qui peut être donné aux enfants pour réduire un écoulement nasal ou les effets du rhume. Il peut également être utilisé pour lutter contre une toux sèche qui semble persister. Douleur à l'oreille et un mal de gorge sont aussi des raisons d'utiliser la marjolaine.

## **Menthes**

Menthes offrent diverses huiles essentielles qui stimulent le système immunitaire et apaisent le système digestif. Ils peuvent être utilisés dans divers produits alimentaires que vous achetez au magasin dans un effort pour prolonger la durée de vie. Menthes peuvent également être ajoutés au thé sous la forme d'huile ou de feuilles pour aider à réduire les infections bactériennes. Cela comprend ceux qui affectent la gorge et les sinus.

## **Moutarde**

Les graines de moutarde peuvent être utilisées pour fabriquer une grande variété de plats de nourriture de dégustation. Vous avez seulement besoin d'une petite quantité pour obtenir la valeur qu'ils offrent. Même le condiment de moutarde douce contient ces graines et a des avantages antibactériens à offrir.

L'utilisation de la moutarde peut aider à réduire la douleur musculaire et l'inflammation. Il est également un bon choix pour traiter le rhume. Feuilles de moutarde noire peuvent être utilisées dans des salades et autres plats de nourriture. Vous pouvez également prendre des capsules d'obtenir des avantages ou de faire bouillir les graines de moutarde pour faire du thé.

## **Noix de muscade**

Il existe de nombreuses utilisations pour la noix de muscade en plus d'ajouter la saveur aux aliments. Alors que beaucoup de gens l'ajoutent à des sucreries telles que les desserts, il peut être ajouté à tous les types d'aliments. Il a souvent été utilisé pour lutter contre E.

coli et les infections à staphylocoques. Il dispose de propriétés antimicrobiennes qui aident à réduire les bactéries nocives.

La noix de muscade peut aussi réduire la douleur et les plaies buccales communes. En outre, on peut soulager les nausées et diarrhée. Ne pas utiliser plus de 120 mg par jour ou il peut en résulter des hallucinations.

## **Origan**

L'origan est non seulement pour améliorer la saveur de vos meilleurs plats italiens. Il est aussi un moyen de rester en bonne santé en raison des grandes propriétés antibactériennes qu'il fournit.

L'huile de feuilles d'origan a le plus de potentiel.

Il a été comparé à la valeur offerte par l'antibiotique appelé pénicilline prescription. Certaines études ont indiqué l'origan peut aider à tuer les cellules cancéreuses de la prostate. L'utilisation d'origan peut être très bon pour les problèmes des voies respiratoires, y compris la toux, le croup ou d'asthme.

Pour ces affections, la dose recommandée est de 200 mg par jour. Il ne devrait pas être utilisé par ceux qui prennent des médicaments pour les troubles de saignement.

## **Persil**

Il ya quelques propriétés antibiotiques précises se trouvent dans le persil. Il provient principalement de l'huile extraite des graines de persil. Il peut se battre plusieurs formes de bactéries et de champignons. Un des maux communs persil est bon pour est infection de staphylocoque.

Il peut également être utilisé pour prévenir et guérir les infections des voies urinaires (IVU) et de diminuer la douleur de calculs rénaux. Il peut réduire la durée de la attarde de rhume et de réduire

le risque d'ictère. Il est souvent utilisé pour les nourrissons qui souffrent de coliques.

## **Poivre**

Il existe plusieurs types de poivre que vous pouvez utiliser pour aider à réduire le risque d'infections bactériennes ou pour les combattre. Cela comprend le poivre noir, le piment de Cayenne. Ils sont également utiles pour lutter contre les problèmes liés à l'intestin, ainsi.

Tout le poivre contient capsicum, et qui est ce qui combat les bactéries. Plus le piment est, plus elle sera puissante dans la lutte contre les bactéries. Cependant, vous devez vous assurer que les aliments que vous mettez dans le poivre ne deviennent pas trop chaud pour vous de consommer.

## **Romarin**

Une huile essentielle qui sent très bon est le romarin. Il peut être utilisé comme une huile sur le corps ou respiré par un infuseur. Si vous utilisez une huile essentielle, vous avez seulement besoin de quelques gouttes, car ils sont très puissants. Ne pas ajouter plus de deux gouttes de ce à votre eau du bain.

Rosemary offre des avantages incroyables pour le système immunitaire. Il est un type d'aromathérapie qui est également utilisé pour traiter les problèmes d'asthme chronique. Il peut lutter contre les moisissures, les champignons et les bactéries.

## **sauge**

Réduire l'inflammation et de compensation problèmes bactériens sont les avantages de sauge bien connus. Cela est généralement offert en feuille séchée qui est utilisé pour la cuisson.

Cependant, les feuilles peuvent aussi être bouillis et tendues pour faire un thé fort.

Certains experts estiment apport quotidien de sauge peut réduire le risque de diabète et de la maladie d'Alzheimer. Il est souvent utilisé pour réduire la douleur et la pression d'une infection des sinus. Il peut être inhalée à réduire une toux sèche ou une enflure des voies respiratoires causée par l'asthme ou la bronchite. La dose quotidienne ne doit pas dépasser 2,5 mg.

## **Estragon**

Initialement, l'estragon est un antibiotique naturel utilisé pour prévenir les intoxications alimentaires dans divers plats. Il a été considéré comme un grand conservateur qui a permis de nourriture pour avoir une durée de vie plus longue et sans que les consommateurs de devenir malade. Estragon était aussi un médicament au début pour préoccupations intestinales et de lutte contre la tuberculose.

Il peut également être un moyen naturel de favoriser de meilleures habitudes de sommeil. Trop souvent, une personne va se sentir groggy quand ils prennent over-the-counter ou de somnifères d'ordonnance. Estragon peut vous aider à bien dormir sans cet effet secondaire difficile à combattre.

La dose à prendre dépend de l'âge de l'un et la gravité de la maladie. Il est préférable de commencer avec seulement une petite quantité et de voir comment cela fonctionne pour vous.

Lentement augmenter la dose si vous avez besoin afin d'obtenir le plus d'avantages.

## **Le thym**

Une autre option pour la cuisson et réduire les problèmes bactériens est le thym. Il est généralement utilisé pour la toux sèche chronique. Il est également une bonne ressource pour ceux qui souffrent de problèmes respiratoires comme l'asthme et la bronchite. Thym peut aider à apaiser le tube digestif ainsi.

Thym peut aider avec la coqueluche, même quand elle affecte les jeunes enfants. Il peut traiter la laryngite et maux de gorge. Si les amygdales sont gonflées, il peut aider à réduire la douleur et l'inflammation.

## **Curcuma**

Une épice naturelle trouve souvent dans les plats du Moyen-Orient est le curcuma. Les principaux ingrédients offrent la possibilité de bloquer les enzymes qui permettent aux bactéries nuisibles de se propager. Le curcuma a des propriétés qui aident à réduire les infections bactériennes, l'inflammation, et diverses formes d'infections chroniques. Il peut également aider à des maux de tête chroniques et la bronchite.

Même si le curcuma est épicé, il peut être un remède naturel pour les brûlures d'estomac. Pour ceux qui aiment les aliments épicés mais pas l'après-effets, cela peut être un rêve devenu réalité!

Il peut également réduire l'inflammation et la douleur légère à modérée, l'arthrite.

## **Chapitre 4**

### **Extraits**

Peut-être vous avez entendu parler de la valeur de différents extraits. Ce sont souvent des capsules qui contiennent des ingrédients qui ont été créés au profit de votre santé globale et de bien-être. Si vous utilisez déjà l'un de ces extraits par jour comme supplément, vous vous battez contre les infections bactériennes sans même le savoir!

Ces extraits ne sont pas chers et ils peuvent faire un changement significatif dans la façon dont vous vous sentez. Pensez à ce que ces extraits offrent afin que vous puissiez choisir celle qui correspond le mieux à vos besoins.

## **Argent colloïdal**

Diverses propriétés offertes par l'argent colloïdal comprennent tuer les bactéries et les germes.

Cet extrait, qui est en fait un minéral, a été utilisé pendant plus de 100 ans pour tuer les bactéries et les champignons. Il a également été utilisé pour prendre soin d'un éventail de virus.

L'argent colloïdal peut également aider avec le processus de guérison des plaies topiques et des plaies ouvertes qui ne semblent pas guérir comme ils le devraient. Il peut être très utile pour ceux qui souffrent de bronchite. Il peut également augmenter l'énergie chez les personnes souffrant de fatigue chronique.

Ce minéral ne doit être utilisé en petites quantités. Assurez-vous que vous suivez les instructions d'utilisation sur l'emballage de supplément. La puissance de l'argent colloïdal peut varier d'un produit à l'autre.

## **Extrait Chrysanthème Lavandulifolium**

Cet extrait présente un maquillage particulier très proche de celle des antibiotiques de synthèse.

Il est considéré comme l'un des produits les plus anciens utilisés par les différentes cultures pour traiter des problèmes de santé. Il peut également aider à stimuler le système immunitaire en favorisant la réplication des cellules saines.

## **Echinacea**

Le temps d'une infection bactérienne ou une infection fongique récupération peut être réduit par l'utilisation de l'échinacée. Il peut aider à diminuer les symptômes et la durée des infections de l'oreille, les infections respiratoires et des problèmes de sinus. Il réduit aussi l'inflammation, donc un mal de gorge ne sera pas aussi invalidante.



La plupart des gens prennent l'échinacée comme un complément de la capsule. Si l'huile est utilisée, quelques gouttes devraient être prises à partir d'un compte-gouttes dans un verre d'eau une fois par jour. Beaucoup de gens aiment faire du thé de l'échinacée avec une petite quantité de miel pour adoucir le goût.

### **Extrait de pépins de pamplemousse**

Les antioxydants trouvés dans le pamplemousse vibrantes sont généralement connus. Pourtant, tous ne sont pas un fan de la saveur du fruit frais ou de jus. D'autres choisissent de le sucrer avec beaucoup de sucre, mais que peuvent causer d'autres problèmes de santé sur la route.

Une solution positive est la consommation d'extrait de pépins de pamplemousse. Il propose antifongique et des éléments antibactériens. Des études ont trouvé plus de 800 types de bactéries et plus de 100 types de bactéries peuvent être tuées par cet extrait. Les bonnes nouvelles, aussi, est que ce ne sera pas tuer les bactéries saines votre corps a besoin.

### **Huile de lavande**

Beaucoup de gens comptent sur l'huile de lavande pour les aider à se détendre et à mieux dormir.

Cette huile essentielle est également bien connu pour réduire l'inflammation. Il est également un extrait antibactérien qui peut réduire les problèmes respiratoires, des infections des sinus et des infections bactériennes qui affectent la gorge et les oreilles.

L'huile de lavande peut réduire les infections sur tout le corps en termes de gravité et de la durée.

Vous avez seulement besoin de quelques gouttes d'huile de lavande car il est très puissant. Vous pouvez ajouter les gouttes d'eau de votre bain ou vous pouvez les mettre dans un diffuseur.

## **L'huile de neem**

Une petite quantité d'huile de neem va un long chemin pour les prestations de santé en général.

Cette huile provient de l'arbre de neem. Les feuilles sont également disponibles à l'achat, mais l'huile a le plus de valeur pour votre corps. Neem a été utilisé pendant plus de 4000 ans en Inde et en Afrique pour aider à améliorer la peau et réduire la quantité de temps qu'il faut pour le corps à guérir.

L'huile de neem contribue également à réduire la croissance des virus et des bactéries. Dans le même temps, il est un analgésique naturel et il peut aider à réduire l'inflammation. Il peut faire baisser une fièvre élevée dans un court laps de temps. Souvent, il est utilisé pour réduire les effets de la nausée et des maux d'estomac, ce qui peut avoir des effets secondaires de divers médicaments sur ordonnance.

## **Pau d'Arco**

Certaines personnes supposent pau d'arco vient de la France en raison de son nom, mais il est en fait originaire d'Amérique du Sud. Le principal ingrédient de cette herbe est lapachol, ce qui peut réduire les infections causées par les bactéries, les champignons et les virus. Certains experts estiment également qu'il a des propriétés qui peuvent aider à lutter contre certaines formes de cancer.

Cependant, la plupart des gens l'utilisent comme un soulagement du rhume. Il ya ceux qui vous diront que si elles prennent le pau d'arco dès qu'ils se sentent les premiers symptômes d'un rhume, ils sont très bien dans quelques jours. Ils ne se sentent pas la rigueur du froid, et il ne se attarde pas.

D'autres décident d'utiliser une faible dose de pau d'arco tous les jours pendant la saison froide et de la grippe. Ils le font comme un moyen de stimuler le système immunitaire et réduire le risque de tomber malade. Cela est particulièrement vrai de ceux qui travaillent

autour de beaucoup d'autres personnes, car ils ont tendance à être plus vulnérables à ces maladies aéroportées.

### **Extrait de pépins de noix**

Tandis que l'extrait de noix de graines est souvent utilisé pour contrôler le diabète, il a aussi beaucoup d'antioxydants à offrir. Il peut être utilisé pour contrôler les problèmes de l'indice glycémique (IG) et les infections bactériennes chroniques.

Vous pouvez acheter des noix de semence comme une capsule à prendre tous les jours que la prévention. Cependant, les meilleurs avantages proviennent de l'huile qui est extraite de la graine de noix. Cette huile essentielle est puissant, si vous avez seulement besoin de quelques gouttes à la fois.

### **L'huile de théier**

Huile d'arbre à thé a été utilisé par les professionnels de la santé jusqu'à ce que les années 1940

quand ils ont commencé à utiliser la pénicilline, mais il est toujours considéré comme l'un des meilleurs antibiotiques naturels disponibles. Il provient de la feuille de la plante qui est originaire de Nouvelle-Galles du Sud et l'Australie. Il est à la fois antibactériennes et antivirales. Il est assez puissant pour traiter le SARM et d'autres infections du personnel.

Cette huile essentielle est très puissant et doit être utilisé de façon conservatrice. Seulement une goutte ou deux est nécessaire pour obtenir des résultats. Vous pouvez utiliser les feuilles et les faire bouillir, mais les meilleurs résultats viennent de la version extraite de l'huile.

## **Chapitre 5**

### **De Plantes**

Tout quelques antibiotiques à base de plantes naturelles proviennent de plantes. Ils ont été utilisés par des cultures anciennes pour aider à prévenir la maladie et guérir divers maux. Ils peuvent également vous aider à rester en bonne santé ou de combattre une infection bactérienne.

## **Aloe vera**

La plante connue comme l'aloé vera est un la plupart des gens ont utilisé pour des brûlures apaisantes. Cela comprend des brûlures de la cuisine et des coups de soleil. Cette plante pousse dans les climats qui sont chauds et secs. Il peut aussi aider à lutter contre les infections bactériennes et même l'herpès.

Pour utiliser l'aloé, couper juste ouvrir les feuilles d'une plante et obtenir la sève d'elle. Vous pouvez la faire bouillir et de respirer dans les vapeurs d'aider le corps à se remettre de problèmes de santé. Pour les brûlures, il est appliqué directement sur la zone affectée. Certaines personnes créent jus d'aloès et boivent pour stimuler leur système immunitaire.

Il existe également des suppléments capsule de l'aloé vera disponibles qui peuvent être utilisés pour un éventail de problèmes de santé. La dose quotidienne recommandée est entre 100 mg et 200 mg par jour.

## **Cryptolepis**

Ceci est une plante à fleurs qui est originaire de la Gambie et le Congo. Cryptolepis est extrait de la racine de la plante. Il est souvent utilisé comme un moyen de traiter le diabète de type II et le paludisme. Les éléments antibactériens font une entité très puissant dans la lutte contre l'inflammation et les bactéries nocives.

Cryptolepis peuvent être trouvées dans une variété de formes. La poudre et les capsules sont très fréquentes. Le thé offre plus d'avantages pour le corps, mais le goût peut être amer. Ajouter un peu de nectar de miel ou peut rendre le goût plus agréable.

## **Echinacea**

Pendant des centaines d'années, l'échinacée a été utilisé pour donner le système immunitaire de l'aide. Il a également été utilisé pour lutter contre les infections à la fois de la variété bactérienne et virale. Ceci est une plante très puissante et elle peut détruire les formes graves de bactéries, y compris ceux qui causent des infections à staphylocoques et le SARM.

Échinacée semble être l'un des populaires, go-to, les antibiotiques à base de plantes. Ceci est parce qu'il contribue à un tel éventail de problèmes de santé. Il peut être pris quotidiennement à faibles doses pour aider à prévenir les problèmes bactériennes et virales. Il peut également être atteint pour rapidement lorsque vous sentez une maladie à venir sur.

Beaucoup de gens trouvent que l'échinacée aide à se sentir naturellement mieux. Il ya très peu de gens là-bas qui ne reçoivent pas une réponse positive de la santé-sage quand ils l'utilisent. Il ya deux capsules et formes liquides offerts dans la plupart des magasins d'aliments santé.

## **Eucalyptus**

L'huile qui vient de l'eucalyptus a été utilisé dans le monde pour des milliers d'années. Il est originaire d'Australie et il a été utilisé comme un antiseptique pharmaceutique. Pour extraire l'huile, les feuilles sont bouillies ou à la vapeur.

Le procédé d'extraction peut être difficile et prend du temps. Voilà pourquoi il est si cher. L'huile d'eucalyptus ne devrait jamais être appliquée directement sur la peau sans être diluée. Si vous le faites, il peut en résulter des brûlures et des démangeaisons de la peau. Les effets négatifs peuvent contrer les effets positifs, donc assurez-vous toujours le diluer. Cette huile ne doit jamais être pris par la bouche.

Ceci est une excellente option pour quelqu'un qui n'a pas eu de succès avec d'autres antibiotiques à base de plantes ou même beaucoup de soulagement des antibiotiques synthétiques. Ces problèmes de santé peuvent inclure des infections chroniques du sinus et des infections chroniques de l'oreille.

## **Genévrier**

L'usage de genévrier est bien connu pour les grandes baies dégustation qu'elle offre. On les trouve dans divers aliments et boissons à ajouter de la saveur. Cet antibiotique est une forme de la phytothérapie qui est souvent négligé. Il peut aider à réduire les problèmes dus à la bronchite ou l'inflammation. Il peut aussi combattre les infections bactériennes.

Pour les prestations de santé, de l'huile de genévrier est un bon choix. La dose est d'environ 100

mg par jour. Si vous utilisez des baies réels, la dose est seulement 10 g par jour. Il peut être difficile d'obtenir des baies de genièvre frais tout au long de l'année, mais l'huile peut être trouvé en ligne ou dans un magasin d'aliments naturels.

## **Réglisse**

La grande odeur et le goût de réglisse rend attrayant pour les enfants et les adultes. Il offre des propriétés antibactériennes et antifongiques. Il est souvent utilisé pour réduire l'inflammation. Il est un bon choix pour des problèmes chroniques de la bronchite et les infections virales.

Réglisse aide le système immunitaire de sorte qu'il peut être utilisé pour lutter contre le rhume et la grippe. Il est préférable d'utiliser en petites quantités si. La racine entière offre la meilleure valeur médicinale. Il ne devrait pas être utilisé par toute personne ayant une pression artérielle élevée.

Si vous avez un mal de gorge ou l'angine streptococcique, la création d'un thé à base de miel et de racine de réglisse peut apaiser rapidement. Ajouter 1 cuillère à café de poudre de réglisse à 8

onces d'eau chaude. Boire deux fois par jour jusqu'à ce que vous vous sentez mieux.

## **Olive Leaf**

On ne peut nier les avantages globaux de la feuille d'olivier. Ceux-ci comprennent en réduisant l'inflammation, ce qui élimine les bactéries nocives, et de renforcer le système immunitaire. Il est souvent utilisé par ceux qui souffrent de l'arthrite et des problèmes digestifs.

La dose quotidienne recommandée pour traiter des problèmes de santé en cours est de 30 ml.

Pour la prévention, la dose est comprise entre 10 ml et 20 ml par jour. Il peut être pris par voie orale sous forme liquide, mais vous ne devrait pas dépasser 2 cuillères à soupe par jour.

## **Chapitre 6**

### **De arbres**

Un peu d'options pour les antibiotiques à base de plantes proviennent d'arbres. Bien que cette liste est plus courte et moins connu, il ne fait pas d'eux des options plus ou moins inaccessibles.

### **La racine d'hydraste**

Alors que la racine hydraste est pas aussi largement connu que d'autres antibiotiques à base de plantes, il ne devrait pas être négligé. Il peut gagner la bataille sur les champignons et les bactéries. Il est également utilisé pour réduire l'inflammation

chronique. Ceci est une plante très puissante et elle peut réduire l'enflure dans la gorge rapidement.

Il apaise la muqueuse des membranes muqueuses, qui peuvent devenir irrités par des problèmes respiratoires ou une infection des sinus. Racine d'hydraste peut également réduire une toux sèche chronique qui empêche le sommeil.

### **Poke racine**

Poke racine est très étrange prospectifs, et il pousse dans les riches régions de l'Amérique du Nord de sol. Cette racine peut être très utile pour lutter contre les bactéries et en donnant le système immunitaire de l'aide. Vous ne devez faire attention à l'utiliser, cependant, comme trop de racine poke peut être toxique. Ne pas utiliser plus d'une goutte par jour ou il peut causer des dommages aux reins.

### **Usnea**

Surtout connu comme un antioxydant, usnea est également un excellent moyen de lutter contre les bactéries nocives. Il peut aussi garder les formes de champignon à la baie et vous aider à maintenir un système immunitaire très sain. Ceci est une excellente option pour quelqu'un traiter avec une toux chronique. Usnea apaise les muqueuses.

### **Ver du bois**

Alors que woodworm est principalement utilisé pour traiter les infections de vers, il peut aussi aider à la maladie et de l'inflammation des problèmes de Crohn. Il est un antibiotique à base de plantes qui aide le corps à lutter contre les problèmes bactériennes et virales.

Woodworm est une huile essentielle qui doit être utilisé en petites quantités. Il peut être trouvé comme une capsule ainsi. Ne pas dépasser 5 g de cette substance quotidienne.



## Chapitre 7

### Meilleurs choix à base de plantes

#### pour divers maux

Sélection des meilleurs antibiotiques à base de plantes pour différents maux est important. Alors que la plupart d'entre eux ont les moyens de tuer les bactéries nocives, d'autres aussi prendre soin des champignons et des virus dangereux. Il ya aussi ceux qui stimuler votre système immunitaire.

Chaque personne va réagir aux antibiotiques à base de plantes différemment. Ceci est parce que la chimie du corps de chaque personne est différente. Vous pouvez avoir besoin d'expérimenter avec quelques options avant de trouver ce qui vous aide à bien d'obtenir ou d'utiliser comme outil de prévention.

Qu'est-ce que vous choisissez d'utiliser peut également varier en fonction des problèmes de santé, vous êtes immédiatement confrontés. Lorsque vous ne vous sentez pas bien, vous avez besoin d'une solution rapide pour vous aider à retourner au sentiment de votre mieux dans le moins de temps.

Afin de lutter efficacement contre les problèmes de santé bactériennes et virales, vous devez faire tout votre possible afin de se sentir votre meilleur. Il est important de réaliser le potentiel des options à base de plantes. Voici une liste de référence rapide que vous trouverez bénéfique.

Acné - aloe vera, de calendula, de l'huile d'arbre à thé

La consommation d'alcool - kudzu, primevère

Allergies - camomille

la maladie d'Alzheimer - bilbao ginkgo, romarin

Angine - aubépine, l'ail, le thé vert, le saule

Anxiété - camomille, houblon, le kava, lavande, fleur de la passion,  
la valériane L'arthrite - poivron, le gingembre, le curcuma

pied d'athlète - l'huile de théier

Bronchite - échinacée

Burns - aloe vera

rhume - andrographis, l'échinacée, racine de réglisse

Toux - eucalyptus

Dépression - millepertuis

Diarrhée - myrtille, framboise

Vertiges - gingko, le gingembre

Earache - échinacée

eczéma - camomille

Grippe - échinacée

La gingivite - le thé vert, l'hydraste

Le rhume des foies - beurre fraise

pression artérielle élevée - l'ail, l'aubépine

Taux de cholestérol élevé - pomme, cannelle, les graines de lin

bouffées de chaleur - le trèfle rouge, le soja

Indigestion - la camomille, le gingembre, la menthe poivrée

Infection - l'échinacée, l'ail, le ginseng, l'huile d'arbre à thé

Insomnie - le houblon, le kava, la valériane

Douleurs lombaires - Caracole, le thymol, l'écorce de saule

Migraines - pétasite, la grande camomille

Les nausées matinales - gingembre

Douleurs musculaires - capsicum, Wintergreen

Nausées - gingembre

Maux de gorge - réglisse, molène

Nez bouché - échinacée

Maux de dents - l'huile de clou de girofle, le saule

infection de levure - ail, l'hydraste du Canada, le pau d'arco

## **Chapitre 8**

### **Parler à votre médecin**

#### **Antibiotiques à propos de Herbal**

Ne soyez pas timide si vous souhaitez parler à votre médecin au sujet des antibiotiques à base de plantes. Armé avec les informations que vous avez apprises ici, vous voudrez peut-être essayer d'utiliser certains de ces remèdes à la place d'antibiotiques synthétiques.

Vous devriez avoir une assez bonne relation avec votre médecin que vous pouvez communiquer avec lui ou elle ouvertement. Laissez-lui savoir pourquoi vous allez essayer antibiotiques à base de plantes. Gardez à l'esprit qu'il peut y avoir des moments où vous ou quelqu'un dans votre famille a besoin d'une prescription.

Cependant, vous pouvez laisser votre médecin vous allez essayer antibiotiques naturels à la fois la prévention et le traitement. Si vous n'êtes pas capable de prendre soin de la bactérie qui cause des

problèmes, retourner chez le médecin pour une évaluation et essayer antibiotiques de synthèse à ce moment si cela est jugé nécessaire.

La plupart des professionnels de la santé vont respecter votre décision. Ils peuvent mettre des notes dans vos dossiers médicaux ainsi que dans les fichiers pour vos enfants. Ils apprécieront votre honnêteté, et ils vont vous demander de faire rapport à eux si vous avez des questions ou des préoccupations.

Beaucoup de professionnels de la santé prennent en charge l'utilisation des antibiotiques à base de plantes. Cependant, ils ne sont pas en mesure de les promouvoir auprès de leurs patients en raison de leur type d'entreprise. Si vous avez un médecin qui essaie de vous convaincre de ne pas utiliser les antibiotiques à base de plantes, vous pouvez vouloir reconsidérer votre choix de qui vous tourner pour obtenir des soins médicaux.

Même si elles ne sont pas d'accord avec votre choix, la plupart des professionnels vont respecter

les décisions que vous avez faites. Il est très important pour vous et votre médecin pour être sur la même page au sujet de vos besoins de soins de santé et les besoins de votre famille. Ne pas cacher le fait que vous utilisez les antibiotiques à base de plantes de votre médecin.

## **Chapitre 9**

### **Conseils pour obtenir le meilleur possible**

#### **Les antibiotiques à base de plantes**

Il est extrêmement important de comprendre que la qualité des antibiotiques à base de plantes naturelles influe sur leur valeur et l'efficacité. Il est logique de vous assurer d'obtenir les meilleures options possibles. Ne pas couper les coins ronds avec le coût que

de se retrouver avec un produit qui ne fonctionne pas comme il devrait.

## **Rechercher avant d'acheter**

Ne présumez pas un produit est le même que tout le reste. Soyez un consommateur bien informé.

Faites vos recherches avant d'acheter des antibiotiques à base de plantes. Prenez le temps de lire les commentaires en ligne pour voir ce que les gens ont à dire.

Lire les ingrédients ainsi, parce que vous serez étonné de voir ce qui est parfois ajouté que vous ne voulez pas. Faites attention à commentaires en ligne des réels consommateurs. Ils sont bien plus précieux que les témoignages que vous trouverez sur les produits. Les commentaires des consommateurs vous disent ce qu'ils ont acheté, ce qu'ils ont utilisé le produit pour, et les résultats qu'ils ont reçus.

Bien que les antibiotiques à base de plantes fonctionnent différemment pour les personnes en fonction de leur chimie du corps, vous pouvez obtenir une bonne idée de ce qui peut travailler pour vous. Si elle semble bien fonctionner pour la majorité des utilisations, il est un bon produit pour envisager d'essayer.

## **Sites crédibles en ligne**

Vous pouvez être en mesure d'obtenir des aubaines incroyables sur des antibiotiques à base de plantes lorsque vous achetez en ligne. Cependant, vous ne devez vous assurer que vous les acheter à partir d'un site en ligne crédible.

Découvrez combien de temps l'entreprise a été ouverte. Rappelez-vous, tout le monde peut créer un site web d'aspect professionnel. Vous avez besoin de savoir combien de temps ils ont vendu et combien de plaintes qu'ils ont reçu.

Voulez-vous obtenir un numéro de suivi quand vos navires d'ordre? Quelle est la qualité de leur service à la clientèle? Y a-t-il un type de politique de remboursement ou garantie offerte?

Prenez le temps de comparer plusieurs sites Web afin que vous puissiez avoir une idée réaliste de ce qui est offert. Assurez-vous que vous comparez le prix et l'expédition, aussi. Parfois, vous trouverez un prix inférieur, mais lorsque vous ajoutez sur le expédition, il provoque un saut énorme en coût global.

Si il ya un endroit pour entrer un code promo ou code de réduction, d'ouvrir un deuxième navigateur et de recherche pour l'un. En copiant et collant ce que vous trouvez, vous économiserez de l'argent chaque fois que vous commandez.

### **Acheter herbes fraîches Lorsque possible**

Si vous prévoyez d'utiliser des herbes que vous pouvez cuisiner vos antibiotiques à base de plantes, essayer de les acheter fraîches. Vous pourriez être en mesure de les obtenir au rayon des produits de votre épicerie. Selon la période de l'année, il peut y avoir des marchés agricoles autour de vous qui les offrent.

Rappelez-vous, en ajoutant ces herbes fraîches aux aliments que vous cuisinez peut être une grande ligne de défense de problèmes de santé bactériennes et virales. Ces herbes peuvent également améliorer le goût de la nourriture que vous servez pour votre famille.

### **Cultivez votre propre Herbes**

Il ya aussi des kits que vous pouvez acheter qui vous aident à grandir vos propres herbes. Ceci est moins cher que d'acheter des neuves localement. Vous ne devez pas une grande quantité d'espace pour les cultiver. En fait, certains de ces kits sont assez petit pour que vous les placez sur le rebord de la fenêtre dans votre cuisine.

### **Suivez les instructions de dosage Complètement**

Ne jamais dépasser les instructions de dosage pour les produits antibiotiques à base de plantes.

Trop souvent, les gens vont augmenter la dose pensant qu'il va les aider à aller mieux en moins de temps. Cela ne veut pas vrai, cependant, et il peut entraîner des effets secondaires ou de maladie grave.

Lorsque la dose a des options basses et hautes, commencer avec la dose la plus faible possible. Si vous ne vous sentez pas que vous obtenez le maximum de profit, alors vous pouvez augmenter graduellement votre consommation jusqu'à ce que vous atteignez le seuil approprié. Si les directions disent à diviser le produit en deux ou trois doses par jour, ne prenez pas tout cela à la fois.

### **Un stockage adéquat**

Ne négligez pas correctement stocker des antibiotiques à base de plantes. Généralement, vous avez besoin de les tenir à l'écart de la lumière, de la chaleur et de l'humidité. Ne pas stocker des suppléments dans la salle de bain en raison de l'humidité causée par la douche. Ne placez pas les médicaments ou produits naturels sur un comptoir où ils peuvent être exposés à la lumière du soleil.

Au lieu de cela, les stocker dans un endroit frais et sombre qui est aussi sec. Gardez un bon œil sur les dates d'expiration, aussi. Assurez-vous de garder tous les produits à base de plantes et d'autres formes de médicaments hors de la portée des enfants ou des animaux domestiques.

### **Utilisant des huiles essentielles**

La puissance des huiles essentielles est important de comprendre. Quelques gouttes diluées dans l'eau peut être plus important. La plupart des huiles essentielles ne doivent pas être appliqués directement sur la peau sans les diluer. Ils ne doivent pas être consommés par voie orale soit.

Ne jamais mélanger des huiles essentielles ensemble, sauf si vous suivez une recette spécifique.

Sinon, vous pouvez créer certains effets indésirables qui ne sont pas attrayants et ne sera pas vous aider à atteindre vos objectifs de santé.

## **Conclusion**

Les infections bactériennes peuvent être difficiles à éviter en raison de l'exposition constante que nous avons à germes et à d'autres personnes. Cependant, leurs symptômes peuvent être graves et peuvent maintenir les niveaux et la qualité de vie à faible énergie. Une infection bactérienne est rarement mieux sur son propre, et il peut épuiser votre système immunitaire en un rien de temps.

Prescription d'antibiotiques sont souvent très coûteux, même si vous avez une couverture d'assurance. Ils peuvent également créer une gamme d'effets secondaires, tels que des nausées, de la diarrhée, bouche sèche, l'insomnie et agitation. Aucun de ces effets secondaires sont faciles à traiter.

L'utilisation d'antibiotiques à base de plantes naturelles a eu lieu depuis le début des temps. Dans de nombreuses cultures, il y avait des gens qui sortaient et de recueillir les herbes et d'extraits. Ils offriraient ces éléments à ceux qui souffraient de symptômes d'infections bactériennes.

Vous êtes maintenant au courant de cinquante-six options possibles pour prévenir et guérir naturellement les infections bactériennes. Vous pourriez avoir à expérimenter avec certaines des options pour trouver ce qui fonctionne le mieux pour vous! Faites votre part pour rester en aussi bonne santé que possible.

Cela comprend obtenir au moins huit heures de sommeil chaque nuit et d'exercice quotidien.



Adoptez un régime alimentaire bien équilibré avec des quantités minimales de sucre. Techniques de relaxation de pratique, y compris la méditation et de la communication pour réduire le stress.

Maintenir des relations saines et éviter les habitudes de vie dangereuses, y compris boire et de fumer.

Garder votre corps en bonne santé va vous aider à atteindre la qualité de vie que vous voulez.

L'utilisation d'antibiotiques à base de plantes naturelles peut aider à stimuler votre système immunitaire et rebondir si vous devriez être affecté par une infection bactérienne.

Études au cours des dernières décennies indiquent que l'utilisation fréquente d'antibiotiques entraînent des infections résistantes aux antibiotiques. Cela signifie une maladie simple pourrait entraîner une hospitalisation, voire la mort parce que le corps est incapable d'utiliser ces antibiotiques avec succès pour obtenir bien.

Le régime DASH

Dites non à Sel, Oui à la Vie saine,

Le régime DASH POUR PERTE DE POIDS

*L'Ultimate Beginner DASH Guide régime pour perdre du poids, la pression artérielle, et une meilleure santé et de délicieux DASH Diet Recipes*

*Ella Marie*

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### **introduction**

Je tiens à vous remercier et à vous féliciter pour le téléchargement du livre "Le régime DASH."

Ce livre contient des étapes et des stratégies éprouvées sur la façon de réduire votre consommation de sel, d'améliorer votre santé, et

profiter de la bonne nourriture.

Si vous avez déjà eu des symptômes qui ont conduit à des visites chez le médecin et les médicaments, alors vous voulez penser à utiliser un régime comme le régime DASH. Peut-être que votre médecin vous a dit que vous souffrez de:

Une condition cardiaque

Hypertension

Gain de poids

diabète ou des maladies du rein

Wei veut que vous sachiez que ce régime est une bonne option pour vous. Le régime DASH est non seulement un régime, mais une alternative saine à la transition dans votre alimentation de façon structurée pour atteindre optimale, à long terme une bonne santé.

Un problème que les gens courent dans le temps est qu'ils ont tous ces grands aliments qu'ils veulent manger, mais ils ne réalisent pas que la teneur en sel est si élevé que ça endommager leurs organes.

Le régime DASH est une façon de rééquilibrer votre alimentation afin que vous puissiez profiter des options saines dans tout ce que vous consommez, de cette façon vous pouvez vous assurer que vous serez autour pendant un temps très long! Parce que nous nous inquiétons beaucoup sur le stress au travail et passer à travers la journée, nous échouons parfois de regarder la quantité de sel qui se trouve dans les aliments transformés que nous consommons. Voilà où le régime DASH

arrive, parce que le régime DASH assure que:

vous mangez sain

vous mangez frais

vous consommez beaucoup de fruits et légumes

Non seulement vous rencontrez beaucoup de fibres, mais vous êtes attachant dans beaucoup de protéines à travers les viandes fraîches comme le poisson et autres fruits de mer, dinde, poulet, boeuf, et le tofu.

Le régime DASH est plus que juste la perte de poids; il est une alimentation saine, et voilà pourquoi Wei veut que vous considériez ce régime comme alternative saine. Dans ce livre, très pratique, vous apprendrez à propos de:

Qu'est-ce que le régime DASH est et comment il peut vous aider

Le régime DASH dans un processus étape par étape

Le régime DASH pour perdre du poids

Combiner les aliments et faire des ajustements, car une partie d'un régime amaigrissant et une partie de modifier votre alimentation est fait de petits ajustements avec chaque repas

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Différents types de nourriture que vous pouvez avoir qui peut aider à réduire votre pression artérielle

Différents types de plans de repas que vous pouvez envisager et les régimes d'échantillons dans les phases qui pourrait fonctionner pour vous

trucs, de conseils, et les choses que vous voudrez peut-être prendre en compte lorsque vous passez sur le régime DASH

Rappelez-vous un problème que les gens trouvent le long du chemin est qu'ils veulent manger des choses qui sont traitées et ont une teneur élevée en sel, et quand ils le font, ils doivent prendre un médicament pour ramener le niveau de sel bas parce que leurs

pressions sanguines sont est trop haut. Voilà pourquoi je veux que vous regardiez le régime DASH.

Cette alternative naturelle peut non seulement avoir des effets médicaux et de grands avantages, mais il peut aussi aider à:

Réduisez votre pression artérielle

Adressez vos questions sur le diabète

Perdre du poids

En fin de compte, Wei savoir l'objectif que vous avez est de fixer votre consommation de sodium de sorte que vous pouvez arrêter de prendre la médecine de la pression artérielle et de vivre une vie meilleure. Le régime DASH vous aidera à apprendre comment faire des ajustements à vivre une vie meilleure, et, finalement, qui est l'objectif avec ce livre.

Merci encore pour downloadingpurchasing ce livre, je l'espère vous plaira!

## **Chapitre 1**

### **Quel est le régime DASH?**

Le régime DASH a commencé comme un concept pour aider à faible teneur en sodium et comme un moyen d'aider les gens à perdre du poids. Le but quand il a commencé était d'abaisser la pression artérielle. Comme le régime est devenu plus populaire, il est également devenu un moyen de vie plus sain. Le régime DASH est fondamentalement une meilleure façon de cibler ce que vous mangez et veiller à ce que vous mangez des repas sains en incorporant, aliments frais et sains. Parce qu'il lie choses dans tels que les fruits sains, légumes, noix, graines, grains entiers, et de viandes fraîches, vous verrez que non seulement ce régime est savoureux et agréable, mais vous souhaitez que vous aviez commencé plus tôt!

Le régime DASH est basé sur les lettres dans le mot, qui représentent approches diététiques pour arrêter et prévenir l'hypertension. Ce régime a été mis en place comme un processus étape par étape pour vous aider à prolonger votre vie en limitant la quantité de sel que vous consommez.

Au lieu de manger beaucoup d'aliments transformés, vous allez vous concentrer sur les aliments qui sont riches en vitamines, nutriments et minéraux tels que le calcium, le potassium et le magnésium.

## **COMMENCER**

Lorsque vous démarrez le régime DASH, vous voulez garder une trace de combien vous mangez que vous travaillez sur le contrôle des portions. Vous aurez différents plans de repas que vous pouvez avoir sur une base quotidienne. L'objectif est de faire le régime DASH un peu à la fois avec chaque repas. Vous pourriez commencer à l'utiliser pour perdre du poids ou tout simplement de réduire votre consommation de sel, la pratique de l'alimentation et de surveillance ce que vous mangez au cours des deux à quatre prochaines semaines.

Après cela, vous voulez maintenir. Demandez à votre tension artérielle à nouveau afin que vous puissiez voir combien de points il a baissé; personnes qui ont essayé le régime DASH ont constaté que cela aide vraiment. Le régime DASH peut également aider les choses de combat comme la maladie cardiaque, accident vasculaire cérébral, diverses formes de cancer, l'ostéoporose et les différents niveaux de diabète. Le régime alimentaire est en mesure de cibler ces différents domaines parce que vous décidez de changer les aliments que vous mangez.

Comme vous mangez des aliments plus frais, telles que vos noix, fruits de mer, et les verts, vous consommez plus sains nutriments naturels qui ne sont pas traités comme des aliments congelés.

## **COMMENT Le régime DASH peut me aider?**

Le but du régime DASH est de:

Changez vos habitudes alimentaires

Basse consommation de sel dans votre alimentation

Réduisez votre pression artérielle

En fin de compte, cela se fait que vous changez ce que vous mangez. Voilà pourquoi il se résume à vous, que vous regardiez la nourriture d'une manière nouvelle.

### **Que dans vos ALIMENTS TRANSFORMÉS?**

Quelqu'un peut choisir de manger une faible teneur en gras, repas congelé comme un moyen de suivre un régime. Ils vendent ces sous différentes formes, comme Cuisine et intelligents Lean Ones, par exemple à l'épicerie. Les repas congelés peuvent dire sur l'emballage qu'ils peuvent aider à abaisser votre taux de cholestérol, ou ils peuvent dire qu'ils sont faibles en gras et qu'ils sont une alternative saine à manger. Toutefois, lorsque vous regardez les ingrédients, vous verrez probablement 700 à 800 milligrammes de sel.

Lorsque vous combinez cela avec vos autres aliments tout au long de la journée, vous pouvez constater que le niveau de sel est si élevée que vos pieds sont l'enflure, vous êtes en conservant beaucoup d'eau, et votre tension artérielle est montée en flèche! Voilà où le régime DASH entre en jeu. Avec le régime DASH, parce que vous êtes en train de changer ce que vous mangez, les aliments congelés vont droit par la fenêtre! Vous pouvez réellement voir des changements tout de suite parce que vous êtes abaisser immédiatement la consommation de sel.

Comme vous intégrer plus d'aliments frais et sains, vous allez commencer à voir de meilleurs avantages sociaux tels que votre peau et éclaircir votre digestion de mieux en mieux, et vous pouvez constater que vos intestins se déplacent en fait mieux. Ceci est

parce que vous êtes incorporant des aliments sains et beaucoup de fibres.

## **ALIMENTS riches en fibres**

Une personne qui mange un repas congelé pour le dîner ne peut avoir cela et pas de légumes supplémentaires pour l'accompagner. Ou, si elles le font incorporer une salade, ils ne peuvent être ajoutant laitue et les tomates. Le problème ici est que si vous n'êtes pas consommer les nutriments riches que vos besoins de corps, vous pouvez avoir des problèmes de digestion comme la constipation.

## **AVANTAGES DE PROTÉINES**

Autres façons que vous pouvez aider à changer vos habitudes alimentaires avec le régime DASH

comprennent comment il va vous aider à intégrer la viande fraîche. Parce que vous utilisez des niveaux élevés de protéines, il va déclencher votre corps à expulser sel supplémentaire et de l'eau supplémentaire. Les protéines aident à construire le muscle, et qui est la raison pour laquelle vous voulez vous assurer que vous avez beaucoup de lui dans votre alimentation, ainsi que beaucoup de fibres pour vous aider à traiter. Voilà pourquoi le régime DASH a inclus beaucoup de légumes sains et de fruits sains pour assurer que vous pouvez facilement digestion votre protéine.

## **REPAS échantillon et les minéraux en eux**

Quand vous regardez un échantillon repas, il peut être quelque chose comme le saumon pour le dîner. Même si vous avez le saumon que la protéine, vous pouvez avoir des épinards et un côté de patates douces avec cela. Les épinards contiennent du calcium et du fer, et votre patate douce contient du calcium et de différentes formes de magnésium et de potassium. Il est également riche en fibres, avec les épinards, ce qui aidera à la digestion. Le saumon servira votre protéine, et il est aussi une forme de riches en oméga-3 les acides gras.



Comme vous intégrez les différents aliments et des protéines riches en éléments nutritifs dans votre régime alimentaire, ce qui permettra à votre corps de fonctionner de la façon dont il le devrait. Vous serez mieux en mesure de traiter les aliments, il aidera à la digestion, et vous pouvez également profiter des avantages d'avoir une alimentation riche en nutriments, protéines (qui va construire le muscle), et faible en gras.

### **Effets métaboliques**

Comme sel provient de votre alimentation, vous débarrasser votre corps de l'excès d'eau, de sorte que vous commencer à perdre du poids.

Les protéines aident aussi à construire le muscle en plus de réduire vos mauvaises graisses et en augmentant vos bonnes graisses saines. Avec ce régime en nutriments et riche en protéines, vous allez vivre une vie meilleure.

### **AVANTAGES de faible teneur en sel**

Réduire votre consommation de sel peut:

réduire votre pression artérielle

réduire les migraines ou les maux de tête chroniques du sinus

réduire votre risque de diabète

réduire la rétention d'eau

réduire le risque de crises cardiaques et accidents vasculaires  
cérébraux réduire le poids

Comme vous continuez avec le régime DASH, vous pouvez réellement développer un programme de perte de poids. Cela peut vous aider à cibler les zones où vous rencontrez des problèmes. Vous pouvez combiner le régime DASH avec des collations saines et vos repas. Par exemple, lorsque vous aller au travail ou lorsque

vous êtes à la salle de gym, vous pouvez avoir shakes sains ou des collations saines pour assurer que vous mainteniez le régime DASH tout au long de la journée.

## **QUOTIDIEN CONSOMMATION DE SEL**

Comme le régime DASH permet de réduire votre consommation de sel, il augmente vos chances d'avoir une vie plus saine que vous pouvez apprécier. Gardez à l'esprit que les niveaux de sel par jour sont habituellement environ 3.500 milligrammes ou plus. Ils peuvent même être de 4.500 à 5.000 milligrammes en fonction de ce que vous mangez.

## **CONSULTER UN MÉDECIN**

Votre médecin peut accueillir l'idée de vous de commencer un régime comme celui-ci.

Demandez à votre médecin à évaluer votre niveau de sucre, votre pression artérielle, votre rythme cardiaque, et de tous les médicaments que vous pouvez être sur. De cette façon, tout en utilisant le régime, vous serez en mesure de suivre vos progrès au fil du temps.

Ce livre est divisé en deux parties, qui sont la phase 1, la façon d'utiliser le régime DASH sur une base quotidienne, et la phase 2, comment intégrer l'exercice dans votre régime alimentaire. Je vais aussi mettre l'accent sur les aliments ayant et des collations santé, faire des ajustements quotidiens, et d'établir des plans de repas. Commençons donc ...

## **Chapitre 2**

### **Perte de poids: Utilisation du régime DASH**

#### **pour la perte de poids et l'exercice**

Quand vous êtes prêt à perdre du poids, vous pouvez faire l'erreur d'essayer de faire vous-même.

Vous pouvez commencer avec les meilleures intentions; vous trouvez un plan de régime qui ressemble à cela pourrait fonctionner, charger sur congelés, les aliments faibles en gras, et acheter toutes ces barres protéinées. Vous pouvez penser que vous avez un plan de réussite, et voilà où vous avez fait la première erreur.

Les produits alimentaires peuvent dire qu'ils sont en bonne santé, mais en réalité, leur niveau de sel pourraient être élevés sans vous en rendre compte. En fin de compte, vous pouvez constater que votre pression artérielle est encore élevé ou est devenue encore plus élevé! Mais parce que vous avez enregistré le temps dans la cuisine et vos repas congelés eu si bon goût, vous gardez les manger!

Puis, sur le dessus de cela, vous êtes constipé. Voilà un problème qui se passe quand vous allez sur un régime sur votre propre ou quand vous allez sur les mauvais types d'alimentation. Quand vous êtes prêt à utiliser le régime DASH pour la perte de poids, assurez-vous que les modifications que vous apportez démarrer dans votre réfrigérateur et votre armoire - en se débarrassant de ces aliments congelés et malsaines.

## **Nettoyer les FRIGO ET LES CABINETS**

Vous débarrasser de vos armoires de tous les aliments transformés. Cela signifie sortir tous ces dîners de télévision et les barres protéinées. Limitez la quantité de caféine et d'alcool que vous consommez. La consommation de caféine ne modifie pas nécessairement la pression artérielle (mis à part un pic initial), mais vous voudrez peut-être de limiter votre consommation de caféine ou de garder le bas car il peut élever votre rythme cardiaque.

Le régime DASH aidera à perdre du poids car il utilise beaucoup d'aliments naturels qui ne possèdent pas les conservateurs et les additifs contenus dans les aliments transformés et congelés. Comme

vous le tester pour voir si oui ou non votre corps va prendre à la diète, vous pouvez rapidement se rendre compte qu'il est le type de régime que vous voulez avoir pour le reste de votre vie. Vous pouvez incorporer beaucoup de fruits, de légumes et de bonnes protéines sous forme de viande.

Comme vous réduire votre risque pour des choses comme accident vasculaire cérébral, les maladies cardiaques et d'autres maladies qui sont liées à l'hypertension, vous verrez que le régime DASH devient vite quelque chose qui est non seulement de perdre du poids, mais est sur le maintien d'un mode de vie sain.

## **Le régime DASH POUR PERTE DE POIDS**

Vous allez avoir idéalement trois repas complets par jour, et vous aurez également deux à trois petites collations entre les deux. Ce régime est pas pour vous priver de nourriture; vous ne devez pas vous inquiéter à propos de mourir de faim ou se sentir comme vous ne pouvez pas manger.

Vous serez capable de manger beaucoup de bons aliments riches en protéines. Regardons quelques-unes des choses que vous pouvez avoir dans le régime alimentaire de sorte que vous pouvez faire les changements appropriés.

### **Collations saines**

Noix comme les amandes, les arachides, les noix, les noix de cajou, de pécan et peut aider à assurer que vous restez plein tout au long de la journée. Vous pouvez également intégrer des choses comme les semences et les edamame citrouille. Si vous avez faim et que vous voulez quelque chose de doux, vos options sont canneberges séchées, raisins secs, bananes, pommes, ou tout autre morceau de fruit. Ne vous inquiétez pas; lorsque vous passez à la phase 2, vous serez en mesure d'avoir les nachos sains et peaux de pommes de terre ou même faire vos propres collations saines, comme des muffins pomme de son et des barres de céréales!

Gardez à l'esprit ceci est juste un échantillon de quelques collations saines. Ceci est même pas incorporer les aliments sains réels que vous pouvez avoir une fois que vous atteindrez votre perte de poids optimale. Voilà pourquoi lorsque vous avez terminé la phase 1, vous voulez rester sur le régime DASH en Phase 2. Lorsque vous passez sur le plan de l'alimentation régulière pour la vie dans la phase 2, les repas vont aller mieux, tout comme les snacks fait. Vous serez en mesure d'avoir des choses comme trempette aux haricots, fèves edamame houmous, et des muffins de blé entiers même.

## **Intégrer l'exercice dans le régime DASH**

Lorsque vous commencez l'exercice pendant que vous êtes sur le régime DASH, la seule chose que vous pourriez avoir à considérer est la façon dont vous allez alimenter votre corps. Dans le passé, peut-être votre façon d'alimenter votre corps était avec une barre de chocolat ou une barre de protéines, mais que peut-être la raison pour laquelle vous avez commencé emballage sur les livres, en premier lieu. Avec le régime DASH, vous voulez avoir des aliments appropriés qui vous aideront pendant et après votre séance d'entraînement.

Par exemple, vous voulez avoir quelque chose qui va vous alimenter pour la séance d'entraînement et vous donner de l'énergie, qui peut provenir de protéines et de glucides. Avant une séance d'entraînement, envisager d'avoir des noix comme les amandes, le yogourt dans un tremblement, ou des œufs durs. Vous pouvez également faire votre propre barres granola ou mélange montagnard, ou vous pouvez avoir un muffin de blé avec du beurre d'arachide ou des œufs dans un pain pita avant de vous rendre à la salle de gym.

## **FAIRE vos aliments préférés PROPRES**

Comme vous obtenez plus loin dans le régime DASH et vous commencez à combiner les aliments pour faire vos propres recettes saines, vous pouvez constater que vous voulez faire vos propres excellentes collations, comme des barres granola. Vous pouvez

incorporer des choses comme la mélasse et le miel en eux. Vous pouvez également les remplir avec beaucoup de bonnes noix et les graines pour vous donner les nutriments et minéraux que vous voulez et de vous alimenter au cours d'une séance d'entraînement.

## **Shakes et PROTÉINES**

Vous pouvez également faire votre propre shakes de protéines pour vous donner le carburant que vous aurez besoin pour une séance d'entraînement. Essayez d'avoir une secousse avec yogourt, fraises, bananes, concombres, brocoli, poivrons, et rien d'autre avec de la fibre et un peu de sucre et pour le carburant.

Cela permettra également de faciliter la digestion, de sorte que vous ne devrez pas vous inquiéter d'avoir des problèmes de constipation. Si, d'autre part, vous avez un problème avec des selles molles, puis faire votre protéine secoue un peu plus doux; avoir quelque chose comme un shake de protéines de mangue à la pastèque, une secousse de melon avec des fraises, ou une banane, et de limiter vos verts jusqu'à ce que vous avez terminé votre séance d'entraînement à la salle de gym. Ajout de légumes à un tremblement est une question d'équilibre pour votre digestion, et vous saurez quand vous avez besoin d'ajouter plus de vert!

## **CRAVINGS Curb**

Si vous avez des envies pendant votre séance d'entraînement ou même à midi une séance d'entraînement, une petite collation, comme un sac d'amandes ou de quelques morceaux de fromage faible en gras, peut faire des miracles. Vous pouvez également avoir une belle, bonne salade à midi, avec de la laitue, des tomates, salade de thon et oignons rouges en elle. Vous pouvez utiliser un pain pita faible en gras pour le maintenir. Ce repas vous donnera suffisamment de protéines pour passer à travers le déjeuner et la séance d'entraînement.

## **TRAVAIL sur le renforcement musculaire**

Assurez-vous que vous utilisez une bonne séance d'entraînement cardio-vasculaire qui utilise le tapis roulant, elliptique, ou maître d'escalier. Vous voulez également vous assurer que vous commencez à construire le muscle car cela brûle les graisses, qui vous aide à perdre du poids.

Gardez à l'esprit que gagner du muscle peut d'abord vous faire apparaître comme vous de prendre du poids.

Séances d'entraînement sont également à propos de la longévité. Vous voulez vous assurer que vous êtes combinant votre nourriture avec un régime d'entraînement cohérent. Vous ne voulez pas essayer de brûler autant de calories que vous pouvez et puis de revenir le lendemain et faire la même chose; vous allez rapidement vous brûler, et vous ne voulez pas le faire. Élaborer et former constamment, et dans le long terme, votre corps va se sentir mieux et vous serez en mesure de maintenir une santé optimale. Soyez sûr d'étirer et de boire beaucoup d'eau avant, pendant, et après vos séances d'entraînement.

### **Brûler plus de calories**

Beaucoup de gens passer à la diète DASH parce qu'ils veulent apprendre à manger sain exercice et pour la vie. Lorsque vous regardez certains spectacles sur la perte de poids, ils peuvent montrer aux gens dans le gymnase qui tentent de brûler 6000 calories par jour. Ces spectacles vous permettent de voir les gens qui abandonnent dix livres par semaine, et ce est pas sain. Non seulement il conduit aux fractures de stress, mais vous pouvez perdre autant de sel que vous vous retrouvez à l'hôpital. Cela ne veut pas votre objectif. Vous souhaitez travailler sur un plan cohérent. Si vous souhaitez graver une livre en une semaine, vous aurez à brûler 3500 calories par semaine pour perdre ce livre.

Ce type de perte de poids peut aussi être obtenue en prenant en moins de calories par semaine.

Vous voulez trouver un bon équilibre entre vos séances d'entraînement et votre régime alimentaire. Essayez d'intégrer shakes de protéines dans vos séances d'entraînement. Inclure des choses comme les bananes et le yogourt qui ont potassium. Incorporant beaucoup de calcium dans votre alimentation, et de donner à votre corps assez de carburant pour exercer.

## **LES DANGERS DE MERCURY**

Soyez prudent d'avoir beaucoup de poissons dans votre alimentation. Vous pouvez penser avoir thon tous les jours à l'heure du déjeuner vous aidera à perdre du poids, mais vous devez être très prudent avec votre consommation de mercure. Essayez de ne pas avoir plus que l'équivalent de deux boîtes de thon par semaine. Le mercure peut endommager les reins, et vous ne voulez pas avoir à vous soucier de cela.

## **chapitre 3**

### **Abaisser la tension artérielle: Aliments et des minéraux qui aident**

Si vous avez déjà eu à porter un moniteur de garder une trace de votre pression artérielle, ou si vous avez déjà eu à prendre des médicaments de la pression artérielle, alors vous savez que l'une des meilleures choses que vous pouvez faire est de réduire votre pression artérielle naturellement.

Il ya quelques façons clés pour ce faire, que vous devriez envisager de le faire si vous ne voulez pas être sur la médecine de la pression artérielle pour le reste de votre vie. Ce médicament peut diminuer votre tension artérielle et la fréquence cardiaque, mais il pourrait aussi avoir des effets négatifs tels que la lenteur. Il serait mieux si vous ne devez prendre des médicaments de la pression artérielle.

Gardez à l'esprit que, avec le régime DASH, il ya certains aliments qui va naturellement baisser votre pression artérielle. Les aliments



qui sont riches en potassium, par exemple, et les aliments tels que les pommes de terre, patates douces, des bananes et même aider avec votre pression.

D'autres aliments qui peuvent aider comprennent le gingembre, le gingembre est anti-inflammatoire.

Incorporer des aliments qui sont riches en vitamines et minéraux dans votre régime alimentaire.

De cette façon, vous ciblez en fait une façon homéopathique de changer votre mode de vie en changeant vos habitudes alimentaires. Inclure aussi magnésium et de potassium, qui peut alimenter votre corps et de lutter contre les différentes maladies et affections.

## **CONSULTER UN MÉDECIN**

Si vous prenez des médicaments de la pression artérielle, consultez votre médecin pour discuter de venir hors de lui. Si votre pression est habituellement de 180 à plus de 100, de prendre votre médicament de la pression artérielle peut l'abaisser à un environnement sain 120 plus de 80.

Lorsque vous commencez un régime alimentaire, votre pression artérielle peut chuter encore plus bas - trop faible, comme à 90 sur 60! Vous pourriez avoir du mal à tenir debout et peut avoir des étourdissements, et vous ne voulez certainement pas que.

Votre médecin peut diminuer la médecine de la pression artérielle que vous êtes sur le régime pour éviter ce problème. Vous pouvez également demander à votre médecin au sujet de l'investissement dans un brassard de pression sanguine de sorte que vous pouvez garder une trace de votre pression artérielle à la maison. Ne jamais arrêter un médicament pour la pression artérielle tout à coup, et ne pas l'arrêter sur votre propre. Vous devez consulter un médecin, comme des changements soudains peuvent être mortelles.

## **APPORT QUOTIDIEN**

Si vous faites un régime alimentaire normal de DASH, vous voulez essayer de consommer environ 2.200 à 2.300 milligrammes de sodium par jour. Pour un régime DASH faible teneur en sel, essayez de le garder jusqu'à environ 1.500 milligrammes de sel par jour. Ce serait utile si vous êtes inquiet pour votre santé, sont âgés de plus de cinquante ans, ou avoir une pression artérielle élevée, une maladie cardiaque, l'hypertension, le diabète, ou les troubles rénaux.

Sur le régime DASH, idéalement, vous voulez consommer environ 2000 calories par jour.

Cela inclura toutes sortes de grands produits alimentaires, comme les haricots, volaille, poisson, et un peu de viande rouge - dans la modération. Vous pouvez toujours avoir des bonbons et des produits à faible teneur en matières grasses en petites quantités. Donc, nous allons jeter un oeil à la ventilation.

### **Céréaliers, pâtes et du pain**

Idéalement, vous voulez avoir environ six à huit portions par jour. Vous pouvez avoir des céréales pour le petit déjeuner, des pâtes pour le déjeuner avec salade de thon, et le riz avec le dîner. Aussi garder à l'esprit que vous allez faire des substitutions, tels que le pain de blé entier ou entier à 100% pain de grains lieu du pain blanc, le riz brun au lieu du riz blanc et les pâtes de blé au lieu de pâtes ordinaires.

### **CAROTTES, le brocoli et les légumes verts**

Vous voulez généralement à coller à environ quatre à cinq portions de légumes chaque jour.

essayer d'intégrer divers légumes dans chaque repas. A l'heure du petit déjeuner, vous pouvez avoir carottes et le céleri dans une secousse; quand vous faites des œufs, vous pouvez ajouter les oignons et poivrons verts.

A midi, vous voulez toujours incorporer une salade, que ce soit une salade de fruits ou une salade régulière faite avec mesclun et beaucoup de légumes. Au dîner, essayez d'avoir une salade et un copieux, légumes à feuilles vertes comme le chou frisé ou les épinards. Ne pas acheter des légumes en conserve, qui peuvent avoir beaucoup de sel en eux. Au lieu de cela, chercher des surgelés ou frais.

### **Haute teneur en minéraux**

Vos légumes doivent aussi être riche en fer, le zinc, le magnésium, le potassium et d'autres minéraux et nutriments. Assurez-vous de cibler les aliments comme le chou frisé, les épinards, les patates douces, le brocoli, courge, courgette, tomates, petits pois, haricots verts, aubergines, oignons rouges, l'ail et le gingembre, qui sont très sain pour le cœur.

### **FRAISES, bananes, avocats, ET PLUS**

Avoir au moins quatre à cinq portions de fruits chaque jour. Le but de cela est de s'assurer que vous ingérez fibre; il aide à la digestion. Une partie du régime DASH est d'avoir riche en protéines, et la fibre aidera à vous assurer que vous êtes en mesure de digérer les aliments plus facilement. Un autre avantage est que vous êtes également l'ingestion d'un grand nombre de vitamines et de nutriments que votre corps a besoin.

### **Lait et le yogourt**

Si vous allez avoir des produits laitiers dans votre régime alimentaire, tels que le lait ou de yogourt, vous voulez essayer d'avoir au moins trois portions par jour. Cela peut être incorporé dans des choses telles que faible en gras et fromage faible en sodium, le yogourt et le lait. Vous pouvez avoir du lait avec des céréales. Votre yogourt peut aller dans un shake parfait, smoothie, ou de protéines, et le fromage peut être une collation l'après-midi.

### **Fruits de mer, VOLAILLES ET VIANDE ROUGE**

Avoir six portions de viande par jour. Vous pouvez avoir du bacon faible en sodium dans la matinée. Vous pouvez avoir la dinde, de poulet ou de thon à l'heure du déjeuner, ou mélangez-les dans une salade ou pita pellicule saine. Dîner peut être tout un assortiment de charcuterie tels que le saumon, le tilapia, la viande rouge comme le boeuf haché, ou un steak dans la modération, en fonction de votre taux de cholestérol. Les viandes sont une bonne source de protéines et comprennent le fer et le zinc ainsi que la vitamine B.

### **ARACHIDES, amandes, et graines de tournesol**

Vous voulez vous assurer que vous avez les noix, les haricots et les graines dans votre alimentation - au moins quatre à cinq portions par semaine. Assurez-vous que vous ne disposez pas d'un grand nombre de noix riches en matières grasses comme les pistaches. Si vous arrive d'être un végétarien, vous trouverez que votre noix et de graines consommation incorporé avec des produits à base de soja peut bien fonctionner dans le régime DASH. Vous pouvez également intégrer des choses comme le tofu dans une salade saine qui a beaucoup de légumes et de noix en elle.

Certains aliments à considérer sont les noix, amandes, noix de pécan, cacahuètes, et même des pignons de pin dans la modération. Haricots tels que edamame, les lentilles, les haricots noirs, les haricots blancs, haricots rouges, haricots pinto, et les pois chiches sont riches en fibres et ont beaucoup de minéraux et nutriments en eux. Lorsque vous commencez à faire vos propres soupes et les trempettes, comme le houmous, vous pouvez vraiment venir avec de grandes recettes.

### **SUCRE ET votre dent sucrée**

Votre dent sucrée peut être appeler, mais essayez de limiter votre consommation de sucre.

Finalement, vous serez en mesure de combattre les fringales de sucre. Ne pas passer à boissons gazeuses diète, car ils sont tout aussi mauvais pour vous, et ne passent pas nécessairement plus

d'édulcorants artificiels qui peuvent aussi être tout aussi mauvais ou pire encore; essayer de réduire la quantité de sucre réel que vous utilisez.

Vous pouvez rechercher des versions sans sucre de différentes choses comme des bonbons durs, des biscuits, et même des sorbets et crèmes glacées. Si vous éprouvez des difficultés à trouver ceux-ci, pensez à faire votre propre. Il est pas si difficile à faire votre propre sorbet, et vous pouvez effectivement trouver que vous aimez plus que vous expérimentez avec différentes saveurs.

## **ALIMENTS GRAS ET PRODUITS À BASE D'HUILE**

Essayez de limiter vos aliments gras deux à trois portions par jour. Consommer de bons gras et pas de mauvaises graisses. Les bons gras sont saturés; mauvaises graisses sont les graisses trans.

Les gras trans se trouvent normalement dans les aliments frits, il ne faut pas les faire frire vos aliments. Vous pouvez faire cuire tout lieu. Si vous voulez quelque chose comme le poulet frit, il ya plusieurs façons de le faire cuire qui le rendent meilleur goût - essayez de tremper le poulet dans une belle pâte et ajouter la chapelure Panko pour croquant!

Pour vous assurer que vous obtenez assez de gras saturés, mais vous ne faites pas trop, essayez de limiter la quantité de beurre, le fromage, la crème et les œufs thatyou consomment. Utilisez vrai beurre lieu de la margarine, et simplement en utiliser moins. Pour toute vinaigrettes que vous souhaitez utiliser, vérifiez le contenu de sel et de graisse de sorte que vous ne devez pas trop de l'un ou l'autre.

## **Chapitre 4**

**Ajustements: suivi des changements et faire**

**des ajustements quotidiens**

Si vous travaillez sur le régime DASH, vous voulez garder à l'esprit qu'il y aura des ajustements quotidiens que vous avez à faire. Par exemple, vous pourriez être avec les amis et la famille et vous êtes tentés de commander ces nachos grasses ou que les aliments frits. Vous devez être fort et se rappeler que sur le régime DASH, vous pouvez avoir ces mêmes grands aliments, mais asin une version plus sain que vous pouvez faire.

Avec vos ajustements de régime, votre façon de cuisiner sera sur l'ajout de plus d'éléments nutritifs et de vous assurer d'avoir les aliments avec moins de sel en eux. Le problème est, cependant, il est difficile quand vous n'êtes pas à la maison parce que parfois vous avez faim et vous ne savez pas de quoi manger. Voilà où le régime DASH entre en jeu.

## **REPLACEMENTS FAIRE**

Comme vous commencez à regarder votre apport quotidien de nourriture, vous allez avoir à faire des ajustements. Par exemple, si vous êtes dehors et vous allez pour le déjeuner avec des amis, peut-être il ya des solutions de rechange saines que vous pouvez trouver dans un restaurant. Vous pourriez avoir un buffet de salades de style où vous pouvez construire votre propre salade, ou vous pouvez peut-être commander un morceau de poulet grillé avec beaucoup de légumes cuits à la vapeur.

## **MODIFIER TOUTE MENU**

Parfois, cependant, vous trouverez peut-être qu'il n'y a pas d'alternatives saines dans une zone que vous allez avec des amis et la famille. Ils peuvent choisir le fast-food, ou le restaurant avec des options vraiment malsaines. Cela est où vous devez être très prudent avec ce que vous mangez. Vous pourriez avoir à demander des choses spécifiques que vous pouvez avoir, comme des tranches de tomates, la laitue et la salade de thon avec pas de sel, et de spécifier comment vous voulez qu'il soit livré.

Par exemple, au lieu d'une salade de thon sur pain grillé avec du fromage grillé, obtenir sur un pain pita sans le fromage grillé. Le fromage ne sera pas faible en gras et le pain peut être le pain blanc.

### **NE SOYEZ PAS peur de demander des options plus saines**

Veillez également à demander quelque chose comme un yogourt faible en gras et les mélanges de fruits. Lorsque vous mangez avec des amis ou en famille, vous pouvez avoir du mal à trouver quelque chose que vous pouvez avoir. Mangez différemment que vous le feriez normalement afin que vous consommez moins de sodium. Gardez à l'esprit que la majorité des aliments frits sont riches en sel.

### **PLANIFIER À L'AVANCE**

Vous pouvez transporter de la nourriture avec vous. Par exemple, si vous savez que vous allez être absent pendant une longue journée, prenez une collation avec vous. Effectuer des amandes dans votre sac, les amandes sont légères et complétant aussi. Ou de penser à porter un petit bâton de fromage faible en gras. Pensez également à quelque chose comme les tomates raisins que vous pouvez prendre avec vous sur la route.

Comme vous faites de petits ajustements à vos collations, vous allez aussi vouloir vous assurer que vous incorporez dans l'ensemble de vos repas. En outre, encourager votre famille à manger le même régime alimentaire sain afin qu'ils puissent les combattre les maladies et les maladies comme vous le faites.

### **Ajustement de la REPAS**

Disons cibler différents domaines qui doivent être ajustés. Peut-être que vous n'êtes pas habitué à avoir le petit déjeuner parce que vous ne disposez pas de temps pour le faire. Vous pouvez toujours transporter des paquets de farine d'avoine avec vous. De préférence, vous voulez regarder quelque chose comme l'avoine en acier découpé, qui ont plus faible en sel et plus de vitamines, nutriments et minéraux.

Ou vous pouvez prendre un shake de protéines, ce qui est rapide. Faites la nuit avant et le laisser dans le mélangeur dans le réfrigérateur, et le matin, avoir votre secouer et aller. Dans votre shake, vous pouvez combiner granola, du yogourt, et beaucoup de fruits et pousses d'épinards; de cette façon, vous serez le chargement sur une alimentation saine.

### **Petit déjeuner sur le GO**

Une autre option est d'avoir des œufs durs pour le petit déjeuner. Vous pouvez effectuer ces à travailler avec vous parce qu'ils sont faciles à transporter. Dans le trafic sur votre façon de travailler, vous pouvez avoir quelque chose de sain comme un shake de protéines de vous tenir jusqu'à ce que vous obtenez au bureau.

### **Collations saines**

Lorsque vous achetez vos collations, acheter des lots de alternative saine tels que tomates raisins, edamame, bâtonnets de céleri et carottes, de cette façon vous avez peu de choses que vous pouvez faire paître quand vous voulez avoir une légère collation.

Si vous voulez quelque chose de doux, optez pour les fraises ou même des cerises.

Parce que vous êtes à la recherche sur des alternatives saines, vous allez toujours garder quelque chose en main qui peut servir comme une lumière et une collation saine. Si il est difficile de lutter contre ces fringales, envisager d'avoir quelque chose comme boulangerie croustilles faites maison que vous fine tranche et cuire au four.

Vous pourriez également avoir des noix que vous le rôti dans une poêle. Vous pouvez rapidement faire cela avec les amandes, les graines de tournesol et les arachides. Il suffit de jeter tout et faire revenir légèrement. ça prend seulement quelques minutes. Vous pouvez même avoir plus de yogourt pour avantage supplémentaire, mais économiser pour votre salade plus tard!



## **Déjeuner au travail**

Comme vous êtes au travail, il peut être difficile de trouver de bons, des choix sains. Essayez d'intégrer le poulet, la dinde, le thon, le saumon ou dans votre déjeuner. Pour les autres repas à l'heure du déjeuner, vous pouvez essayer le poulet grillé ou au four poitrine de dinde rôtie. Ne pas acheter la dinde de charcuterie ou de la viande qui est vendue pré-emballés. Ceux-ci sont généralement très riches en sel et les nitrates. Seulement rechercher les versions rôties au four pour réduire la consommation de sel.

Vous pouvez également avoir pains multigrains avec votre viande: pains aux noix, pain de blé entier, ou pitas de blé. Cherchez les alternatives à faible teneur en glucides. Si vous pouvez avoir une salade au travail chaque jour, ce serait génial; ajouter les légumes plus sains au-delà de la laitue et les tomates de base tels que les poivrons verts, poivrons rouges, concombres, radis, carottes râpées, céleri, oignons, oignons rouges, maïs, haricots verts et le brocoli.

Comme vous pouvez le voir, en intégrant plusieurs sources de fibres, de protéines, et les aliments riches en éléments nutritifs dans votre déjeuner, vous alimenter votre corps, lui donnant ce dont il a besoin, et non pas de consommer des aliments riches en sel.

## **DÎNER**

Beaucoup de restaurants ont fairedishes qui pourraient sembler en bonne santé, mais ils sont vraiment chargé avec beaucoup de sel et de graisses saturées. Par exemple, vous devez être prudent avec certaines chaînes de restaurants comme le Olive Garden, TGI Fridays, et Applebees.out il.

Recherchez la répartition de calories sur leurs menus afin que vous puissiez voir les sélections sont faibles en sel. Assurez-vous également que vous vous en tenez à votre régime alimentaire en obtenant des choses comme un morceau de poulet grillé ou un morceau de saumon grillé et une salade ou des légumes mélangés saine avec elle.

**ASTUCE:** Vous voulez regarder comme vous n'êtes même pas sur un régime alimentaire? Si vous savez à quel restaurant vous allez, consultez leur menu en ligne à l'avance. De cette façon, quand ils vous demandent votre commande, vous ne sonnerez pas maladroit ou que vous avez été mis sur place!

### **Commander de la nourriture dans des lieux**

Pour les fois que vous voudrez peut-être aller à un film ou à un match de baseball, par exemple, vous ne voulez pas tout ce qui est i, transformées ou congelées. La plupart des aliments disponibles, comme les hot dogs, frites, et du pop-corn, sera riche en sel.

Il serait mieux pour vous d'apporter quelque chose de sain à la maison tels que fromage, tomates raisins, le céleri, les carottes ou. Évitez de manger quelque chose qui va augmenter votre pression artérielle. Si vous ne pouvez pas prendre de la nourriture avec vous, obtenir des arachides dans les coquilles ou des frites sans sel ..

**CONSEIL:** Si jamais vous trouvez que vos pieds commencent à gonfler, demandez-vous ce qu'il est que vous avez mangé ce jour-là. Parfois il ya des sels cachés dans des choses comme la sauce à spaghetti, la sauce barbecue et sauce à salade. Avec un régime pauvre en sel, vous serez en mesure de dire dès que vous avez quelque chose qui a beaucoup de sel parce que vous pourriez être la rétention d'eau le lendemain!

### **Collations que vous faites vous-même**

Les gens qui sont habitués à grignoter sur les puces peuvent trouver difficile de commencer avec le régime DASH, car ils sont tellement habitués à avoir le sel. Une alternative est quelque chose comme un mélange montagnard ou granola mélange que vous faites vous-même. Même certaines nouvelles céréales ont maintenant des niveaux élevés de protéines en eux. Assurez-vous qu'ils sont faibles en sel.

### **PRÊT-À-collations à emporter**

Gardez votre granola dans de petits sacs, et toujours prendre un peu avec vous. Vous devriez toujours avoir de prêt-à-go aliments dans votre réfrigérateur, comme les pommes de cut-up, œufs durs, et d'autres aliments que vous pouvez prendre avec vous. Vous pouvez également acheter de petites tasses Jell-O; assurez-vous qu'ils sont sans sucre et ils peuvent voyager ainsi. Ne pas oublier la cuillère!

## **Chapitre 5**

### **Plans de repas: Les régimes exemples, trucs**

#### **et conseils**

Comment démarrer le régime DASH: un exemple de menu

Lorsque vous démarrez le régime DASH, vous allez vouloir incorporer quelques choses que vous pourriez ne pas penser tout le temps. Cela va prendre un certain temps pour s'y habituer. Peut-

être que vous êtes habitué à saisir un bagel avec du fromage à la crème pour le petit déjeuner, ou si vous avez l'habitude de simplement obtenir un hamburger sur le pouce. Avec le régime DASH, vous allez penser à différentes façons que vous pouvez incorporer des aliments frais dans vos plans de repas. Le premier endroit où vous voulez commencer est dans l'allée de l'épicerie.

### **MIEUX ÉPICERIE**

Soyez sûr que vous achetez des aliments sains. Un bon endroit pour commencer est votre jus allée. Oui, vous serez en mesure d'avoir vos jus préférés. Vous devez acheter des jus de fruits comme:

jus de tomate Faible teneur en sodium

jus de canneberge sans sucre

Du jus d'orange

Jus de pomme

## **PRODUIRE**

Ensuite, lorsque vous achetez vos aliments réels, vous voulez chercher des choses dans votre allée produits comme la laitue, les tomates, les poivrons, les tomates raisins, tomates, carottes, réguliers et carottes.

## **SNACKS**

Veillez à acheter des choses que vous apprécierez, comme Jell-O sans sucre, qui peuvent être des charges et ne pas être trop de calories. Regardez aussi pour le fromage cottage faible en gras, les canneberges, les fruits secs et les noix comme les arachides saines dans les coquilles, noix de cajou, pistaches, noix de pécan, noix et des amandes.

## **Viande et de poisson**

Ensuite, vous voulez regarder pour la viande que vous allez faire frais, donc chercher des choses comme la dinde rôtie au four, les poitrines de poulet, les poulets entiers, les jambes et les cuisses que vous pouvez faire cuire, et les poissons comme le tilapia, le saumon, ou patauger. Ne vous limitez pas à la viande et des fruits de mer; vous pouvez faire des salades avec des crevettes ou des crevettes et steak grillé. Alors que vous ne voulez pas avoir beaucoup de viande rouge, vous pouvez avoir le ragoût de boeuf, rôti de bœuf, et le rôti, que ceux-ci auront probablement vous lancer beaucoup de légumes dans le mélange.

## **Sauces et vinaigrettes**

Regardez vos pansements et toute les sauces que vous souhaitez utiliser sur eux. Si vous faites une sauce pour les spaghetti, essayer de faire celui qui est frais à partir de tomates ou la pâte de tomate, par opposition à celle qui est une sauce pré-faites spaghetti dans une boîte, que ceux-ci ont tendance à avoir beaucoup de sel en eux. Si vous ne devez aller avec un type riche en sel, vous pouvez toujours diluer la sauce avec un peu d'eau.

## **LA PHASE 1**

Ceci est la phase de perte de poids du régime DASH, et nous avons inclus un exemple de menu pour vous montrer toutes les grandes options que vous pouvez profiter!

### **DÉJEUNER**

Un petit échantillon pourrait inclure les blancs d'œufs, des œufs brouillés ou batteurs à œufs, jus et faible teneur en sel.

### **MATIN SNACKS**

Une collation du matin pourrait être quelque chose comme les tomates raisins, bâtonnets de céleri, ou carottes. Vous pouvez également inclure un petit morceau de fromage faible en gras ou œufs durs, qui sont de belles sources de protéines.

### **DÉJEUNER**

Pour le déjeuner, chercher quelque chose comme la dinde fumé, dinde rôtie au four, ou de poulet qui a été grillé. Avoir avec ou dans une salade, et tenir compte de votre sans sucre Jell-O pour un dessert léger ou de remplissage. Ne manquez pas une collation légère comme du maïs soufflé sans beurre ou de sel que vous faites à la maison

### **Goûters**

Une collation dans l'après-midi pourrait être quelque chose comme une poignée d'amandes et quelques carottes, ou vous pouvez avoir le Jell-O si vous ne devez plus tôt dans la journée.

### **DÎNER**

Lorsque vous arrivez à dîner, vous voudrez peut-être penser à quelque chose comme votre poulet ou de dinde et un côté de légumes rôtis au four, ou vous pourriez avoir une salade avec une

vinaigrette très léger. Vous pouvez faire votre propre vinaigrette ou utiliser une huile d'olive légère comme un pansement.

## **DESSERT**

Pour votre dessert, peut-être avoir le Jell-O, ou avoir un petit morceau de fromage et des tomates.

Si vous voulez vraiment quelque chose de doux, avoir quelques fraises et quelques amandes.

Comme vous reprogrammer votre cerveau à manger des aliments réels, vous remarquerez que tout ce qui weyou ajoutée était en bonne santé, riche en protéines et riche en nutriments et minéraux, tels que les légumes, les fruits et les produits laitiers.

## **PHASE 2**

Comme vous allez dans la phase 2, ceci est où vous allez commencer à ajouter des aliments plus sains. Gardez à l'esprit que cette phase est pour quand vous avez atteint votre perte de poids réelle et visons maintenant protéines plus élevés, plus de fibres, faible en gras et en sel inférieure.

## **DÉJEUNER**

Pour le petit déjeuner, envisager d'avoir des œufs brouillés fouets ou les œufs durs. Vous pouvez aussi avoir un peu de fruits, comme une tasse de fruits mélangés ou d'un mélange de fraises et de bananes. Vous pouvez avoir du jus d'orange, café ou chocolat chaud.

## **Collation du matin**

Pour une collation du matin, envisager d'avoir amandes et yogourt faible en gras. Cela peut aider à assurer que vous freiner toutes les faims. Les amandes servent aussi un petit chemin à brûler les graisses.

## **DÉJEUNER**

A midi, vous pouvez faire votre propre dinde, poulet, ou une pellicule de thon. Vous pouvez utiliser la laitue, un pain pita ou une tortilla, puis ajouter les légumes sains comme les oignons et les poivrons si vous le souhaitez. Remplissez-le avec tomates et la laitue, rouler, et profitez-en!

## **GOÛTER DE L'APRÈS-MIDI**

Pour votre collation après-midi, vous pouvez avoir encore un peu plus de protéines, comme une poignée de noix. Vous pouvez avoir le yogourt, une coupe de fruits, ou Jell-O. Essayez d'avoir des arachides dans les coquilles; vous consommez réellement moins de cette façon.

## **DÎNER**

Pour le dîner, faire quelque chose de copieux comme le parmesan de poulet grillé. Servir avec une sauce rouge, et ajouter un peu de fromage faible en gras à elle. Vous pouvez également ajouter les courges, courgettes, et d'autres légumes à votre sauce pour la rendre riche. Avoir une grande salade avec cela et vous pouvez même ne pas vouloir le dessert!

## **DESSERT**

Si vous avez encore de la place pour le dessert, envisager d'avoir des fraises, amandes, ou un yaourt parfait.

Comme vous le voyez de l'alimentation, vous êtes incorporant des plats faits maison, en évitant les aliments frits et salés, et de consommer des aliments qui sont riches en nutriments et de minéraux. Cela peut aider à réduire votre pression artérielle et la maintenir basse. En fin de compte, votre perte de poids et les changements de régime sont de fixer des objectifs et les atteindre une étape à la fois.

Parce que Wei savoir que le régime DASH est quelque chose que vous pouvez accomplir avec succès au fil du temps, il est juste une

question de changer votre façon de penser. Voilà pourquoi we've rassemblé quelques conseils qui peuvent vous aider à reprogrammer votre esprit et de réévaluer vos habitudes alimentaires.

## **DIRE NON aux aliments transformés**

Quand vous passez par vos armoires, se débarrasser des aliments congelés, traités ou riches en sel. Cela signifie que les pizzas surgelées, dîners de TV congelés, nuggets de poulet congelés, les frites surgelées, ou tout ce qui est traité devrait être jeté. Remplissez votre congélateur avec des options saines comme les fruits congelés, légumes et la viande fraîche. Toujours penser moins de sel. Le régime DASH va vous aider à réduire votre consommation de sel, ce qui peut aider à réduire votre pression artérielle. Mais cela signifie que vous allez devoir faire vos devoirs ainsi.

## **LIRE LES LABELS**

Regardez la teneur en sel de quoi que ce soit que vous êtes manger. Par exemple, un sac de croustilles peut avoir 250 milligrammes de sel. Pouvez-vous en trouver un qui est seulement de 60 à 80 milligrammes de sel? Vous voulez manger sain et être conforme à ce sujet autant que vous le pouvez.

## **Restocker les TABLETTES**

Assurez-vous de réapprovisionner les étagères avec les aliments que vous allez manger dans le régime alimentaire. Faites une liste de tous les nouveaux goodies que vous allez chercher à la boutique, comme le yogourt, noix mélangées, des légumes et des fruits. La seule chose qui pousse les gens à tomber d'un régime est quand ils disent, "Oh, je ne peux pas trouver quelque chose à manger." Cela ne veut pas vrai. Vous ne savez pas de quoi manger - pas encore. Voilà pourquoi vous devez vous assurer que vous avez des choses que vous pouvez avoir sur le régime.



Il sera tout à fait beaucoup, donc expérimenter! avec votre nourriture.

### **Venir avec de nouvelles recettes**

Votre nouveau régime et une nouvelle façon de regarder la nourriture vous fera profiter de beaucoup de grands, de nouveaux plats. Toutefois, vous pouvez constater que vous vous sentez comme vous êtes juste avoir la même chose tous les jours. Alors, que vous travaillez sur votre plan d'alimentation, se concentrer sur de nouvelles façons de manger sainement et de nouvelles recettes qui peuvent être utilisés avec le régime DASH. Ne pas avoir peur de mettre ce fruit dans le four et le sécher pour une gâterie savoureuse. Ne pas avoir peur d'avoir des arachides dans les coquilles. Ne pas avoir peur de faire cuire le chou frisé ou faire vos propres barres granola. Voilà le plaisir d'un nouveau régime: faire vos propres!

### **Le temps d'ajuster**

Parce que le concept est nouveau, il faudra du temps pour régler. Donnez-vous du temps et vous verrez comment les avantages rembourser bas de la route. Cherchez des façons que vous pouvez utiliser le régime DASH pour faire des versions plus saines des aliments que vous pouvez commencer à manquer.

### **FRIES REVAMP et de la pizza**

Par exemple, si vous avez aimé avoir une pizza, si elle a été gelé ou vous avez commandé, vous pouvez toujours avoir comme une meilleure version. Essayez d'expérimenter avec un pain pita, tomates fraîches, et faible en gras et fromage faible en sel. Peut-être que vous aviez l'habitude de ces frites grasses. Eh bien, vous pouvez toujours avoir eux; assurez juste que vous êtes en utilisant tous les ingrédients frais, comme les pommes de terre blanches fraîchement coupée ou de patates douces. De cette façon vous pouvez vous assurer que vous obtenez les éléments nutritifs dont votre corps a besoin.

## Conclusion

Le but que vous ajustez le régime DASH est de travailler sur les façons dont vous pouvez réduire le sel, adapter à de nouveaux aliments, et les remplacer salés, transformés et les aliments frits avec des aliments frais. Ces nouveaux aliments sont meilleurs pour vous et plus sûr pour votre corps. Voilà l'objectif principal de l'alimentation - à ingérer des aliments que votre corps va bénéficier et sera utilisé à bon escient. Vous ne voulez pas que votre corps chargé avec du sel, car alors vous êtes la cause de votre cœur à travailler plus dur et faire de votre fusée de la pression artérielle.

La prochaine étape à faire le travail de régime DASH est d'avoir un régime alimentaire riche en minéraux avec beaucoup de nutriments et de vitamines. Comme vous nourrissez votre corps les aliments appropriés, non seulement il va travailler de manière plus productive pour vous, mais vous verrez votre peau a une lueur saine à elle, vous vous sentirez rajeuni, vous perdrez du poids, et vous être en mesure de lutter contre toutes ces vilaines maladies et les maladies que vous pourriez pas avant.

Vous ne trouvez pas le régime DASH comme un moyen pour une solution rapide. Voyez cela comme un mouvement qui va vous permettre de manger sain pour la vie. Les gens apprennent que non seulement ils vivent des vies plus saines, mais ils ont un rebond comme jamais auparavant! Voilà ce que vous devriez avoir trop. Chaque jour doit être un pouvoir un; avoir les saines habitudes alimentaires qui alimenteront votre corps à partir du moment que vous obtenez jusqu'à quand vous allez au lit chaque nuit. Vous devriez également intégrer le régime DASH

dans ce que vous nourrissez votre famille parce que ces options saines leur sera bénéfique aussi bien!

## PLEINE CONSCIENCE MÉDITATION

*12 étapes simples à être présents et d'éliminer votre stress quotidien à travers l'Mindfulness méditation*

*Ella Marie*

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## **Table des matières:**

### **introduction**

Mindfulness peut être décrit comme un miroir-pensée. Il reflète tout ce qui est, sans plus tarder, précisément la façon dont il se passe. Il n'y a pas d'inclinations. En outre, l'attention est une perception non-jugement. Il est que la capacité de la psyché qui vous permet de voir sans commentaires. Avec cette capacité, on voit les choses sans jugement.

On est étonné par rien. On prend essentiellement un enthousiasme ajusté vers les choses exactement comme elles sont dans leurs états réguliers. On ne choisit pas et ne porte pas de jugement. On regarde simplement. Il est bénéfique pour vous de comprendre que lorsque nous disons, "On ne choisit pas et ne porte pas de jugement," ce que nous entendons est que le méditant montre rencontres comme un chercheur en regardant un objet sous un instrument grossissant sans idées préconçues, juste pour voir l'article exactement comme il semble être. De la même manière, le méditant remarque l'impermanence, la qualité inadaptée, et la magnanimité.

Il est inimaginable mentalement pour nous de regarder ce qui se passe à l'intérieur de nous sans passion, dans le cas où nous ne sommes pas dans le temps de reconnaître les différents états du cerveau. Cela est particulièrement vrai avec les États peu recommandables de la psyché. Alors que de regarder notre propre appréhension particulière, nous devons reconnaître que nous avons

peur. Nous ne pouvons pas analyser notre propre tristesse particulière sans tolérer complètement.

La même chose est valable pour l'aggravation et la perturbation, la déception, et chacun de ces autres États passionnés inconfortables.

Vous ne pouvez pas analyser quelque chose de complètement dans le cas où vous êtes occupé avec rejetant sa présence. Quelle que soit l'expérience que vous pouvez avoir, mindfulness reconnaît tout simplement. Aucune orgueil, pas de honte, ce qui est là sera là.

Par conséquent, dans son intégralité, l'attention est une vigilance impartiale. Il ne prend pas parti.

Il ne vous attardez pas trop sur ce qui est vu. Il voit tout simplement. Il ne cherche pas à éluder les états mentaux terribles. Il n'y a pas de coller à la moyenne et pas échapper à la désagréable.

Mindfulness traite toutes les rencontres, tout comme toutes les rêveries même, toutes les émotions que seulement. Rien est étouffé. Rien est subjugué. En d'autres termes, il n'y a pas

d'ordre de priorité.

Mindfulness ne envisage. Il ne va pas inclus avec la pensée ou des idées. Il ne vous attardez pas trop sur les pensées ou des suppositions ou des souvenirs. Il semble tout simplement.

Mindfulness enregistre rencontres, mais il ne les analyse pas. Il ne les nomme pas ou les organiser. Il regarde simplement tout comme si cela se passait étonnamment. Il est pas un examen qui se concentre autour de la réflexion et de la mémoire. Il est, assez, l'Encountering immédiate et rapide de tout ce qui se passe, sans le moyen de la pensée. Elle précède la pensée dans la procédure de perception.

Mindfulness peut également être décrit comme la conscience du présent. Il est la reconnaissance de ce qui se passe en ce moment.

Il reste éternellement dans le présent, interminablement sur la crête de la vague continue de rester assis. Dans le cas où vous rappelant votre deuxième examen instructeur, qui est la mémoire. Lorsque vous ensuite obtenu conscient que vous rappelant votre deuxième examen éducateur, qui est d'être conscient. A tout hasard que vous, alors conceptualiser la méthodologie et dites-vous, «Bonté, je rappelais," qui envisage.

Mindfulness est une forme de vigilance, qui est non-égoïste dans la nature. Il arrive sans référence à l'auto. Avec des soins, on voit tous les phénomènes sans références à des idées comme «moi», «mon» ou «mine». Par exemple, supposons il ya une douleur dans la jambe gauche. Connaissance normale disait: «Je dois la douleur." Utilisation de l'attention, on pourrait essentiellement noter la sensation comme une sensation. Il ne faudrait pas attacher plus d'idée que "I." Mindfulness un empêche d'ajouter quoi que ce soit au discernement, ou rien retrancher de la même. Un ne met pas à quoi que ce soit. On ne soulignent pas rien.

On regarde simplement précisément ce qui est là, sans mutilation.

Mindfulness est la conscience du progrès. Il regarde le courant passant de l'expérience. Il consulte les choses comme elles évoluent. Il est de voir la conception, le développement, et le développement de tous les phénomènes. Il consulte phénomènes mûrement et la transmission. En outre, il consulte les choses minute par minute, sans cesse et regarder tous phenomena- physique, mental, ou passionnés qui se produit rapidement dans le cerveau. Un kicks simplement en arrière et regarde le spectacle.

Mindfulness est la reconnaissance de la nature essentielle de chaque merveille passant. Il consulte la chose émergents et passant sans cesse. Il est, en quelque sorte, le processus de percevoir comment cette chose nous fait sentir et comment nous y répondons. Il regarde comment il influence les autres. En d'autres termes, on est un spectateur impartial dont la seule occupation est de rester informés.

Le méditant qui crée la conscience de soi ne se préoccupe pas avec l'univers extérieur. Il est là, encore dans la contemplation, son champ d'étude est sa rencontre, ses contemplations, ses sentiments, et les discernements de un. Dans la méditation, on aura son centre de recherche.

L'univers a l'intérieur d'une confiance colossale de données détenant l'impression du monde extérieur et beaucoup plus. Un examen de cette demande opportunité complète.

Mindfulness est la perception participative. Le méditant est à la fois membre et le spectateur à un seul et même temps. A tout hasard que l'on regarde ses sentiments ou des sensations physiques, on est les sentir à la même minute. Être conscient est pas une attention érudite. Il est tout simplement l'attention. L'illustration miroir pensé décompose ici. Il est la connaissance attentive de la vie, un intérêt dans la méthodologie continue de vivre.

Il est extrêmement difficile à décrire en mots l'attention, non pas sur les motifs qu'il est complexe, mais comme il est excessivement simple et ouverte. Le même problème surgit dans tous les aspects de l'expérience humaine. L'idée la plus essentielle est fiable le plus gênant de se lier. Jetez un coup d'oeil à une référence de texte et vous verrez un échantillon agréable. Les mots longs, pour la plupart, ont des définitions compactes. Toutefois, de courts mots essentiels comme «le» et «être», peuvent avoir des définitions d'une page longue. Aussi dans la science des matériaux, les capacités les plus gênants pour dépeindre sont les plus essentiels qui gèrent les substances les plus élémentaires de la mécanique quantique.

## **Notions de base de la Pleine Conscience**

Nous recevons souvent perplexe, et se sentir comme la vie lui échappe sans cesse. Nous acceptons que la vie n'a pas de sens et au-delà de notre cont

rôle. Nous nous précipitons et le stress et nous sommes réticents à faire marche arrière. En vivant thusly, nous manquons la vie réelle

que nous avons été envoyés sur terre pour l'expérience. Nous augmentons en outre le danger de maladie et de dommages.

Il ya deux facettes de l'attention à savoir, l'attention à la vie régulière et la méditation consciente.

Les deux sont primordiales et important d'obtenir les bénéfices de la pleine conscience.

Méditation consciente est tout à fait différente de la contemplation transcendante ou d'autres pratiques comparatives où vous centrez sur une chose et interdisez toutes les différentes considérations et les distractions. Ces pratiques peuvent conduire à des états profonds de douceur. Méditation consciente commence par centrage, pour créer la sérénité et la solidité.

Cependant, alors il passe devant cet état à l'un de considération centrée.

Par opposition à surplombant ou étouffant contemplations qui viennent dans le cerveau, les considérations sont notées et regardées délibérément sans jugement, minute par minute, comme les événements dans le domaine de la pleine conscience.

Aujourd'hui, l'attention est généralement pas une pratique religieuse, mais depuis bouddhistes initialement créé, il existe le concept de la méditation Vipassana, qui souligne un accent bouddhiste. Pour les personnes qui sont extrêmement occupés, la méditation oblige la discipline au motif qu'il comporte nécessitant un investissement chaque jour pour faire des pratiques qui fortifier la capacité d'être attentif à la vie de tous les jours.

Mindfulness dans la vie ordinaire est essentiellement minute en minute l'attention, de sorte que tout mouvement est un événement pour le polissage de la pratique de la pleine conscience. Tout ce qu'il faut est le déplacement du mode pilote automatique à un mode de prise de conscience.

Apprenez à être le témoin de vos considérations et sentiments. Obtenez conscients de la fondation, "statique" de l'évidence classique, et comment vous êtes rarement calme à l'intérieur

vous-même. En regardant vos sentiments et les bons et mauvais moments de la vie, que vous avez compris comment surfer les vagues. Sous la surface des flots sont la placidité, la qualité et la vitalité de l'univers, qui règle tout dans votre vie.

Mindfulness peut être réalisé dans la vie quotidienne en intégrant des activités simples comme: Alors que le brossage des dents, sentir le contact de la brosse sur vos gencives, le goût et l'odeur de la pâte dentifrice et la fraîcheur de l'eau lorsque vous rincez votre bouche.

Lors de la consommation alimentaire, sentir la composition de la nourriture dans votre bouche et les différentes saveurs et les parfums. Ne pas réfléchir à des choses différentes ou de parler, et ne pas envisager votre quartet suivant jusqu'à ce que vous avez savouré l'actuel totalement.

En conversant avec quelqu'un, vraiment écouter et entendre ce qu'ils sont en indiquant sans porter de jugement sur eux, compte



tenu des choses différentes, ou d'organiser ce que vous devez dire ensuite.

Mindfulness ou l'état d'être conscient est un résultat cumulatif d'une simple journée à des événements d'une journée et votre implication totale dans chacun d'eux.

Des études indiquent que dans seulement huit semaines de préparation et la pleine conscience, l'esprit et la façon dont il fait sensation dans l'anxiété pourrait être modifié. Au bout de huit semaines, le cadre insensible est plus vigoureuse, les individus se sentent plus calme, et ils se sentent mieux dans leur corps. Le risque de dommage est grandement réduite. L'anxiété est une réaction de la personnalité / corps global à un danger apparent. Réactions proviennent de dangers envisagés.

La réponse de l'anxiété comprend le système endocrinien et les systèmes sensoriels focaux qui décharge l'anxiété des hormones dans notre corps. Puisque la vie est pleine de turbulences, nous sommes régulièrement dans un état de stress qui provoque ces problèmes physiques que l'hypertension, la misère, les migraines, les douleurs de la colonne vertébrale, et la privation de sommeil. Le stress provoque mesurable une question de l'appareil locomoteur, cardio-vasculaire, nerveux et gastro-intestinaux cadres.

La pensée et les pratiques qui peuvent avoir une fois nous a gardé son tour en toute sécurité dans nos ennemis quand notre point de vue de la réalité est testé inflexible. Tout ce qui ne rentre pas dans notre idée de «typique» est alarmante et devient une cause de notre stress. Pour s'adapter à l'inquiétude mentale, de nombreuses personnes essaient de rester occupé tout le temps, ou ils créent des liens de dépendance au sexe, la nourriture, l'alcool ou des médicaments. Stress sape la solidité de nos cerveaux et nos corps et peut en théorie nous abattre. En outre, il nous saccage en outre de la nature de la vie.

## **Pratiquer la pleine conscience**

Il ya une anecdote au sujet d'un homme de 43 ans qui était sous les soins après quelques hospitalisations et reçu des médicaments pour l'anxiété liée-abdomen douleur et l'anxiété accablante. Il a indiqué «Je ne ai une bonne rencontre toute la semaine." Le spécialiste a demandé, "Avez-vous une douche avant le travail?" L'homme répondit, "Toujours." Le conseiller a demandé si il se plaisait à la douche et l'homme répondit: «Un tas». "Ainsi, vous avez les rencontres charmantes constamment", a déclaré le spécialiste. L'homme répondit, "Tu veux dire que ces petites rencontres aussi compter?"

Mindfulness oblige de retirer l'examen du passé et l'avenir, à quelque point qu'ils ne sont pas tenus. Votre psyché a tendance à échapper à la présente dans le futur et le passé, qui sont à la fois illusoire. Qu'est-ce qui est à venir est soit envisagé doit être préféré à ou plus terrible que le présent. Votre passé est une histoire de grandes et terribles rencontres, qui ne sont pas le moment présent. Pour être libre de temps est d'être libre de la nécessité mentale du passé pour votre personnalité et l'avenir de votre épanouissement.

Avez-vous parler et de réfléchir sur le passé? En supposant que cela est le cas, vous ne vivez pas dans le présent. Votre passé et votre avenir ne sont pas vous, dès maintenant. En ne le faisant glisser le passé dans chaque minute, vous revenez à la minute dans laquelle vous vivez actuellement. Lorsque concentrer sur le présent, être conscient de temps qu'il est nécessaire pour effectuer objectifs. A tout hasard que vous définissez un objectif et se déplacer dans la direction de celui-ci, vous êtes d'ailleurs conscient de temps, mais votre centre est sur le présent. D'autre part, si vous définissez un objectif et se concentrer sur l'objectif, le présent est tout simplement une pierre d'aller vers l'avenir et le présent perd de sa valeur naturelle.

## **Gestion des Pensées, réactions et emotions**

La vie a des cycles de moments agréables et de terribles cauchemars. Lorsque nous répétons l'attention dans le cas où quelque chose nous rend furieux ou nous fait du mal, nous nous

arrêtons pour regarder rapidement le moment. Nous tournons dans le témoignage des circonstances et obtenons conscients de nos réponses. En prenant un coup d'oeil à des choses d'une manière non-jugement, nous enlève la force des circonstances et ne le laissez pas à soutenir nos sentiments.

Par exemple, sur le hasard que vous vous coupez tout en voyageant dans une situation de trafic élevé, au lieu de répondre avec la rue férocité, essentiellement regarder les voitures vous interrompre, sentir votre gêne, et tiennent pour voir ce qui se passe ensuite. Le mécontentement va frapper une crête et après que dissoudre en surfant sur le sentiment et la visualisation sans jugement.

"Surrender" est l'alternative simple à contredire le flux de la vie. Reconnaître le "maintenant". En tolérant les circonstances et faire des mouvements positifs, nous sommes plus de succès que par opposition aux circonstances et prendre des mesures négative ou nulle. Dans des circonstances terribles ou horribles, nous pouvons faire une stratégie, ou quand il n'y a pas d'espoir, nous pouvons planifier. Mais, cette planification ne doit pas comporter d'anticiper l'avenir et en cours d'exécution "films mentaux» qui nous amène à rejeter le présent. Si nous ne pouvons pas faire tout mouvement ou ne pouvons pas nous expulser de ces circonstances, nous devons aller plus loin dans la remise, sans céder. Il ne doit jamais être tout imperméabilité à l'actualité. Le changement se produit fréquemment avec pratiquement pas de mouvement du tout en allant d'autant plus profondément dans le présent.

Le pessimisme est la sécurité interne, et cette sécurité est la négativité. La négativité ne peut pas changer la réalité, mais il empêche conditions séduisantes de se produire. Nous devons reconnaître le pessimisme et la sécurité interne et de tenter de laisser tomber. Souches mentales et physiques apparaissent quand il ya la sécurité. Le libre flux de vitalité à travers notre corps est limitée et notre bien-être dure. Nous faisons nos propres problèmes et douleurs particulières avec ce pessimisme. Dans le cas où nous ne pouvons pas le laisser tomber, nous devrions soit considération

centre sur elle, ou obtenir transparente pour permettre tout ce qui est irritant que nous traversons nous. Par opposition à répondre avec une protection ou d'une grève, offrir aucune sécurité. Cela ne signifie pas vous transformer en un paillason et de supporter le

comportement terrible d'autrui ou reconnaissez circonstances qui ne sont pas positifs. Au contraire, cela implique qu'ils perdent leur contrôle sur vous.

## **Des problèmes de gestion**

Nous portons de nombreuses charges dans la psyché. Nous envisageons les choses qui peuvent se produire plus tard. Quand nous sommes débordant de questions passées et futures, il n'y a pas de place pour de nouvelles solutions. Nous pouvons décider de disposer de cette peine en se concentrant sur la seule chose que nous pouvons faire immédiatement, levant. Il ya deux sortes de tenir jusqu'à:

### 1) à petite échelle brandissant

Cela inclut des choses comme afflux de voiture ou la ligne au supermarché par exemple. Ce sont des portes ouvertes extraordinaires pour la pleine conscience, où nous pouvons regarder les choses et les personnes autour de nous, et nos propres sentiments particuliers, au lieu d'obtenir agité. La réalité est, nous tenons, et nous devons tenir.

### 2) à grande échelle brandissant

Il est en attente d'une plus grande maison, une relation convaincante, la réalisation, ou la prochaine augmentation. Certaines personnes utilisent toute leur vie en tenant compte du fait qu'ils ont besoin de l'avenir, pas le présent. Véritable succès est complètement tolère notre actualité présente et d'apprécier ce que nous avons.

## **Face aux turbulences émotionnelle**

Lorsque nous ne sommes pas au courant de la présente, chaque événement qui induit la douleur émotionnelle abandonne un dépôt de tourment qui vit dans nous. Cette agonie est amassé vitalité négative qui implique notre corps et le cerveau. Il pourrait être engourdie, ou il pourrait être dynamique. Chez certains individus, cette agonie passé est dynamique pour un maximum de 100% de son temps avec le résultat qu'ils vivent complètement dans la tourmente. D'autres personnes pourraient simplement rencontrer agonie passé dans des circonstances particulières, les connexions, ou quand elle est initiée par un commentaire sans reproche ou une pensée. Ces moments douloureux peuvent conduire à des rêveries, des pratiques ou des sentiments négatifs, terribles, ou auto-ruineuse.

Il est préférable de se procurer de l'événement passé qui provoque des troubles émotionnels à la minute exacte il remue de son état de torpeur et de sentir sa vitalité. Être totalement conscient de cela. Lorsque vous faites cela, le tourment perd son contrôle sur vous. A tout hasard que nous nous adressons à lui, il peut prendre le contrôle sur nous, arriver à être un morceau de nous, et de survivre à l'intérieur de nous. Ne pas combattre cette agonie. Il suffit de regarder et de le reconnaître pour ce qu'il est dans l'instant. Les gens qui cherchent pour le salut tard tentent d'échapper à un certain tourment. A tout hasard qu'ils se concentrent sur le présent, ils éprouvent leur agonie, qui qu'ils craignent. Cette dissout la douleur que vous affecter du passé.

### **Gestion des relations tourmenter**

Lorsque nous rencontrons tourmenter sentiments en voyant quelqu'un, nous voyons généralement que cette personne soit la raison de ces sentiments. Nous projetons nos sentiments vers l'extérieur et l'autre d'agression individuels. Les individus dépendent des connexions, des pilules, la nourriture et des boissons alcoolisées à dissimuler leur agonie. Au moment où ces choses ne sont pas accessibles ou quand ils quittent la hauteur des attentes, la douleur est découvert. En réalité, il est pas la personne qui est à

l'origine agonie pour nous, il nous est. Nous avons permis que cela se produise pour nous. Nous devons faire face à l'agonie qui est en nous au lieu de tenter d'y échapper en accusant les autres. A exactement ce point, notre agonie se décomposera dans le passé.

## **Gestion Conditions physiques**

La maladie et la douleur physique sont une partie intégrante de sa vie. Il est proposé de ne pas marquer maladie au motif que ce que prévoit son actualité, la force et la congruence dans le temps. Par debout à faire mal et de la maladie, même mort, juste dans le présent, il est diminuée à un ou quelques-uns de ces éléments: physique tourment, lacune, l'inquiétude, ou d'un handicap.

Succombez à ces variables, pas à la pensée de la maladie. Nous ne devrions pas nous accuser, se sentir coupable, ou accuser nos vies de son injustice. La majorité de qui est le sentiment de la résistance.

Dans le cas où nous arrivons à être véritablement malade et sentons furieux de ces propositions, il est prouvé que la maladie a appris à être devenue une partie de notre sentiment: de soi et que nous gardons notre caractère et la maladie. Nos maladies ont rien à voir avec qui nous sommes vraiment. Surrender à la minute et il vous changer. La peur et le tourment ne sera pas essentiellement être modifiés dans la béatitude, mais ils seront transformés en une reconnaissance profonde qui dépasse les sentiments simples.

## **Étapes à Mindfulness**

Ce chapitre comprend quelques étapes à la vigilance et quelques conseils pour vivre dans l'instant. Toutefois, ces mesures doivent être incorporés avec un sentiment de gratitude. Vous devriez être reconnaissants pour tout ce que vous avez. Le fait que vous pouvez manger, marcher, contempler et se concentrer est la raison pour laquelle vous devriez être reconnaissants.

Mindfulness est un moyen par lequel vous pouvez connecter non seulement avec votre propre auto, mais avec le monde entier aussi

bien. Le fait de vivre dans le présent doit vous laisser heureux et plus sain.

## **Respiration**

Il est dit que sur le hasard vous avez besoin pour vous épargner des milliers de charges psychologique, alors vous devez comprendre comment respirer correctement. Le souffle est un endroit idéal pour commencer. Nous respirons constamment, si généralement sans le savoir. En syntonisant, nous pouvons rassembler, notre cerveau et le corps, et nous attacher à l'instant présent.

Vous pouvez vraiment sentir la souche et l'anxiété en roue libre sans cesse. Sentir le souffle à venir dans votre corps à travers les conseils de vos narines et après que laisser votre corps une fois de plus. Jetez un coup de couteau à imaginer votre souffle comme une boucle. Imaginez les respirations en couronnant une grande partie de la boucle, puis le streaming spécifiquement dans les respirations sur. Il est un mouvement persistant. A quelque point vous reconnaissez votre cerveau a serpenté, vous devez ramener à la respiration.

Dans le cas où vous avez besoin de prendre au-dessus et au-delà, sur votre respiration en imaginer la lumière de raccommodage blanche entrer dans votre corps et de votre savoir-respirer imaginer tension et la fatigue en laissant votre corps.

## **Conscience de votre corporels Sensations**

Nous vivons généralement dans nos têtes et ignorer totalement notre corps si nous sommes dans la douleur. Nous imaginons que notre psyché est totalement séparé de notre corps physique. Pour obtenir conscient de votre corps, envoyer votre souffle pour diverses parties et de reconnaître ces parties du corps. Remarquez le frisson dans vos doigts, évacuer l'anxiété dans votre estomac, obtenir conscient du point de votre tête le plus élevé, et de sentir la pression dans votre cou.

Obtenir conscient de votre corps va vous apporter dans le moment présent. Il va peaufiner vos facultés et de calmer la psyché. Un endroit idéal pour travailler sur le réglage à votre corps est dans la douche. Tenez compte de l'inclinaison de l'eau en mouvement sur chaque partie de votre corps, les sensations et la température. Mettez-vous dans la pleine conscience physique complet.

## **Concentration sur votre Mindfulness**

Fixation est vraiment la base de pratiquer la pleine conscience avec succès. Après tout, vous ne pouvez pratiquer dans la mesure où votre psyché est lisse. Sans mise au point, votre cerveau sera semblable à un océan inégale dans une tempête. Considérez concentrer comme examen régulier sur une chose. Il est la mesure du temps que nous pouvons rester centrée avant nous reconnaissons que notre psyché a serpenté. Vous devez faire qu'une seule chose à la fois.

Progressivement et délibérément, apporter la raison dans vos activités et obtenir conscient de vos considérations, les mouvements et en particulier votre souffle.

A tout hasard que vous vérifiez votre email, consultez votre boîte email. Vous ne devriez pas vous connecter à Facebook dans l'intervalle. D'autre part, si vous consommez le dîner, simplement consommer le dîner, ne cochez pas votre téléphone et de regarder ainsi les nouvelles.

Chaque fois que vous percevez votre accent a serpenté, vous ramener à se concentrer sur votre respiration. Ce ne sera pas du jour au lendemain. Cependant, avec la pratique, vous l'aurez. Le plus profond de votre accent est mis, le plus profond vous pouvez entrer dans la pleine conscience et de ses bénéfices.

## **Consciente de manger**

Cela inclut de prendre un siège à une table et de consommer une fête sans participer à d'autres exercices - pas de papier par jour,



livre, télévision, radio, musique, ou de parler. Juste consommer votre dîner, d'un examen attentif à laquelle peu de nourriture que vous choisirez de consommer, à quoi il ressemble, comment il sent, comment vous coupez la nourriture, les muscles que vous utilisez pour le porter à votre bouche, la surface et le goût de la nourriture article comme vous mordez progressivement. Vous pouvez être surpris à quel point distinctif goûts alimentaires lorsqu'il est consommé le long de ces lignes et comment remplir une fête peut être. Cette méthode d'alimentation est également utile pour le processus de digestion.

### **Marcher Consciente**

En flânant, vous devez vous concentrer sur la sensation de la terre sous vos pieds et votre respiration. Il suffit de regarder ce qui est autour de vous que vous marchez et de rester dans le présent. Relâchez vos inhibitions et de prendre un coup d'oeil vers le ciel, la perspective, et d'autres marcheurs. Sentez-vous le vent, la température sur votre peau et se sentir heureux dans le moment.

**Comprenez que vous n'êtes pas vos pensées et émotions** Une clé pour la pleine conscience est la compréhension que votre psyché se heurte à de nombreuses influences. Nous sommes généralement même pas consciente qu'elle est en cours.

Lorsque vous comprenez que votre cerveau jase là, vous pouvez éviter de laisser chaque pensée déranger votre paix intérieure. Ceci est l'endroit où les profits énormes commencent à se produire. Vous n'êtes pas vos sentiments, et vous n'êtes pas vos considérations.

Quand vous dites, "Je suis troublé," ne vous impliquez vraiment que vous vous sentez? Si nous étions nos sentiments ou de considérations, quand ils disparaissent, nous devons à disparaître ainsi. Mais nous ne le faisons pas. Pensées, les émotions et les sentiments flou de distance. Nous pouvons en outre les empêcher de progresser en changeant nos considérations. Vos sentiments sont semblables à un cadre climatique passage. Ils ne sont pas toi.

## **Dormez suffisamment**

Nous avons besoin de sommeil pour faire revivre nos cerveaux et nos corps. Il est tout aussi simple que cela. Lorsque nous sommes fatigués, nous pouvons de façon erratique sauter de course à la cession sans aucune clarté authentique. Nous nous retrouvons foulant une boucle fatigante de courses incessantes. Il est un tour interconnecté, la vieille poule ou de l'oeuf à philosopher. Nous exigeons la pleine conscience pour dormir, et nous avons besoin de sommeil pour pratiquer la pleine conscience. Propensions de repos Awful endommagent nos corps.

Comme un moteur sans une huile transformée, nous commençons à briser.

## **Méditation**

Méditation ouvre un tout nouveau monde. Vous devez éteindre votre psyché. Votre esprit fait beaucoup de considérer, et nous sommes généralement même pas consciente qu'elle est en cours.

Dans le même temps, ces considérations sont influents, et maintenant et encore rêveries peuvent vent en bouleversant, contemplations négatifs et nous contrôler. En visualisant votre cerveau, vous pouvez éviter les pulsions et les considérations négatives, et vous pouvez mener une vie libre de stress.

## **La patience**

Notre cerveau est extrêmement anxieux et irritable. Quand nous commençons une perceuse de mindfulness, nous créons la tolérance à chaque fois que nous nous arrêtons et la pratique. Gardez à l'esprit que tout vient en son temps notamment. Il est comme faire cuire un œuf. Si vous tentez de dépêcher, le jaune se rompre et faire un énorme gâchis. Il est particulièrement important de prendre un coup d'oeil à votre propre tranquillité particulier lorsque le ressenti émerge.

Sachez que la pleine conscience est une pratique qui peut prendre des années à ACE. Quand vous commencez et vous trouvez que votre cerveau est ricochant de pensée en pensée, ne soyez pas trop dur sur vous-même. Créer la persistance de réaliser qu'il viendra en son temps. Obtenir hâte avec une pratique de l'attention va tout simplement de sauvegarder votre progression.

## **Interdépendance**

Tout est associé à tout le reste. Sans la lumière du jour, il n'y a pas de vie sans eau, il n'y a pas de vie, sans arbres il n'y a pas d'oxygène. Il est un réseau complexe d'interconnexions finement ajustées. Il est extrêmement dangereux d'imaginer que nous existons séparément de tout le reste.

Rien est permanente et la seule constante est le changement de chose. Ceci est un fait qui peut vous aider à apprécier votre situation, les relations, et les effets. Chaque chose que vous entrez en contact avec est votre lien avec le monde. Cependant, chaque connexion est temporaire. Par conséquent, il faut noter pour l'instant que sa présence. Mindfulness vous permet de découvrir les différents fils d'interconnexions et de vous donner une image plus large de la vie.

## **Autres techniques Mindfulness à la pratique**

Mindfulness a été dépeint comme un état d'être dans le présent, tolérer les choses pour ce qu'elles sont, à savoir d'une manière non-jugement. Il a été initialement créé pour aider dans la régulation du tempérament et de l'aversion backslide et découragement. Il a été constaté que les bénéfices de bien-être respectables.

Certaines activités au jour le jour qui peuvent être utiles pour la réalisation de la pleine conscience sont:

One Minute Exercice:

Observez une horloge ou une montre. Votre entreprise est de centrer toute votre attention sur votre respiration, et rien d'autre, pour le moment. Avez-un aller - le faire maintenant.

Exercice pour déstressant:

Vous devez choisir une position dressée et à ce moment vous demander: «Qu'est-ce qui se passe avec moi en ce moment" Vous avez essentiellement permettez-vous de regarder ce qui se passe.

Nom des contemplations que vous avez et ensuite leur permettre de siéger, sans se soucier.

Simplement être prêt à leur donner une chance à la bouée de suite. Respirez dans votre entourage. Au moment où les sentiments ou des souvenirs d'occasions épouvantables se produisent, ne permettent pas de votre propre auto de liquider. Donnez-leur des noms courts, par exemple, "qui est un sentiment lamentable,» ou «qui est un sentiment furieux," et ensuite tout simplement leur permettre de flotter ou de la bouée de suite. Ces souvenirs et émotions vont peu à peu diminuer en vigueur et la récurrence. Bientôt vous allez commencer à vous distinguer en tant que témoin oculaire de destination ou d'un témoin à la place d'un individu qui est irritée par ces considérations et sentiments.

Exercice de respiration:

Restez avec des réflexions troublantes pour un couple de minutes. Puis, comme vous leur donnez

une chance à la bouée de distance, tendrement rediriger toute votre attention à la détente.

Accorder une attention particulière à chaque souffle terminé et fait comme ils prennent musicalement un après l'autre. Cela vous la terre dans le présent et vous aider à déplacer dans un état de pleine conscience et la conscience de soi.

## **Méditation consciente**

Pratiquer la méditation consciente est un gage que de nombreux opposent, mais il nécessite beaucoup moins de temps et d'effort que la plupart des personnes croient qu'il fait. Le moment de la journée est pas critique; la pratique habituelle est. Dans un monde parfait, il doit être répété pour les 20 à 30 minutes deux fois par jour dans une pièce calme avec une porte d'entrée fermée sans préoccupations. Vous voudrez peut-être commencer par faire 5 à 10 minutes une fois par jour plutôt que de pointer pour le "parfait" objectif et ensuite se sentir submergé par elle et manquant la marque.

Utiliser une horloge pour garantir que vous ruminez aussi longtemps que vous arrangé. En attendant, il est avantageux de chercher un endroit paisible et tranquille, par exemple, en prenant un siège dans votre bureau ou assis dans votre auto, se amorcé pour conduire à la maison du centre d'exercice après votre séance d'entraînement quotidienne. Une fois de plus, choisir une période où les détournements seront négligeables. Ce chapitre illustre l'une des méthodes les plus populaires de l'exécution de cette forme de méditation.

### **Étape 1**

La première étape de toute forme de méditation est d'entrer dans la posture droite. Vous devez vous asseoir dans une telle manière que vos jambes sont croisées. Outre cela, vous devez utiliser un coussin de méditation pour une meilleure et plus commode séance de méditation. Vous pouvez également choisir de vous asseoir avec vos jambes élargies tout droit ou de siéger à un siège avec un dos ferme, en gardant les pieds sur le sol et votre colonne vertébrale droite, et les border dans votre touche légèrement pour garder votre vertèbres ajustée de manière appropriée.

A tout hasard que vous avez des maux de dos, du bassin, ou le cou, le dos de l'aide est fondamentale.

En effet, vous pourriez avoir besoin de se reposer, avec votre tête appuyée à un angle de 45

degrés. Dans le cas où vous êtes assis, fermez vos yeux. Si vous êtes couché, gardez vos yeux à demi ouverts pour vous empêcher de cogner des clous.

## **Étape 2**

Concentrez vos yeux. Avec vos yeux fermés, les centrer sur un point, en théorie autour de la pointe de votre nez ou sur votre «troisième œil» (le chakra, ou le point de vitalité au milieu du sourcil). D'autre part, tourner tout droit vers les parties internes de vos paupières. Comme alternative, vous pouvez également choisir de rouler vos yeux vers le haut. Quelle que soit la position de l'œil que vous choisissiez, assurez-vous qu'il se sent bien et que vos muscles oculaires sont lâches. Dans le cas où vous avez élevé malaise ou de raisons d'inquiétude, vous pouvez avoir besoin d'ouvrir vos yeux partiellement ou même complètement, transformant tout droit vers une place sur le diviseur ou par la fenêtre à un élément fixe, avec un objectif de fin spécifique pour réprimer ces sentiments. Une pensée alternative est de fermer les yeux, et d'envisager d'être dans un endroit où vous vous sentez généralement lâche, protégé et sécurisé.

## **Etape 3**

Payez égard à votre convenance. Avec vos yeux fermés ou partie de la voie ouverte, les concentrant sur un point, respirer avec la conscience de vos poumons et votre estomac. Comme vous respirez, dites-vous, "In". Expirez de vos poumons et après votre mi-région, en vous disant,

"Out". Pour ce faire, chaque une fois que vous vous détendez. Vous pouvez utiliser en outre les mots «escalade» et «relevant sans cesse», ou «Solace» et «abandonner,» ou «rachat» et

«décharge».

## **Étape 4**

Placez vos mains dans un mudra (position des mains) déroulement et l'animation. Dans le bouddhisme, le mudra, ou position des mains, dans la méditation est impératif, au motif que cela influence le flux de vitalité tout autour du corps. Il ya trois mudras coutumiers. Probablement la plus répandue est de toucher le pouce et l'index de l'autre, et après que tenir vos paumes vers le haut, avec vos différents doigts lâches et droites, et reposer le dos de vos mains sur vos cuisses.

## **Etape 5**

Aie conscience! Comme vous respirez, noter rationnellement les rêveries, les sentiments, les sons, les goûts, les odeurs et les sensations physiques, comme des picotements, de la température, de tourment ou de malaise, ou les émotions de la grandeur et de la douceur que vous rencontrez. Ne tentez pas d'examiner toute de ce que vous notant. Essentiellement être disponible, ouvert et vigilant. Regardez la nature de la sensation dans le cas où elle en a un, et l'organiser: «grandeur dans les épaules», «goût astringent," "cour de coupe à l'extérieur»,

«tourmenter enfant visé», etc. Ne pas enquêter sur cette pensée ou un sentiment à moins qu'il ne se passe plus de deux fois, dans ce cas, se renseigner pour savoir si vous avez à gérer maintenant ou après votre méditation. A tout hasard qu'il doit être eu tendance à immédiatement, vous vous permettrez à être disponible avec cette sensation, sentiment, pensée ou redondante sans jugement car il brouille loin ou diminue au pouvoir. Exposer la suite à ce sujet dans un journal, penser, ou converser avec un compagnon ou d'un avocat à ce sujet.

## **Etape 6**

Revenez lentement à la connaissance conventionnelle. Prenez trois grandes respirations complètes, modérés, prenant par le nez et par la bouche. Frottez les paumes de vos mains ensemble pour produire

hotness, et placez les paumes sur vos yeux et le visage. Ouvrez vos yeux et progressivement lever vos mains loin de votre visage que vous revenez à la pleine conscience.

Respirez profondément et étirez vos bras au-dessus de votre tête, avec vos mains verrouillées. La courbe progressivement vers la droite et vers la gauche par la suite. Pour ce faire, quelques fois, et après que la courbe de l'avant à vos pieds. Demandez-vous si quelque chose de vitalité se découvre à vous. Dans un tel cas, exposer sur elle dans votre agenda, la méditer, ou tout simplement passer à autre chose.

Dans le cas où vous êtes envisager une circonstance pénible dans laquelle il tentera de rester non réactif, ou vous devrez avoir la capacité d'accéder à votre innovation plus qu'ordinaire, essayez au calendrier une séance de méditation rapidement.

## **Conclusion**

Vivre positivement dans votre "NOW" est pas simple, mais il est très compensation. L'approche la plus idéal pour se lever et aller sur votre propre chemin, "sans l'ombre d'une hésitation," est de comprendre les moyens de dissuasion potentiels et planifier à l'avance sur la façon dont vous les gérer.

## **Mindfulness nécessite progresser l'effort.**

Mindfulness prend beaucoup de travail. Cependant, la chose la chance est que plus le temps vous percez, le moins exigeant qu'il obtient, et le plus gai votre vie arrive à être. Dès le début, vos réflexions seront à Bedlam, et tout apparaît être fou. Votre circonstance se sentent vulnérables.

Mais plus vous vous concentrez sur être là où vous êtes complètement, le plus simple ce sera de découvrir vraie sérénité dans le moment et le temps donné. Mindfulness mieux est accompli quand il est pratiqué tout au long de la journée. Il est non seulement pour quand vous prenez un siège et contemplez. Concentrez-vous



sur en étant conscient de vos contemplations lorsque vous faites les affectations ordinaires et il sera plus simple de rester attentifs quand les choses deviennent extrême.

## **Il y aura des détournements.**

Lorsque vous êtes sur votre excursion à obtenir plus conscient de votre propre, il semble être comme si l'univers commence en jetant des trucs à vous suffit de vous fournir défis. Les préoccupations pourraient avoir des problèmes tout au long de votre vie, montrent dans vos connexions, ou anciennes convictions négatives surgissent de votre passé. Ce sont des portes ouvertes incroyables pour pratiquer vivre dans l'instant. Ils vous aideront à devenir plus fort, mieux, et d'autant plus en harmonie avec vous-même. Les problèmes et les difficultés que nous rencontrons sont, en réalité, les éducateurs ,.

## **Promotion ne vient pas en général rapidement.**

Avancement peut sembler être atrocement diminué. Il y aura des moments où vous joindre aux choses et aux circonstances que vous voulez, ce qui rendra gênant d'être complètement dans l'instant. Il est difficile d'être prudent lorsque vous êtes à défaut de se déplacer ou de se fixer sur ce qui est à venir.

## **Vous pouvez avoir besoin de se rendre.**

Comme toute aventure bénéfique, vous aurez une envie de se rendre et abandonner de nombreuses fois. Il est à travers ces moments que vous sentez le plus dérouté que vous êtes près d'un bond en avant. Nos vies sont très similaires aux saisons. Nous éprouvons froid, hivers ternes, et optimiste, étirement étés. Tout va et vient. Il est le mouvement rythmique de la vie.

Quand vous comprenez que les temps de test sont là pour vous aider à développer, vous allez naturellement sentir plus calme et lâche.

## **Vos objectifs peuvent contester votre attention.**

Avoir des objectifs est phénoménale, clé même, mais quand vous arrivez à être excessivement connecté à eux, quelque chose de terrible arrive. Vous vous rendez compte que vous êtes trop attaché lorsque vous commencez à se sentir déconcerté, furieux, et négatif.

Connexion enchevêtrements notre clarté. Vous êtes à la recherche après vos objectifs sur les motifs que vous acceptez qu'ils vous feront euphorique. Gardez cela à l'esprit lorsque vous commencez à laisser vos objectifs vous tirez dans un état bouleversant de la psyché. A tout hasard que vous vous concentrez sur les grandes choses autour de vous, vous vous sentirez que la satisfaction que vous pensez que vous avez à poursuivre. Cela vous faire beaucoup plus de contenu dans le long terme, et, évidemment, à cette époque.

## **Vous pouvez oublier que le voyage est le but.**

La plupart des personnes manquent le fait que le plaisir d'un voyage ne sont pas dans la destination, mais dans le voyage lui-même. Avez-vous déjà perçu que lorsque vous atteignez un objectif, il est pas aussi énergisant que vous pensiez que ce serait? Bien sûr, il se sent incroyable de frapper un tournant, mais dans le cas où vous ne supplanter cet objectif avec un autre, vous allez bientôt finir par se sentir insatisfaits. Les gens ont besoin objectifs afin qu'ils puissent avoir un sentiment de la raison et de la satisfaction. Il est au cours de l'aventure que nous apprendre, de développer et aller mieux.

Lorsque vous aiguïser l'attention, rappeler qu'il n'y a pas de place pour toucher la base. Dans le cas où vous vous concentrez sur ce qui se passe en ce moment, le reste sera face à lui-même. En effet, les experts les plus édifiés sur la terre ont besoin pour gérer circonstances pénibles et des réflexions désorganisés. La distinction est qu'ils ont compris comment reconnaître la minute pour ce qu'elle est. Lorsque vous faites cela, vous deviendrez le gardien de votre espace intérieur, qui est la meilleure façon de se sentir bien à l'intérieur et découvrir la sérénité importante en ce moment.

Le régime DASH

Dites non à Sel, Oui à la Vie saine,

Le régime DASH POUR PERTE DE POIDS

*L'Ultimate Beginner DASH Guide régime pour perdre du poids, la pression artérielle, et une meilleure santé et de délicieux DASH Diet Recipes*

*Ella Marie*

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## **introduction**

Je tiens à vous remercier et à vous féliciter pour le téléchargement du livre "Le régime DASH."

Ce livre contient des étapes et des stratégies éprouvées sur la façon de réduire votre consommation de sel, d'améliorer votre santé, et profiter de la bonne nourriture.

Si vous avez déjà eu des symptômes qui ont conduit à des visites chez le médecin et les médicaments, alors vous voulez penser à utiliser un régime comme le régime DASH. Peut-être que votre médecin vous a dit que vous souffrez de:

Une condition cardiaque

Hypertension

Gain de poids

diabète ou des maladies du rein

Wei veux que vous sachiez que ce régime est une bonne option pour vous. Le régime DASH est non seulement un régime, mais une alternative saine à la transition dans votre alimentation de façon structurée pour atteindre optimale, à long terme une bonne santé.

Un problème que les gens courent dans le temps est qu'ils ont tous ces grands aliments qu'ils veulent manger, mais ils ne réalisent pas

que la teneur en sel est si élevé que ça endommager leurs organes.

Le régime DASH est une façon de rééquilibrer votre alimentation afin que vous puissiez profiter des options saines dans tout ce que vous consommez, de cette façon vous pouvez vous assurer que vous serez autour pendant un temps très long! Parce que nous nous inquiétons beaucoup sur le stress au travail et passer à travers la journée, nous échouons parfois de regarder la quantité de sel qui se trouve dans les aliments transformés que nous consommons. Voilà où le régime DASH

arrive, parce que le régime DASH assure que:

vous mangez sain

vous mangez frais

vous consommez beaucoup de fruits et légumes

Non seulement vous rencontrez beaucoup de fibres, mais vous êtes attachant dans beaucoup de protéines à travers les viandes fraîches comme le poisson et autres fruits de mer, dinde, poulet, boeuf, et le tofu.

Le régime DASH est plus que juste la perte de poids; il est une alimentation saine, et voilà pourquoi Wei veut que vous considériez ce régime comme alternative saine. Dans ce livre, très pratique, vous apprendrez à propos de:

Qu'est-ce que le régime DASH est et comment il peut vous aider

Le régime DASH dans un processus étape par étape

Le régime DASH pour perdre du poids

Combiner les aliments et faire des ajustements, car une partie d'un régime amaigrissant et une partie de modifier votre alimentation est fait de petits ajustements avec chaque repas

## Régime alimentaire et exercice

Différents types de nourriture que vous pouvez avoir qui peut aider à réduire votre pression artérielle

Différents types de plans de repas que vous pouvez envisager et les régimes d'échantillons dans les phases qui pourrait fonctionner pour vous

trucs, de conseils, et les choses que vous voudrez peut-être prendre en compte lorsque vous passez sur le régime DASH

Rappelez-vous un problème que les gens trouvent le long du chemin est qu'ils veulent manger des choses qui sont traitées et ont une teneur élevée en sel, et quand ils le font, ils doivent prendre un médicament pour ramener le niveau de sel bas parce que leurs pressions sanguines sont est trop haut. Voilà pourquoi je veux que vous regardez le régime DASH.

Cette alternative naturelle peut non seulement avoir des effets médicaux et de grands avantages, mais il peut aussi aider à:

Réduisez votre pression artérielle

Adressez vos questions sur le diabète

Perdre du poids

En fin de compte, Wei savoir l'objectif que vous avez est de fixer votre consommation de sodium de sorte que vous pouvez arrêter de prendre la médecine de la pression artérielle et de vivre une vie meilleure. Le régime DASH vous aidera à apprendre comment faire des ajustements à vivre une vie meilleure, et, finalement, qui est l'objectif avec ce livre.

Merci encore pour downloadingpurchasing ce livre, je l'espère vous plaira!

## **Chapitre 1**

## **Quel est le régime DASH?**

Le régime DASH a commencé comme un concept pour aider à faible teneur en sodium et comme un moyen d'aider les gens à perdre du poids. Le but quand il a commencé était d'abaisser la pression artérielle. Comme le régime est devenu plus populaire, il est également devenu un moyen de vie plus sain. Le régime DASH est fondamentalement une meilleure façon de cibler ce que vous mangez et veiller à ce que vous mangez des repas sains en incorporant, aliments frais et sains. Parce qu'il lie choses dans tels que les fruits sains, légumes, noix, graines, grains entiers, et de viandes fraîches, vous verrez que non seulement ce régime est savoureux et agréable, mais vous souhaitez que vous aviez commencé plus tôt!

Le régime DASH est basé sur les lettres dans le mot, qui représentent approches diététiques pour arrêter et prévenir l'hypertension. Ce régime a été mis en place comme un processus étape par étape pour vous aider à prolonger votre vie en limitant la quantité de sel que vous consommez.

Au lieu de manger beaucoup d'aliments transformés, vous allez vous concentrer sur les aliments qui sont riches en vitamines, nutriments et minéraux tels que le calcium, le potassium et le magnésium.

## **COMMENCER**

Lorsque vous démarrez le régime DASH, vous voulez garder une trace de combien vous mangez que vous travaillez sur le contrôle des portions. Vous aurez différents plans de repas que vous pouvez avoir sur une base quotidienne. L'objectif est de faire le régime DASH un peu à la fois avec chaque repas. Vous pourriez commencer à l'utiliser pour perdre du poids ou tout simplement de réduire votre consommation de sel, la pratique de l'alimentation et de surveillance ce que vous mangez au cours des deux à quatre prochaines semaines.

Après cela, vous voulez maintenir. Demandez à votre tension artérielle à nouveau afin que vous puissiez voir combien de points il a baissé; personnes qui ont essayé le régime DASH ont constaté que cela aide vraiment. Le régime DASH peut également aider les choses de combat comme la maladie cardiaque, accident vasculaire cérébral, diverses formes de cancer, l'ostéoporose et les différents niveaux de diabète. Le régime alimentaire est en mesure de cibler ces différents domaines parce que vous décidez de changer les aliments que vous mangez.

Comme vous mangez des aliments plus frais, telles que vos noix, fruits de mer, et les verts, vous consommez plus sains nutriments naturels qui ne sont pas traités comme des aliments congelés.

### **COMMENT Le régime DASH peut me aider?**

Le but du régime DASH est de:

Changez vos habitudes alimentaires

Basse consommation de sel dans votre alimentation

Réduisez votre pression artérielle

En fin de compte, cela se fait que vous changez ce que vous mangez. Voilà pourquoi il se résume à vous, que vous regardez la nourriture d'une manière nouvelle.

### **Que dans vos ALIMENTS TRANSFORMÉS?**

Quelqu'un peut choisir de manger une faible teneur en gras, repas congelé comme un moyen de suivre un régime. Ils vendent ces sous différentes formes, comme Cuisine et intelligents Lean Ones, par exemple à l'épicerie. Les repas congelés peuvent dire sur l'emballage qu'ils peuvent aider à abaisser votre taux de cholestérol, ou ils peuvent dire qu'ils sont faibles en gras et qu'ils sont une alternative saine à manger. Toutefois, lorsque vous regardez les



ingrédients, vous verrez probablement 700 à 800 milligrammes de sel.

Lorsque vous combinez cela avec vos autres aliments tout au long de la journée, vous pouvez constater que le niveau de sel est si élevée que vos pieds sont l'enflure, vous êtes en conservant beaucoup d'eau, et votre tension artérielle est montée en flèche! Voilà où le régime DASH entre en jeu. Avec le régime DASH, parce que vous êtes en train de changer ce que vous mangez, les aliments congelés vont droit par la fenêtre! Vous pouvez réellement voir des changements tout de suite parce que vous êtes abaisser immédiatement la consommation de sel.

Comme vous intégrer plus d'aliments frais et sains, vous allez commencer à voir de meilleurs avantages sociaux tels que votre peau et éclaircir votre digestion de mieux en mieux, et vous pouvez constater que vos intestins se déplacent en fait mieux. Ceci est parce que vous êtes incorporant des aliments sains et beaucoup de fibres.

### **ALIMENTS riches en fibres**

Une personne qui mange un repas congelé pour le dîner ne peut avoir cela et pas de légumes supplémentaires pour l'accompagner. Ou, si elles le font incorporer une salade, ils ne peuvent être ajoutant laitue et les tomates. Le problème ici est que si vous n'êtes pas consommer les nutriments riches que vos besoins de corps, vous pouvez avoir des problèmes de digestion comme la constipation.

### **AVANTAGES DE PROTÉINES**

Autres façons que vous pouvez aider à changer vos habitudes alimentaires avec le régime DASH

comprennent comment il va vous aider à intégrer la viande fraîche. Parce que vous utilisez des niveaux élevés de protéines, il va déclencher votre corps à expulser sel supplémentaire et de l'eau supplémentaire. Les protéines aident à construire le muscle, et qui

est la raison pour laquelle vous voulez vous assurer que vous avez beaucoup de lui dans votre alimentation, ainsi que beaucoup de fibres pour vous aider à traiter. Voilà pourquoi le régime DASH a inclus beaucoup de légumes sains et de fruits sains pour assurer que vous pouvez facilement digérer votre protéine.

## **REPAS échantillon et les minéraux en eux**

Quand vous regardez un échantillon repas, il peut être quelque chose comme le saumon pour le dîner. Même si vous avez le saumon que la protéine, vous pouvez avoir des épinards et un côté de patates douces avec cela. Les épinards contiennent du calcium et du fer, et votre patate douce contient du calcium et de différentes formes de magnésium et de potassium. Il est également riche en fibres, avec les épinards, ce qui aidera à la digestion. Le saumon servira votre protéine, et il est aussi une forme de riches en oméga-3 les acides gras.

Comme vous intégrez les différents aliments et des protéines riches en éléments nutritifs dans votre régime alimentaire, ce qui permettra à votre corps à des œuvres de la façon dont il le devrait. Vous serez mieux en mesure de traiter les aliments, il aidera à la digestion, et vous pouvez également profiter des avantages d'avoir une alimentation riche en nutriments, protéines (qui va construire le muscle), et faible en gras.

## **Effets métaboliques**

Comme sel provient de votre alimentation, vous débarrasser votre corps de l'excès d'eau, de sorte que vous commencer à perdre du poids.

Les protéines aident aussi à construire le muscle en plus de réduire vos mauvaises graisses et en augmentant vos bonnes graisses saines. Avec ce régime en nutriments et riche en protéines, vous allez vivre une vie meilleure.

## **AVANTAGES de faible teneur en sel**

Réduire votre consommation de sel peut:

réduire votre pression artérielle

réduire les migraines ou les maux de tête chroniques du sinus

réduire votre risque de diabète

réduire la rétention d'eau

réduire le risque de crises cardiaques et accidents vasculaires  
cérébraux réduire le poids

Comme vous continuez avec le régime DASH, vous pouvez réellement développer un programme de perte de poids. Cela peut vous aider à cibler les zones où vous rencontrez des problèmes. Vous pouvez combiner le régime DASH avec des collations saines et vos repas. Par exemple, lorsque vous aller au travail ou lorsque vous êtes à la salle de gym, vous pouvez avoir shakes sains ou des collations saines pour assurer que vous mainteniez le régime DASH tout au long de la journée.

## **QUOTIDIEN CONSOMMATION DE SEL**

Comme le régime DASH permet de réduire votre consommation de sel, il augmente vos chances d'avoir une vie plus saine que vous pouvez apprécier. Gardez à l'esprit que les niveaux de sel par jour sont habituellement environ 3.500 milligrammes ou plus. Ils peuvent même être de 4.500 à 5.000 milligrammes en fonction de ce que vous mangez.

## **CONSULTER UN MÉDECIN**

Votre médecin peut accueillir l'idée de vous de commencer un régime comme celui-ci.

Demandez à votre médecin à évaluer votre niveau de sucre, votre pression artérielle, votre rythme cardiaque, et de tous les médicaments que vous pouvez être sur. De cette façon, tout en

utilisant le régime, vous serez en mesure de suivre vos progrès au fil du temps.

Ce livre est divisé en deux parties, qui sont la phase 1, la façon d'utiliser le régime DASH sur une base quotidienne, et la phase 2, comment intégrer l'exercice dans votre régime alimentaire. Je vais aussi mettre l'accent sur les aliments ayant et des collations santé, faire des ajustements quotidiens, et d'établir des plans de repas. Commençons donc ...

## **Chapitre 2**

### **Perte de poids: Utilisation du régime DASH**

#### **pour la perte de poids et l'exercice**

Quand vous êtes prêt à perdre du poids, vous pouvez faire l'erreur d'essayer de faire vous-même.

Vous pouvez commencer avec les meilleures intentions; vous trouvez un plan de régime qui ressemble à cela pourrait fonctionner, charger sur congelés, les aliments faibles en gras, et acheter toutes ces barres protéinées. Vous pouvez penser que vous avez un plan de réussite, et voilà où vous avez fait la première erreur.

Les produits alimentaires peuvent dire qu'ils sont en bonne santé, mais en réalité, leur niveau de sel pourraient être élevés sans vous en rendre compte. En fin de compte, vous pouvez constater que votre pression artérielle est encore élevé ou est devenue encore plus élevé! Mais parce que vous avez enregistré le temps dans la cuisine et vos repas congelés eu si bon goût, vous gardez les manger!

Puis, sur le dessus de cela, vous êtes constipé. Voilà un problème qui se passe quand vous allez sur un régime sur votre propre ou quand vous allez sur les mauvais types d'alimentation. Quand vous êtes prêt à utiliser le régime DASH pour la perte de poids, assurez-vous que les modifications que vous apportez démarrer dans votre

réfrigérateur et votre armoire - en se débarrassant de ces aliments congelés et malsaines.

## **Nettoyer les FRIGO ET LES CABINETS**

Vous débarrasser de vos armoires de tous les aliments transformés. Cela signifie sortir tous ces dîners de télévision et les barres protéinées. Limitez la quantité de caféine et d'alcool que vous consommez. La consommation de caféine ne modifie pas nécessairement la pression artérielle (mis à part un pic initial), mais vous voudrez peut-être de limiter votre consommation de caféine ou de garder le bas car il peut élever votre rythme cardiaque.

Le régime DASH aidera à perdre du poids car il utilise beaucoup d'aliments naturels qui ne possèdent pas les conservateurs et les additifs contenus dans les aliments transformés et congelés. Comme vous le tester pour voir si oui ou non votre corps va prendre à la diète, vous pouvez rapidement se rendre compte qu'il est le type de régime que vous voulez avoir pour le reste de votre vie. Vous pouvez incorporer beaucoup de fruits, de légumes et de bonnes protéines sous forme de viande.

Comme vous réduire votre risque pour des choses comme accident vasculaire cérébral, les maladies cardiaques et d'autres maladies qui sont liées à l'hypertension, vous verrez que le régime DASH devient vite quelque chose qui est non seulement de perdre du poids, mais est sur le maintien d'un mode de vie sain.

## **Le régime DASH POUR PERTE DE POIDS**

Vous allez avoir idéalement trois repas complets par jour, et vous aurez également deux à trois petites collations entre les deux. Ce régime est pas pour vous priver de nourriture; vous ne devez pas vous inquiéter à propos de mourir de faim ou se sentir comme vous ne pouvez pas manger.

Vous serez capable de manger beaucoup de bons aliments riches en protéines. Regardons quelques-unes des choses que vous

pouvez avoir dans le régime alimentaire de sorte que vous pouvez faire les changements appropriés.

## **Collations saines**

Noix comme les amandes, les arachides, les noix, les noix de cajou, de pécan et peut aider à assurer que vous restez plein tout au long de la journée. Vous pouvez également intégrer des choses comme les semences et les edamame citrouille. Si vous avez faim et que vous voulez quelque chose de doux, vos options sont canneberges séchées, raisins secs, bananes, pommes, ou tout autre morceau de fruit. Ne vous inquiétez pas; lorsque vous passez à la phase 2, vous serez en mesure d'avoir les nachos sains et peaux de pommes de terre ou même faire vos propres collations saines, comme des muffins pomme de son et des barres de céréales!

Gardez à l'esprit ceci est juste un échantillon de quelques collations saines. Ceci est même pas incorporer les aliments sains réels que vous pouvez avoir une fois que vous atteindrez votre perte de poids optimale. Voilà pourquoi lorsque vous avez terminé la phase 1, vous voulez rester sur le régime DASH en Phase 2. Lorsque vous passez sur le plan de l'alimentation régulière pour la vie dans la phase 2, les repas vont aller mieux, tout comme les snacks fait. Vous serez en mesure d'avoir des choses comme trempette aux haricots, fèves edamame houmous, et des muffins de blé entiers même.

## **Intégrer l'exercice dans le régime DASH**

Lorsque vous commencez l'exercice pendant que vous êtes sur le régime DASH, la seule chose que vous pourriez avoir à considérer est la façon dont vous allez alimenter votre corps. Dans le passé, peut-être votre façon d'alimenter votre corps était avec une barre de chocolat ou une barre de protéines, mais que peut-être la raison pour laquelle vous avez commencé emballage sur les livres, en premier lieu. Avec le régime DASH, vous voulez avoir des aliments appropriés qui vous aideront pendant et après votre séance d'entraînement.

Par exemple, vous voulez avoir quelque chose qui va vous alimenter pour la séance d'entraînement et vous donner de l'énergie, qui peut provenir de protéines et de glucides. Avant une séance d'entraînement, envisager d'avoir des noix comme les amandes, le yogourt dans un tremblement, ou des œufs durs. Vous pouvez également faire votre propre barres granola ou mélange montagnard, ou vous pouvez avoir un muffin de blé avec du beurre d'arachide ou des œufs dans un pain pita avant de vous rendre à la salle de gym.

## **FAIRE vos aliments préférés PROPRES**

Comme vous obtenez plus loin dans le régime DASH et vous commencez à combiner les aliments pour faire vos propres recettes saines, vous pouvez constater que vous voulez faire vos propres excellentes collations, comme des barres granola. Vous pouvez incorporer des choses comme la mélasse et le miel en eux. Vous pouvez également les remplir avec beaucoup de bonnes noix et les graines pour vous donner les nutriments et minéraux que vous voulez et de vous alimenter au cours d'une séance d'entraînement.

## **Shakes et PROTÉINES**

Vous pouvez également faire votre propre shakes de protéines pour vous donner le carburant que vous aurez besoin pour une séance d'entraînement. Essayez d'avoir une secousse avec yogourt, fraises, bananes, concombres, brocoli, poivrons, et rien d'autre avec de la fibre et un peu de sucre et pour le carburant.

Cela permettra également de faciliter la digestion, de sorte que vous ne devrez pas vous inquiéter d'avoir des problèmes de constipation. Si, d'autre part, vous avez un problème avec des selles molles, puis faire votre protéine secoue un peu plus doux; avoir quelque chose comme un shake de protéines de mangue à la pastèque, une secousse de melon avec des fraises, ou une banane, et de limiter vos verts jusqu'à ce que vous avez terminé votre séance d'entraînement à la salle de gym. Ajout de légumes à un

tremblement est une question d'équilibre pour votre digestion, et vous saurez quand vous avez besoin d'ajouter plus de vert!

## **CRAVINGS Curb**

Si vous avez des envies pendant votre séance d'entraînement ou même à midi une séance d'entraînement, une petite collation, comme un sac d'amandes ou de quelques morceaux de fromage faible en gras, peut faire des miracles. Vous pouvez également avoir une belle, bonne salade à midi, avec de la laitue, des tomates, salade de thon et oignons rouges en elle. Vous pouvez utiliser un pain pita faible en gras pour le maintenir. Ce repas vous donnera suffisamment de protéines pour passer à travers le déjeuner et la séance d'entraînement.

## **TRAVAIL sur le renforcement musculaire**

Assurez-vous que vous utilisez une bonne séance d'entraînement cardio-vasculaire qui utilise le tapis roulant, elliptique, ou maître d'escalier. Vous voulez également vous assurer que vous commencez à construire le muscle car cela brûle les graisses, qui vous aide à perdre du poids.

Gardez à l'esprit que gagner du muscle peut d'abord vous faire apparaître comme vous de prendre du poids.

Séances d'entraînement sont également à propos de la longévité. Vous voulez vous assurer que vous êtes combinant votre nourriture avec un régime d'entraînement cohérent. Vous ne voulez pas essayer de brûler autant de calories que vous pouvez et puis de revenir le lendemain et faire la même chose; vous allez rapidement vous brûler, et vous ne voulez pas le faire. Élaborer et former constamment, et dans le long terme, votre corps va se sentir mieux et vous serez en mesure de maintenir une santé optimale. Soyez sûr d'étirer et de boire beaucoup d'eau avant, pendant, et après vos séances d'entraînement.

## **Brûler plus de calories**



Beaucoup de gens passent à la diète DASH parce qu'ils veulent apprendre à manger sain, exercer et pour la vie. Lorsque vous regardez certains spectacles sur la perte de poids, ils peuvent montrer aux gens dans le gymnase qui tentent de brûler 6000 calories par jour. Ces spectacles vous permettent de voir les gens qui abandonnent dix livres par semaine, et ce n'est pas sain. Non seulement il conduit aux fractures de stress, mais vous pouvez perdre autant de sel que vous vous retrouvez à l'hôpital. Cela ne veut pas votre objectif. Vous souhaitez travailler sur un plan cohérent. Si vous souhaitez graver une livre en une semaine, vous aurez à brûler 3500 calories par semaine pour perdre ce livre.

Ce type de perte de poids peut aussi être obtenue en prenant en moins de calories par semaine.

Vous voulez trouver un bon équilibre entre vos séances d'entraînement et votre régime alimentaire. Essayez d'intégrer des shakes de protéines dans vos séances d'entraînement. Inclure des choses comme les bananes et le yogourt qui ont du potassium. Incorporant beaucoup de calcium dans votre alimentation, et de donner à votre corps assez de carburant pour exercer.

## **LES DANGERS DE MERCURY**

Soyez prudent d'avoir beaucoup de poissons dans votre alimentation. Vous pouvez penser avoir du thon tous les jours à l'heure du déjeuner vous aidera à perdre du poids, mais vous devez être très prudent avec votre consommation de mercure. Essayez de ne pas avoir plus que l'équivalent de deux boîtes de thon par semaine. Le mercure peut endommager les reins, et vous ne voulez pas avoir à vous soucier de cela.

## **chapitre 3**

**Abaisser la tension artérielle: Aliments et des minéraux qui aident**

Si vous avez déjà eu à porter un moniteur de garder une trace de votre pression artérielle, ou si vous avez déjà eu à prendre des médicaments de la pression artérielle, alors vous savez que l'une des meilleures choses que vous pouvez faire est de réduire votre pression artérielle naturellement.

Il ya quelques façons clés pour ce faire, que vous devriez envisager de le faire si vous ne voulez pas être sur la médecine de la pression artérielle pour le reste de votre vie. Ce médicament peut diminuer votre tension artérielle et la fréquence cardiaque, mais il pourrait aussi avoir des effets négatifs tels que la lenteur. Il serait mieux si vous ne devez prendre des médicaments de la pression artérielle.

Gardez à l'esprit que, avec le régime DASH, il ya certains aliments qui va naturellement baisser votre pression artérielle. Les aliments qui sont riches en potassium, par exemple, et les aliments tels que les pommes de terre, patates douces, des bananes et même aider avec votre pression.

D'autres aliments qui peuvent aider comprennent le gingembre, le gingembre est anti-inflammatoire.

Incorporer des aliments qui sont riches en vitamines et minéraux dans votre régime alimentaire.

De cette façon, vous ciblez en fait une façon homéopathique de changer votre mode de vie en changeant vos habitudes alimentaires. Inclure aussi magnésium et de potassium, qui peut alimenter votre corps et de lutter contre les différentes maladies et affections.

## **CONSULTER UN MÉDECIN**

Si vous prenez des médicaments de la pression artérielle, consultez votre médecin pour discuter de venir hors de lui. Si votre pression est habituellement de 180 à plus de 100, de prendre votre médicament de la pression artérielle peut l'abaisser à un environnement sain 120 plus de 80.

Lorsque vous commencez un régime alimentaire, votre pression artérielle peut chuter encore plus bas - trop faible, comme à 90 sur 60! Vous pourriez avoir du mal à tenir debout et peut avoir des étourdissements, et vous ne voulez certainement pas que.

Votre médecin peut diminuer la médecine de la pression artérielle que vous êtes sur le régime pour éviter ce problème. Vous pouvez également demander à votre médecin au sujet de l'investissement dans un brassard de pression sanguine de sorte que vous pouvez garder une trace de votre pression artérielle à la maison. Ne jamais arrêter un médicament pour la pression artérielle tout à coup, et ne pas l'arrêter sur votre propre. Vous devez consulter un médecin, comme des changements soudains peuvent être mortelles.

## **APPORT QUOTIDIEN**

Si vous faites un régime alimentaire normal de DASH, vous voulez essayer de consommer environ 2.200 à 2.300 milligrammes de sodium par jour. Pour un régime DASH faible teneur en sel, essayez de le garder jusqu'à environ 1.500 milligrammes de sel par jour. Ce serait utile si vous êtes inquiet pour votre santé, sont âgés de plus de cinquante ans, ou avoir une pression artérielle élevée, une maladie cardiaque, l'hypertension, le diabète, ou les troubles rénaux.

Sur le régime DASH, idéalement, vous voulez consommer environ 2000 calories par jour.

Cela inclura toutes sortes de grands produits alimentaires, comme les haricots, volaille, poisson, et un peu de viande rouge - dans la modération. Vous pouvez toujours avoir des bonbons et des produits à faible teneur en matières grasses en petites quantités. Donc, nous allons jeter un oeil à la ventilation.

## **Céréaliers, pâtes et du pain**

Idéalement, vous voulez avoir environ six à huit portions par jour. Vous pouvez avoir des céréales pour le petit déjeuner, des pâtes pour le déjeuner avec salade de thon, et le riz avec le dîner. Aussi

garder à l'esprit que vous allez faire des substitutions, tels que le pain de blé entier ou entier à 100% pain de grains lieu du pain blanc, le riz brun au lieu du riz blanc et les pâtes de blé au lieu de pâtes ordinaires.

## **CAROTTES, le brocoli et les légumes verts**

Vous voulez généralement à coller à environ quatre à cinq portions de légumes chaque jour.

essayer d'intégrer divers légumes dans chaque repas. A l'heure du petit déjeuner, vous pouvez avoir carottes et le céleri dans une secousse; quand vous faites des œufs, vous pouvez ajouter les oignons et poivrons verts.

A midi, vous voulez toujours incorporer une salade, que ce soit une salade de fruits ou une salade régulière faite avec mesclun et beaucoup de légumes. Au dîner, essayez d'avoir une salade et un copieux, légumes à feuilles vertes comme le chou frisé ou les épinards. Ne pas acheter des légumes en conserve, qui peuvent avoir beaucoup de sel en eux. Au lieu de cela, chercher des surgelés ou frais.

## **Haute teneur en minéraux**

Vos légumes doivent aussi être riche en fer, le zinc, le magnésium, le potassium et d'autres minéraux et nutriments. Assurez-vous de cibler les aliments comme le chou frisé, les épinards, les patates douces, le brocoli, courge, courgette, tomates, petits pois, haricots verts, aubergines, oignons rouges, l'ail et le gingembre, qui sont très sain pour le cœur.

## **FRAISES, bananes, avocats, ET PLUS**

Avoir au moins quatre à cinq portions de fruits chaque jour. Le but de cela est de s'assurer que vous ingérez fibre; il aide à la digestion. Une partie du régime DASH est d'avoir riche en protéines, et la fibre aidera à vous assurer que vous êtes en mesure de digérer les

aliments plus facilement. Un autre avantage est que vous êtes également l'ingestion d'un grand nombre de vitamines et de nutriments que votre corps a besoin.

## **Lait et le yogourt**

Si vous allez avoir des produits laitiers dans votre régime alimentaire, tels que le lait ou de yogourt, vous voulez essayer d'avoir au moins trois portions par jour. Cela peut être incorporé dans des choses telles que faible en gras et fromage faible en sodium, le yogourt et le lait. Vous pouvez avoir du lait avec des céréales. Votre yogourt peut aller dans un shake parfait, smoothie, ou de protéines, et le fromage peut être une collation l'après-midi.

## **Fruits de mer, VOLAILLES ET VIANDE ROUGE**

Avoir six portions de viande par jour. Vous pouvez avoir du bacon faible en sodium dans la matinée. Vous pouvez avoir la dinde, de poulet ou de thon à l'heure du déjeuner, ou mélangez-les dans une salade ou pita pellicule saine. Dîner peut être tout un assortiment de charcuterie tels que le saumon, le tilapia, la viande rouge comme le boeuf haché, ou un steak dans la modération, en fonction de votre taux de cholestérol. Les viandes sont une bonne source de protéines et comprennent le fer et le zinc ainsi que la vitamine B.

## **ARACHIDES, amandes, et graines de tournesol**

Vous voulez vous assurer que vous avez les noix, les haricots et les graines dans votre alimentation - au moins quatre à cinq portions par semaine. Assurez-vous que vous ne disposez pas d'un grand nombre de noix riches en matières grasses comme les pistaches. Si vous arrive d'être un végétarien, vous trouverez que votre noix et de graines consommation incorporé avec des produits à base de soja peut bien fonctionner dans le régime DASH. Vous pouvez également intégrer des choses comme le tofu dans une salade saine qui a beaucoup de légumes et de noix en elle.

Certains aliments à considérer sont les noix, amandes, noix de pécan, cacahuètes, et même des pignons de pin dans la modération. Haricots tels que edamame, les lentilles, les haricots noirs, les haricots blancs, haricots rouges, haricots pinto, et les pois chiches sont riches en fibres et ont beaucoup de minéraux et nutriments en eux. Lorsque vous commencez à faire vos propres soupes et les trempettes, comme le houmous, vous pouvez vraiment venir avec de grandes recettes.

## **SUCRE ET votre dent sucrée**

Votre dent sucrée peut être appeler, mais essayez de limiter votre consommation de sucre.

Finalement, vous serez en mesure de combattre les fringales de sucre. Ne pas passer à boissons gazeuses diète, car ils sont tout aussi mauvais pour vous, et ne passent pas nécessairement plus d'édulcorants artificiels qui peuvent aussi être tout aussi mauvais ou pire encore; essayer de réduire la quantité de sucre réel que vous utilisez.

Vous pouvez rechercher des versions sans sucre de différentes choses comme des bonbons durs, des biscuits, et même des sorbets et crèmes glacées. Si vous éprouvez des difficultés à trouver ceux-ci, pensez à faire votre propre. Il est pas si difficile à faire votre propre sorbet, et vous pouvez effectivement trouver que vous aimez plus que vous expérimentez avec différentes saveurs.

## **ALIMENTS GRAS ET PRODUITS À BASE D'HUILE**

Essayez de limiter vos aliments gras deux à trois portions par jour. Consommer de bons gras et pas de mauvaises graisses. Les bons gras sont saturés; mauvaises graisses sont les graisses trans.

Les gras trans se trouvent normalement dans les aliments frits, il ne faut pas les faire frire vos aliments. Vous pouvez faire cuire tout lieu. Si vous voulez quelque chose comme le poulet frit, il ya plusieurs façons de le faire cuire qui le rendent meilleur goût - essayez de

tremper le poulet dans une belle pâte et ajouter la chapelure Panko pour croquant!

Pour vous assurer que vous obtenez assez de gras saturés, mais vous ne faites pas trop, essayez de limiter la quantité de beurre, le fromage, la crème et les œufs thatyou consomment. Utilisez vrai beurre lieu de la margarine, et simplement en utiliser moins. Pour toute vinaigrettes que vous souhaitez utiliser, vérifiez le contenu de sel et de graisse de sorte que vous ne devez pas trop de l'un ou l'autre.

## **Chapitre 4**

### **Ajustements: suivi des changements et faire**

#### **des ajustements quotidiens**

Si vous travaillez sur le régime DASH, vous voulez garder à l'esprit qu'il y aura des ajustements quotidiens que vous avez à faire. Par exemple, vous pourriez être avec les amis et la famille et vous êtes tentés de commander ces nachos grasses ou que les aliments frits. Vous devez être fort et se rappeler que sur le régime DASH, vous pouvez avoir ces mêmes grands aliments, mais asin une version plus sain que vous pouvez faire.

Avec vos ajustements de régime, votre façon de cuisiner sera sur l'ajout de plus d'éléments nutritifs et de vous assurer d'avoir les aliments avec moins de sel en eux. Le problème est, cependant, il est difficile quand vous n'êtes pas à la maison parce que parfois vous avez faim et vous ne savez pas de quoi manger. Voilà où le régime DASH entre en jeu.

### **REPLACEMENTS FAIRE**

Comme vous commencez à regarder votre apport quotidien de nourriture, vous allez avoir à faire des ajustements. Par exemple, si vous êtes dehors et vous allez pour le déjeuner avec des amis, peut-être il ya des solutions de rechange saines que vous pouvez trouver

dans un restaurant. Vous pourriez avoir un buffet de salades de style où vous pouvez construire votre propre salade, ou vous pouvez peut-être commander un morceau de poulet grillé avec beaucoup de légumes cuits à la vapeur.

## **MODIFIER TOUTE MENU**

Parfois, cependant, vous trouverez peut-être qu'il n'y a pas d'alternatives saines dans une zone que vous allez avec des amis et la famille. Ils peuvent choisir le fast-food, ou le restaurant avec des options vraiment malsaines. Cela est où vous devez être très prudent avec ce que vous mangez. Vous pourriez avoir à demander des choses spécifiques que vous pouvez avoir, comme des tranches de tomates, la laitue et la salade de thon avec pas de sel, et de spécifier comment vous voulez qu'il soit livré.

Par exemple, au lieu d'une salade de thon sur pain grillé avec du fromage grillé, obtenir sur un pain pita sans le fromage grillé. Le fromage ne sera pas faible en gras et le pain peut être le pain blanc.

## **NE SOYEZ PAS peur de demander des options plus saines**

Veillez également à demander quelque chose comme un yogourt faible en gras et les mélanges de fruits. Lorsque vous mangez avec des amis ou en famille, vous pouvez avoir du mal à trouver quelque chose que vous pouvez avoir. Mangez différemment que vous le feriez normalement afin que vous consommiez moins de sodium. Gardez à l'esprit que la majorité des aliments frits sont riches en sel.

## **PLANIFIER À L'AVANCE**

Vous pouvez transporter de la nourriture avec vous. Par exemple, si vous savez que vous allez être absent pendant une longue journée, prenez une collation avec vous. Effectuer des amandes dans votre sac, les amandes sont légers et complétant aussi. Ou de penser à porter un petit bâton de fromage faible en gras. Pensez également à quelque chose comme les tomates raisins que vous pouvez prendre avec vous sur la route.



Comme vous faites de petits ajustements à vos collations, vous allez aussi vouloir vous assurer que vous incorporez dans l'ensemble de vos repas. En outre, encouragez votre famille à manger le même régime alimentaire sain afin qu'ils puissent les combattre les maladies et les maladies comme vous le faites.

## **Ajustement de la REPAS**

Disons cibler différents domaines qui doivent être ajustés. Peut-être que vous n'êtes pas habitué à avoir le petit déjeuner parce que vous ne disposez pas de temps pour le faire. Vous pouvez toujours transporter des paquets de farine d'avoine avec vous. De préférence, vous voulez regarder quelque chose comme l'avoine en acier découpé, qui ont plus faible en sel et plus de vitamines, nutriments et minéraux.

Ou vous pouvez prendre un shake de protéines, ce qui est rapide. Faites la nuit avant et le laisser dans le mélangeur dans le réfrigérateur, et le matin, avoir votre secouer et aller. Dans votre shake, vous pouvez combiner granola, du yogourt, et beaucoup de fruits et pousses d'épinards; de cette façon, vous serez le chargement sur une alimentation saine.

## **Petit déjeuner sur le GO**

Une autre option est d'avoir des œufs durs pour le petit déjeuner. Vous pouvez effectuer ces à travailler avec vous parce qu'ils sont faciles à transporter. Dans le trafic sur votre façon de travailler, vous pouvez avoir quelque chose de sain comme un shake de protéines de vous tenir jusqu'à ce que vous obtenez au bureau.

## **Collations saines**

Lorsque vous achetez vos collations, acheter des lots de alternative saine tels que tomates raisins, edamame, bâtonnets de céleri et carottes, de cette façon vous avez peu de choses que vous pouvez faire paître quand vous voulez avoir une légère collation.

Si vous voulez quelque chose de doux, optez pour les fraises ou même des cerises.

Parce que vous êtes à la recherche sur des alternatives saines, vous allez toujours garder quelque chose en main qui peut servir comme une lumière et une collation saine. Si il est difficile de lutter contre ces fringales, envisager d'avoir quelque chose comme boulangerie croustilles faites maison que vous fine tranche et cuire au four.

Vous pourriez également avoir des noix que vous le rôti dans une poêle. Vous pouvez rapidement faire cela avec les amandes, les graines de tournesol et les arachides. Il suffit de jeter tout et faire revenir légèrement. ça prend seulement quelques minutes. Vous pouvez même avoir plus de yogourt pour avantage supplémentaire, mais économiser pour votre salade plus tard!

### **Déjeuner au travail**

Comme vous êtes au travail, il peut être difficile de trouver de bons, des choix sains. Essayez d'intégrer le poulet, la dinde, le thon, le saumon ou dans votre déjeuner. Pour les autres repas à l'heure du déjeuner, vous pouvez essayer le poulet grillé ou au four poitrine de dinde rôtie. Ne pas acheter la dinde de charcuterie ou de la viande qui est vendue pré-emballés. Ceux-ci sont généralement très riches en sel et les nitrates. Seulement rechercher les versions rôties au four pour réduire la consommation de sel.

Vous pouvez également avoir pains multigrains avec votre viande: pains aux noix, pain de blé entier, ou pitas de blé. Cherchez les alternatives à faible teneur en glucides. Si vous pouvez avoir une salade au travail chaque jour, ce serait génial; ajouter les légumes plus sains au-delà de la laitue et les tomates de base tels que les poivrons verts, poivrons rouges, concombres, radis, carottes râpées, céleri, oignons, oignons rouges, maïs, haricots verts et le brocoli.

Comme vous pouvez le voir, en intégrant plusieurs sources de fibres, de protéines, et les aliments riches en éléments nutritifs dans

votre déjeuner, vous alimenter votre corps, lui donnant ce dont il a besoin, et non pas de consommer des aliments riches en sel.

## **DÎNER**

Beaucoup de restaurants ont faresdishes qui pourraient sembler en bonne santé, mais ils sont vraiment chargé avec beaucoup de sel et de graisses saturées. Par exemple, vous devez être prudent avec certaines chaînes de restaurants comme le Olive Garden, TGI Fridays, et Applebees.out il.

Recherchez la répartition de calories sur leurs menus afin que vous puissiez voir les sélections sont faibles en sel. Assurez-vous également que vous vous en tenez à votre régime alimentaire en obtenant des choses comme un morceau de poulet grillé ou un morceau de saumon grillé et une salade ou des légumes mélangés saine avec elle.

**ASTUCE:** Vous voulez regarder comme vous n'êtes même pas sur un régime alimentaire? Si vous savez à quel restaurant vous allez, consultez leur menu en ligne à l'avance. De cette façon, quand ils vous demandent votre commande, vous ne sonnera pas maladroit ou que vous avez été mis sur place!

## **Commander de la nourriture dans des lieux**

Pour les fois que vous voudrez peut-être aller à un film ou à un match de baseball, par exemple, vous ne voulez pas tout ce qui est i, transformées ou congelées. La plupart des aliments disponibles, comme les hot dogs, frites, et du pop-corn, sera riche en sel.

Il serait mieux pour vous d'apporter quelque chose de sain à la maison tels que fromage, tomates raisins, le céleri, les carottes ou. Évitez de manger quelque chose qui va augmenter votre pression artérielle. Si vous ne pouvez pas prendre de la nourriture avec vous, obtenir des arachides dans les coquilles ou des frites sans sel ..

**CONSEIL:** Si jamais vous trouvez que vos pieds commencent à gonfler, demandez-vous ce qu'il est que vous avez mangé ce jour-là. Parfois il ya des sels cachés dans des choses comme la sauce à spaghetti, la sauce barbecue et sauce à salade. Avec un régime pauvre en sel, vous serez en mesure de dire dès que vous avez quelque chose qui a beaucoup de sel parce que vous pourriez être la rétention d'eau le lendemain!

### **Collations que vous faites vous-même**

Les gens qui sont habitués à grignoter sur les puces peuvent trouver difficile de commencer avec le régime DASH, car ils sont tellement habitués à avoir le sel. Une alternative est quelque chose comme un mélange montagnard ou granola mélange que vous faites vous-même. Même certaines nouvelles céréales ont maintenant des niveaux élevés de protéines en eux. Assurez-vous qu'ils sont faibles en sel.

### **PRÊT-À-collations à emporter**

Gardez votre granola dans de petits sacs, et toujours prendre un peu avec vous. Vous devriez toujours avoir de prêt-à-go aliments dans votre réfrigérateur, comme les pommes de cut-up, œufs durs, et d'autres aliments que vous pouvez prendre avec vous. Vous pouvez également acheter de petites tasses Jell-O; assurez-vous qu'ils sont sans sucre et ils peuvent voyager ainsi. Ne pas oublier la cuillère!

## **Chapitre 5**

### **Plans de repas: Les régimes exemples, trucs**

#### **et conseils**

Comment démarrer le régime DASH: un exemple de menu

Lorsque vous démarrez le régime DASH, vous allez vouloir incorporer quelques choses que vous pourriez ne pas penser tout le temps. Cela va prendre un certain temps pour s'y habituer. Peut-

être que vous êtes habitué à saisir un bagel avec du fromage à la crème pour le petit déjeuner, ou si vous avez l'habitude de simplement obtenir un hamburger sur le pouce. Avec le régime DASH, vous allez penser à différentes façons que vous pouvez incorporer des aliments frais dans vos plans de repas. Le premier endroit où vous voulez commencer est dans l'allée de l'épicerie.

## **MIEUX ÉPICERIE**

Soyez sûr que vous achetez des aliments sains. Un bon endroit pour commencer est votre jus allée. Oui, vous serez en mesure d'avoir vos jus préférés. Vous devez acheter des jus de fruits comme:

jus de tomate Faible teneur en sodium

jus de canneberge sans sucre

Du jus d'orange

Jus de pomme

## **PRODUIRE**

Ensuite, lorsque vous achetez vos aliments réels, vous voulez chercher des choses dans votre allée produits comme la laitue, les tomates, les poivrons, les tomates raisins, tomates, carottes, réguliers et carottes.

## **SNACKS**

Veillez à acheter des choses que vous apprécierez, comme Jell-O sans sucre, qui peuvent être des charges et ne pas être trop de calories. Regardez aussi pour le fromage cottage faible en gras, les canneberges, les fruits secs et les noix comme les arachides saines dans les coquilles, noix de cajou, pistaches, noix de pécan, noix et des amandes.

## **Viande et de poisson**

Ensuite, vous voulez regarder pour la viande que vous allez faire frais, donc chercher des choses comme la dinde rôtie au four, les poitrines de poulet, les poulets entiers, les jambes et les cuisses que vous pouvez faire cuire, et les poissons comme le tilapia, le saumon, ou patauger. Ne vous limitez pas à la viande et des fruits de mer; vous pouvez faire des salades avec des crevettes ou des crevettes et steak grillé. Alors que vous ne voulez pas avoir beaucoup de viande rouge, vous pouvez avoir le ragoût de boeuf, rôti de bœuf, et le rôti, que ceux-ci auront probablement vous lancer beaucoup de légumes dans le mélange.

## **Sauces et vinaigrettes**

Regardez vos pansements et toute les sauces que vous souhaitez utiliser sur eux. Si vous faites une sauce pour les spaghetti, essayer de faire celui qui est frais à partir de tomates ou la pâte de tomate, par opposition à celle qui est une sauce pré-faites spaghetti dans une boîte, que ceux-ci ont tendance à avoir beaucoup de sel en eux. Si vous ne devez aller avec un type riche en sel, vous pouvez toujours diluer la sauce avec un peu d'eau.

## **LA PHASE 1**

Ceci est la phase de perte de poids du régime DASH, et nous avons inclus un exemple de menu pour vous montrer toutes les grandes options que vous pouvez profiter!

## **DÉJEUNER**

Un petit échantillon pourrait inclure les blancs d'œufs, des œufs brouillés ou batteurs à oeufs, jus et faible teneur en sel.

## **MATIN SNACKS**

Une collation du matin pourrait être quelque chose comme les tomates raisins, bâtonnets de céleri, ou carottes. Vous pouvez également inclure un petit morceau de fromage faible en gras ou œufs durs, qui sont de belles sources de protéines.

## **DÉJEUNER**

Pour le déjeuner, chercher quelque chose comme la dinde fumé, dinde rôtie au four, ou de poulet qui a été grillé. Avoir avec ou dans une salade, et tenir compte de votre sans sucre Jell-O pour un dessert léger ou de remplissage. Ne manquez pas une collation légère comme du maïs soufflé sans beurre ou de sel que vous faites à la maison

## **Goûters**

Une collation dans l'après-midi pourrait être quelque chose comme une poignée d'amandes et quelques carottes, ou vous pouvez avoir le Jell-O si vous ne devez plus tôt dans la journée.

## **DÎNER**

Lorsque vous arrivez à dîner, vous voudrez peut-être penser à quelque chose comme votre poulet ou de dinde et un côté de légumes rôtis au four, ou vous pourriez avoir une salade avec une vinaigrette très léger. Vous pouvez faire votre propre vinaigrette ou utiliser une huile d'olive légère comme un pansement.

## **DESSERT**

Pour votre dessert, peut-être avoir le Jell-O, ou avoir un petit morceau de fromage et des tomates.

Si vous voulez vraiment quelque chose de doux, avoir quelques fraises et quelques amandes.

Comme vous reprogrammer votre cerveau à manger des aliments réels, vous remarquerez que tout ce qui weyou ajoutée était en bonne santé, riche en protéines et riche en nutriments et minéraux, tels que les légumes, les fruits et les produits laitiers.

## **PHASE 2**

Comme vous allez dans la phase 2, ceci est où vous allez commencer à ajouter des aliments plus sains. Gardez à l'esprit que cette phase est pour quand vous avez atteint votre perte de poids réelle et visons maintenant protéines plus élevés, plus de fibres, faible en gras et en sel inférieure.

## **DÉJEUNER**

Pour le petit déjeuner, envisager d'avoir des œufs brouillés fouets ou les œufs durs. Vous pouvez aussi avoir un peu de fruits, comme une tasse de fruits mélangés ou d'un mélange de fraises et de bananes. Vous pouvez avoir du jus d'orange, café ou chocolat chaud.

### **Collation du matin**

Pour une collation du matin, envisager d'avoir amandes et yogourt faible en gras. Cela peut aider à assurer que vous freiner toutes les faims. Les amandes servent aussi un petit chemin à brûler les graisses.

## **DÉJEUNER**

A midi, vous pouvez faire votre propre dinde, poulet, ou une pellicule de thon. Vous pouvez utiliser la laitue, un pain pita ou une tortilla, puis ajouter les légumes sains comme les oignons et les poivrons si vous le souhaitez. Remplissez-le avec tomates et la laitue, rouler, et profitez-en!

### **GOÛTER DE L'APRÈS-MIDI**

Pour votre collation après-midi, vous pouvez avoir encore un peu plus de protéines, comme une poignée de noix. Vous pouvez avoir le yogourt, une coupe de fruits, ou Jell-O. Essayez d'avoir des arachides dans les coquilles; vous consommez réellement moins de cette façon.

## **DÎNER**



Pour le dîner, faire quelque chose de copieux comme le parmesan de poulet grillé. Servir avec une sauce rouge, et ajouter un peu de fromage faible en gras à elle. Vous pouvez également ajouter les courges, courgettes, et d'autres légumes à votre sauce pour la rendre riche. Avoir une grande salade avec cela et vous pouvez même ne pas vouloir le dessert!

## **DESSERT**

Si vous avez encore de la place pour le dessert, envisager d'avoir des fraises, amandes, ou un yaourt parfait.

Comme vous le voyez de l'alimentation, vous êtes incorporant des plats faits maison, en évitant les aliments frits et salés, et de consommer des aliments qui sont riches en nutriments et de minéraux. Cela peut aider à réduire votre pression artérielle et la maintenir basse. En fin de compte, votre perte de poids et les changements de régime sont de fixer des objectifs et les atteindre une étape à la fois.

Parce que Wei savoir que le régime DASH est quelque chose que vous pouvez accomplir avec succès au fil du temps, il est juste une question de changer votre façon de penser. Voilà pourquoi wel've rassembler quelques conseils qui peuvent vous aider à reprogrammer votre esprit et de réévaluer vos habitudes alimentaires.

## **DIRE NON aux aliments transformés**

Quand vous passez par vos armoires, se débarrasser des aliments congelés, traitées ou riches en sel. Cela signifie que les pizzas surgelées, dîners de TV congelés, nuggets de poulet congelés, les frites surgelées, ou tout ce qui est traité devrait être jeté. Remplissez votre congélateur avec des options saines comme les fruits congelés, légumes et la viande fraîche. Toujours penser moins de sel. Le régime DASH va vous aider à réduire votre consommation de sel, ce qui peut aider à réduire votre pression artérielle. Mais cela signifie que vous allez devoir faire vos devoirs ainsi.

## **LIRE LES LABELS**

Regardez la teneur en sel de quoi que ce soit que vous êtes manger. Par exemple, un sac de croustilles peut avoir 250 milligrammes de sel. Pouvez-vous en trouver un qui est seulement de 60 à 80 milligrammes de sel? Vous voulez manger sain et être conforme à ce sujet autant que vous le pouvez.

## **Restocker les TABLETTES**

Assurez-vous de réapprovisionner les étagères avec les aliments que vous allez manger dans le régime alimentaire. Faites une liste de tous les nouveaux goodies que vous allez chercher à la boutique, comme le yogourt, noix mélangées, des légumes et des fruits. La seule chose qui pousse les gens à tomber d'un régime est quand ils disent, "Oh, je ne peux pas trouver quelque chose à manger." Cela ne veut pas vrai. Vous ne savez pas de quoi manger - pas encore. Voilà pourquoi vous devez vous assurer que vous avez des choses que vous pouvez avoir sur le régime.

Il sera tout à fait beaucoup, donc expérimenter! avec votre nourriture.

## **Venir avec de nouvelles recettes**

Votre nouveau régime et une nouvelle façon de regarder la nourriture vous fera profiter de beaucoup de grands, de nouveaux plats. Toutefois, vous pouvez constater que vous vous sentez comme vous êtes juste avoir la même chose tous les jours. Alors, que vous travaillez sur votre plan d'alimentation, se concentrer sur de nouvelles façons de manger sainement et de nouvelles recettes qui peuvent être utilisés avec le régime DASH. Ne pas avoir peur de mettre ce fruit dans le four et le sécher pour une gâterie savoureuse. Ne pas avoir peur d'avoir des arachides dans les coquilles. Ne pas avoir peur de faire cuire le chou frisé ou faire vos propres barres granola. Voilà le plaisir d'un nouveau régime: faire vos propres!

## **Le temps d'ajuster**

Parce que le concept est nouveau, il faudra du temps pour régler. Donnez-vous du temps et vous verrez comment les avantages rembourser bas de la route. Cherchez des façons que vous pouvez utiliser le régime DASH pour faire des versions plus saines des aliments que vous pouvez commencer à manquer.

## **FRIES REVAMP et de la pizza**

Par exemple, si vous avez aimé avoir une pizza, si elle a été gelé ou vous avez commandé, vous pouvez toujours avoir comme une meilleure version. Essayez d'expérimenter avec un pain pita, tomates fraîches, et faible en gras et fromage faible en sel. Peut-être que vous aviez l'habitude de ces frites grasses. Eh bien, vous pouvez toujours avoir eux; assurez juste que vous êtes en utilisant tous les ingrédients frais, comme les pommes de terre blanches fraîchement coupée ou de patates douces. De cette façon vous pouvez vous assurer que vous obtenez les éléments nutritifs dont votre corps a besoin.

## **Conclusion**

Le but que vous ajustez le régime DASH est de travailler sur les façons dont vous pouvez réduire le sel, adapter à de nouveaux aliments, et les remplacer salés, transformés et les aliments frits avec des aliments frais. Ces nouveaux aliments sont meilleurs pour vous et plus sûr pour votre corps. Voilà l'objectif principal de l'alimentation - à ingérer des aliments que votre corps va bénéficier et sera utilisé à bon escient. Vous ne voulez pas que votre corps chargé avec du sel, car alors vous êtes la cause de votre cœur à travailler plus dur et faire de votre fusée de la pression artérielle.

La prochaine étape à faire le travail de régime DASH est d'avoir un régime alimentaire riche en minéraux avec beaucoup de nutriments et de vitamines. Comme vous nourrissez votre corps les aliments appropriés, non seulement il va travailler de manière plus productive pour vous, mais vous verrez votre peau a une lueur saine à elle, vous vous sentirez rajeuni, vous perdrez du poids, et vous être en

mesure de lutter contre toutes ces vilaines maladies et les maladies que vous pourriez pas avant.

Vous ne trouvez pas le régime DASH comme un moyen pour une solution rapide. Voyez cela comme un mouvement qui va vous permettre de manger sain pour la vie. Les gens apprennent que non seulement ils vivent des vies plus saines, mais ils ont un rebond comme jamais auparavant! Voilà ce que vous devriez avoir trop. Chaque jour doit être un pouvoir un; avoir les saines habitudes alimentaires qui alimenteront votre corps à partir du moment que vous obtenez jusqu'à quand vous allez au lit chaque nuit. Vous devriez également intégrer le régime DASH

dans ce que vous nourrissez votre famille parce que ces options saines leur sera bénéfique aussi bien!

Fruit Infused eau

*60 organiques fruit infusé Recettes eau pour perdre du poids, Detox, et un métabolisme rapide saine*

*Ella Marie*

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## **Chapitre 1:**

### **Pourquoi devrions-nous infuser notre eau?**

Dans une société idéale, les gens boivent beaucoup d'eau, mangent que des aliments sains et organiques, mangent du poisson fraîchement pêché, et les gens ne consomment les aliments transformés. Il n'y a pas de maladie. Ils exercent tous les jours. Et tout le monde vit heureux à jamais, non? Um, dont le monde rêve est-ce?

Parlons de la vie réelle. Nous mangeons des aliments transformés, fast food et les aliments chargés avec tant de conservateurs qu'un cadavre peut durer des semaines avant de se décomposer. Nous buvons sodas, l'alcool, les boissons et plein à craquer de couleurs artificielles, saveurs et des édulcorants artificiels (produits chimiques qui sont présentés comme des alternatives à sucre et des édulcorants naturels, mais en fait, viennent avec une liste des dangers qui dépasse l'entendement). Nous ne faisons pas preuve. Et la plupart d'entre nous ne boivent pas assez d'eau. Voilà la vraie vie.

Aussi, nous avons les maladies qui nous assaillent depuis l'enfance. Alors que certains sont héréditaires ou développer sans aucune faute de notre propre, beaucoup sont directement causés par ou sont exacerbés par nos mauvaises habitudes alimentaires. Un problème souvent caché et non identifiés qui peuvent causer une myriade de maladies apparemment sans rapport est la déshydratation. Il est estimé que jusqu'à 75% des Américains souffrent des effets de déshydratation chronique. 75%! Voilà choquant! Les personnes âgées et les enfants sont exposés à un risque particulièrement élevé. On estime également que près de

28% des personnes âgées vivant dans des communautés (y compris ceux qui résident dans des établissements de soins spécialisés de soins infirmiers) souffrent de déshydratation chronique!

Pourquoi ces numéros si élevés? Nous pouvons boire de l'eau pour le fixer, non? Il est tout simplement pas aussi simple que cela. Il n'a pas eu beaucoup de recherches dans combien d'eau nous avons réellement besoin. Qu'est-ce que la recherche nous offre des informations contradictoires. Tout cela conduit à des mythes et la désinformation.

Alors, qui devons-nous croire? Avons-nous besoin de 64 onces d'eau par jour ou plus de 90

onces par jour? Est-ce que toutes les boissons comptent vers le but de l'eau? Qu'en est-il des aliments? Qu'en est-il des médicaments? Qu'en est-il de la capacité réduite de l'organisme à retenir l'eau que nous vieillissons? Faut-il boire de l'eau directement ou devrions-nous boire quelque chose comme Gatorade qui remplace les électrolytes, trop? Devrions-nous acheter des choses dans le magasin ou le faire nous-mêmes? Et, en ce qui concerne les statistiques ci-dessus, ce qui est la déshydratation chronique et je suis l'un des 75%?

Toutes ces questions sont valables. Les réponses dépendent de l'individu et de leurs besoins de santé spécifiques. Cependant, la recherche médicale sur la déshydratation nous montre que nous avons besoin de réponses. La déshydratation est un facteur grave de porter atteinte à notre santé en général, et de ses effets peut être fatale. Nous avons besoin d'une bonne information, et le plus tôt nous savons de cette information, le mieux!

### **Déshydratation: les faits**

Beaucoup de gens pensent qu'ils ne doivent boire plus d'eau quand ils se sentent soif. En fait, si vous avez soif, vous êtes déjà dans un état de déshydratation. Alors, quel est-il et comment pouvons-nous l'identifier?

Simplement dit, la déshydratation survient lorsque le corps perd plus d'eau qu'il prend et les déséquilibres subséquents dans les sels, minéraux, enzymes et résultat. Les déséquilibres interfèrent avec la façon dont les fonctions du corps, à partir du niveau du système tout le chemin jusqu'au niveau cellulaire. Une déshydratation chronique de bas grade finira par causer des symptômes, mais le plus souvent, la cause racine est pas identifié. Déshydratation sévère est fatale.

Déshydratation chronique affecte votre corps tout entier comme un fantôme insidieuse. Il est le coupable derrière de nombreuses affections habituellement vu comme des nuisances. Mais, une fois que ces nuisances deviennent problématiques, nous allons aller chez le médecin et le médecin les traite. Cependant, la cause réelle du problème est rarement identifié, il continue à faire des ravages avec notre bien-être physique.

Alors que sensation de soif est certainement un signe de déshydratation, il ya beaucoup d'autres symptômes qui peuvent être causés par la déshydratation. Souffrez-vous de l'une de ces maladies? Ils pourraient en fait être la cause d'une déshydratation chronique!

Les brûlures d'estomac

Dépression

douleurs articulaires

Insomnie

La peau sèche

Gastrite

Maux de tête

gain de poids / perte

rétenction d'eau

Vieillesse prématurée

Hypertension artérielle

Constipation

Taux de cholestérol élevé

Fatigue

Combien de ceux qui vous a surpris? Je dois personnellement plusieurs d'entre eux! Hmm. Il ya d'autres symptômes attribués directement à légère à modérée déshydratation. Voici cette liste.

Moins d'urine / sombre

Durée d'attention courte

Impatience / irritabilité

Vertiges

Vessie / infections rénales

ronflement

Les calculs rénaux

Cravings pour le café, soda, ou de l'alcool

Déshydratation sévère peut finalement conduire à la mort. Mais, ce sont quelques-uns des symptômes associés à une déshydratation sévère. Gardez à l'esprit que les contrôles de l'eau toutes les fonctions corporelles, donc, sans suffisamment d'eau, le corps va fermer fonctions dans une tentative pour conserver l'eau.

soif extrême

Delirium ou l'inconscience



Peu ou pas de production d'urine

Fièvre

Pression artérielle basse

Yeux enfoncés

Accélération du rythme cardiaque

peau flétri

rein et orgue échec

chimie déséquilibres sanguins Extreme

### **Déshydratation Inverser**

Donc, si nous pensons que nous sommes déshydratés, devrions-nous bouffer tout simplement plusieurs bouteilles d'eau pour une reconstitution rapide? NON! Cela va surcharger les reins et l'excès subite sera immédiatement évacuée du système avant qu'il ne puisse rien faire pour aider.

La meilleure chose à faire est de boire un peu d'eau tout au long de la journée. Ceci fournit régulièrement de l'eau et de l'augmentation subtile ne choquera pas les reins. L'eau restera dans le sang plus longtemps et sera en mesure de commencer le processus d'hydratation du corps à tous les niveaux, du système au cellulaire.

Bien. Alors, que pouvons-nous boire? Beaucoup d'entre nous prendre quelque chose comme le café, le thé, ou soda. Tous ces éléments sont fabriqués avec de l'eau, bien sûr. Mais, ils emballent une bonne dose de diurétiques (caféine) et des produits chimiques qui nécessitent plus d'eau pour eux (sucre, conservateurs, etc) traiter. Nous récupérons aussi des boissons comme Gatorade ou autre eau aromatisée acheté en magasin. Oui, ils ajoutent des électrolytes et ils ont du goût. Mais, ils ajoutent trop lourdes doses

de conservateurs, produits chimiques, de colorants artificiels, les édulcorants artificiels, et de grandes quantités de sucre!

Donc, nous sommes de retour à l'eau claire. Je ne sais pas où vous habitez, mais l'eau du robinet dans ma région goûte dégoûtant et est presque imbuvable. Beurk! Il existe des systèmes de filtration qui aident à éliminer certaines des impuretés qui améliorent le goût. Mais l'eau est pas censé avoir un avant-goût, non? Et comment allons-nous étouffer en baisse de plus de lui? Et est filtrer ce suffisant? Est notre eau du robinet même sain pour nous de boire après elle est traitée avec plus de cocktails chimiques comme le chlore et forts agents antimicrobiens? Qu'en est-il du contenu minéral déjà dans l'eau? (Ici, nous avons beaucoup de carbonate de calcium dissous à partir de calcaire).

La plupart des restaurants savent que l'eau goûte juste mieux quand ils ajoutent une tranche de citron ou de lime. Nous voyons tous quand nous dînons dehors. Une tranche de fruit ajoute beaucoup plus à l'eau que juste un peu de goût. On ajoute également des vitamines et minéraux.

Les fruits peuvent être ajouté à notre eau à ajouter non seulement le goût, mais aussi d'ajouter des nutriments. Il n'a pas besoin d'être tout fruit. Au cours des dernières années, les gens ont pris

conscience des avantages de jus de légumes, trop. Nous pouvons ajouter des légumes et des herbes pour notre eau ainsi.

Beaucoup de fruits et légumes ont une teneur élevée en eau: la pastèque et le concombre viennent immédiatement à l'esprit. Une liste indiquant les fruits et légumes avec haute teneur en eau va mettre cette information à portée de main. En plus de l'eau potable infusé, vous pouvez ajouter ces fruits et légumes à votre alimentation quotidienne comme collation enrichie en eau!

Les légume

Brocoli

Chou (rouge et vert)

Carottes

Chou-fleur

Céleri

Concombre

Pois aubergine

Vert

laitue iceberg

Peppers (douce ou chaude)

radis épinards

Tomates (rouge et vert)

Pommes de terre blanches

Zucchini

Fruit

Les pommes

abricots

Bleuets

cantaloup

Cerises Cranberries

pamplemousse

Raisins

Citrons

Limes

Oranges

Peaches

Poires

Ananas

Prunes

Framboises

Fraises

Pastèque

Aussi, boire fruits ou de l'eau infusée de fruits / légumes après l'exercice vous réhydrater plus vite que si vous buvez une boisson pour sportifs. Fruits et légumes frais sont chargés avec des nutriments y compris les sucres et minéraux dont votre corps a besoin, avec l'eau. Ces sucres naturels et de nutriments ne nécessitent pas les charges digestifs lourds que ces substances présentes dans les boissons pour sportifs. En outre, manger des fruits et légumes avec une haute

teneur en eau fera vous sentir rassasié.

Eau infusée de fruits a aussi d'autres avantages. Les sucres naturels (et ajouté de l'eau) aider à améliorer votre humeur et l'énergie d'alimentation. Ils peuvent aider votre corps à éliminer les toxines de votre système. Parce qu'ils font vous sentir rassasié, ils permettront de réduire la tentation de grignoter sur la malbouffe. Il aide votre corps à naturellement et en toute sécurité de libérer les cellules

graisseuses. Ils gardent les aliments en mouvement en douceur à travers votre tube digestif. Ils aident à réduire la fatigue musculaire pendant l'entraînement, mais aident votre corps à récupérer plus rapidement de votre exercice. Et, ils aident à prévenir les accidents de l'énergie de l'après-midi.

## **Chapitre 2:**

### **Que devrions-nous inclure?**

### **Que devrions-nous éviter?**

Dans le premier chapitre, vous avez appris sur les fruits et légumes qui sont riches en eau et pourquoi nous en avons besoin. Mais, qu'en est-il d'autres fruits et légumes? Pouvons-nous ajouter les herbes et épices pour la saveur ainsi que un coup de pouce des éléments nutritifs? La réponse est un fort, OUI retentissant!

Les plus grandes considérations pour rendre l'eau infuse sont le goût, la pureté (sans produits chimiques), et la fraîcheur. Utilisation de fruits, de légumes, herbes et feront en sorte que vous ne ajoutez les pesticides et les produits chimiques dans vos boissons! Vous voulez que les ingrédients les plus frais que vous pouvez trouver. Si le fruit ou le légume est spongieuse ou contient des taches brunes, ne les utilisez pas. Utilisez, fruits et légumes fermes ne lumineuses.

Évitez d'utiliser tout ce qui semble fanée ou chétif.

Quant à l'eau, l'eau filtrée ou purifiée est la meilleure. Si vous aimez la carbonatation de sodas, alors vous pouvez ajouter un peu de carbonatation, mais méfiez-vous de l'ajout de produits chimiques ou de sucres! Regardez les étiquettes sur la carbonatation: l'eau ne doit contenir que le dioxyde de carbone.

Si vous souhaitez ajouter les herbes et épices, être conscient que les épices moulues vont flotter dans votre boisson. Utilisez les épices entières. L'anis étoilé et la cannelle sont de bons exemples de l'utilisation des formes naturelles au lieu de les versions de base.

Aussi, méfiez-vous de tout extrait aromatisé, tels que la vanille. Assurez-vous qu'il est extrait pur et non un arôme artificiel (aka cocktail chimique).

Parfois, il ya confusion sur l'ajout de la peau ou l'écorce des fruits. Écorces d'agrumes peuvent donner un goût amer à votre boisson. Utilisez-les si vous aimez le goût, et comme un bonus supplémentaire, les huiles essentielles offrent nutriments supplémentaires. Si vous ne vous souciez pas pour le goût, puis les peler les fruits d'abord éliminer les huiles amères. Laissez vos papilles décider.

Les joueurs étoiles et pourquoi ils devraient être de l'alignement

Cette section décrit les avantages pour la santé de différents types d'ingrédients tels que les fruits, les herbes, les épices et ingrédients de nouveauté. Il liste les avantages, dans de nombreux cas, d'un groupe d'ingrédients similaires (comme les agrumes ou de baies). Les ingrédients de fantaisie auront aussi une explication quant à la raison pour laquelle vous pouvez envisager de les ajouter à votre eau infuse. Comme les fruits et les herbes, ils offrent bien plus qu'un simple goût de votre eau. Et, qui veut boire exactement la même chose tous les jours de toute façon? Je apprécie certainement beaucoup de variété et les combinaisons d'ingrédients sont ahurissant. Il n'y a aucune raison pourquoi vous ne devriez pas expérimenter!

Parce que l'information dans ce chapitre sera donnée dans les groupes, je vais d'abord énumérer les ingrédients par type général. Beaucoup d'entre eux sont inclus dans les recettes au chapitre 4.

Le ciel est la limite. Cette liste est loin d'être exhaustive ... il est simplement un point des possibilités de départ. Cette liste contient certains des éléments énumérés dans le premier chapitre et est orienté spécifiquement vers ces ingrédients qui sont très utiles dans la fabrication de l'eau infusée dans une bouteille d'infusion.

Fruit

Pommes Bleuets

Cerises Cranberries pamplemousse

Raisins Honeydew Kiwi

Citrons Limettes Mandarines (mandarines)

Mangues citron Meyer Oranges

Fruit de la Passion Peaches Ananas

Pomegranate Framboises Carambole

Fraises Pastèque

Légumes, herbes et fleurs,

Basil Black Tea Camomille

Coriandre (coriandre) Concombre

Thé vert de fenouil à l'aneth

Hibiscus Fleur de lavande citronnelle

Monnaie (menthe verte) Peppermint Rosemary

Pétales de Rose Sage Thym

Les épices et les ingrédients Nouveauté

Alcool Cardamome Cannelle

Clous de girofle Ginger miel

Jalapeno sirop d'érable (Grade A) sel de mer

## Turbinado sucre Vanilla Bean

Que sont les antioxydants, vitamines du complexe B et de minéraux?

Cette partie décrit les principaux types de goodies notre corps a besoin pour maintenir haut la santé. Il ya des antioxydants, des vitamines du complexe B et de minéraux. Mais, quelle fonction jouent-ils et pourquoi devrions-nous nous?

Beaucoup des ingrédients ont une forte composante antioxydant. Les antioxydants sont de différentes formes. Non chaque fruit a les mêmes types d'antioxydants mais ils sont répertoriés avec la principale composante similaire: la vitamine C. La vitamine C

est dans un type de groupe antioxydant différent de vitamines A et E. Je ne précise pas si le type particulier était anthocyanes, des flavonoïdes, des antioxydants polyphénoliques, ou antioxydants phénoliques. Les seuls que je faisais la liste étaient ceux spéciaux qui ne sont pas souvent trouvés. Je ne vais pas non plus dans le détail de ce qui précisément vitamines du complexe B étaient présents sauf si elle a été inscrite séparément. La fibre est essentiel pour une bonne circulation des denrées alimentaires dans le tractus gastro-intestinal, et il ya différents types de fibres.

Les antioxydants sont présentées comme ayant une foule d'avantages pour la santé, y compris l'amélioration de la santé cardiovasculaire, anti-vieillessement, anti-cancer, et ils se battent prétendument contre les conditions chroniques comme l'arthrite, la dégénérescence maculaire et la maladie d'Alzheimer en aidant à neutraliser les radicaux libres dans le corps. Alors que la recherche sur les antioxydants spécifiques ont pas montré beaucoup profit (le cas échéant), nous devrions quand même envisager de les incorporer. La recherche, à ma connaissance, n'a pas été fait sur les aliments entiers ou les antioxydants dans leur état naturel. Ceci est important car de nombreux éléments nutritifs ne fonctionnent pas seuls, comme vous le verrez dans ce chapitre.



Donc, de tester l'efficacité d'un antioxydant seul est comme essayer de déterminer à quelle vitesse une Corvette peut aller en testant seulement les pneus. Mais, que la recherche est en

cours.

Vitamines du complexe B sont un groupe de 11 vitamines qui sont essentiels pour une bonne santé. Ils aident à réguler la production d'énergie, les fonctions neurologiques, et les fonctions mentales supérieures comme le stockage de la mémoire et la récupération. Ils provoquent la libération de l'acide de l'estomac afin d'assurer une bonne digestion et l'absorption des vitamines et des minéraux. Ils réguler et de maintenir une croissance saine des couches externes de la peau, y compris les cheveux et les ongles. L'acide folique est utilisé pour contrecarrer anomalies du tube neural durant la grossesse. Ils prévenir et traiter certaines formes d'anémie. Ils protègent le système cardiovasculaire des dommages. Ils aident à la synthèse de l'ADN pour la croissance et le développement. Ils aident à prévenir sein, du poumon et le cancer du foie. Ils aident à maintenir la santé mentale optimale, y compris la diminution des risques de dépression, d'anxiété, perte de mémoire, et le déclin cognitif du processus de vieillissement. Ils aident à stabiliser et à réguler les hormones pour soulager les symptômes du syndrome prémenstruel et les nausées matinales. Ils peuvent aussi aider à prévenir la formation de calculs rénaux.

Beaucoup de vitamines du complexe B ne travaillent pas seuls: ils ont besoin d'autres vitamines, minéraux, enzymes et de travailler leur magie. Il est hautement chorégraphiée un ballet qui peut être éjecté avec une carence en l'un de ces vitamines.

Les minéraux jouent également un rôle très important dans le maintien de la santé optimale et la lutte contre la maladie. Il ya beaucoup de minéraux qui sont inclus dans les valeurs nutritionnelles, mais quels sont-ils? Chaque minéral a son propre ensemble unique de fonctions, mais comme vitamines et antioxydants complexe B, ils ne travaillent pas seuls. Plusieurs fois, les minéraux individuels ne fonctionneront pas si pris seul: il

nécessite de nombreuses autres substances. Voici une liste des minéraux mentionnés dans les valeurs nutritionnelles des ingrédients:

**Calcium:** essentiel pour la santé osseuse et des dents; soulage l'insomnie, des crampes, et les symptômes de la ménopause et le syndrome prémenstruel; traite l'obésité, l'acidité, les maladies cardiaques, le cancer du côlon, et de l'hypertension artérielle

**Fer:** composante principale dans la formation du sang; assiste le métabolisme, la régulation de la température corporelle, l'activité musculaire, les fonctions cérébrales, et les réponses immunitaires; combat le syndrome des jambes sans repos et l'insomnie

**Magnésium:** peut traiter l'hypertension artérielle, les crises cardiaques, les crampes, le diabète, la ménopause et l'asthme; peut également être utilisé pour l'alcoolisme, de la santé osseuse, la grossesse; en raison de son rôle dans la régulation des hormones, il peut traiter l'insomnie, l'anxiété et le stress

**Phosphore:** améliore le métabolisme du corps; améliore le fonctionnement du cerveau, la santé dentaire et osseuse; aide à la faiblesse sexuelle et musculaire  
**Manganèse:** exécute des fonctions critiques dans le métabolisme, la reproduction et le fonctionnement du cerveau; lutte contre l'ostéoporose, la fatigue, les entorses, les inflammations, l'épilepsie et

**Cuivre:** Travaux d'améliorer le système circulatoire, le fonctionnement du cerveau, et la réponse immunitaire; aide à prévenir et traiter la déficience de l'hémoglobine; offre une résistance aux maladies du cœur; lutte contre l'arthrite, infections de la gorge, et des problèmes de peau  
**Potassium:** aides dans le fonctionnement correct du système cardio-vasculaire, la modulation de sucre dans le sang, la stabilisation de la pression sanguine, les muscles et le cerveau; combat les maladies cardiaques, le diabète, des troubles rénaux, et l'arthrite

Sélénium: un des antioxydants les plus puissants de minéraux; réduit le peroxyde (l'un des radicaux libres) concentration; contribue à la santé des os bon

Zinc: essentiel dans de nombreuses réactions enzymatiques dans le corps qui influent sur la santé de la peau, la cicatrisation des plaies, de la santé des yeux, la grossesse, perte de poids, la santé de la prostate, de la reproduction, et de l'appétit

## **Information nutritionnelle**

Cette section répertorie les composants individuels et leurs propriétés saines, vous montrant exactement pourquoi ils devraient être inclus dans votre routine de l'eau infuse. Tout ne sera pas dans la liste, mais la plupart d'entre eux sera. Comme mentionné précédemment, ajoutent-ils plus qu'un simple goût de votre eau. Cette section explique cette déclaration.

Pommes: teneur élevée en fibres; riches en antioxydants, notamment les vitamines C et B-complexe; des minéraux comme le potassium, le phosphore, le calcium et Blackberry: teneur élevée en fibres; très riche en antioxydants qui aident aussi à stabiliser les niveaux de sucre dans le sang; riche en vitamines C, A et K; de bons niveaux de vitamines du complexe B; de bonnes quantités de cuivre, le potassium, le magnésium, le manganèse et Bleuets: contient l'un des plus hauts niveaux d'antioxydants dans les fruits; riche en fibres; modère le taux de sucre dans le sang de l'acide chlorogénique dans le diabète de type II; de petites quantités de vitamine C, A, E et du complexe B; des minéraux comme le manganèse, le potassium, le cuivre, le fer, le zinc et

Cantaloup: riche en vitamine A et antioxydants qui combattent également la dégénérescence maculaire liée à l'âge; des niveaux modérés de potassium, de manganèse, de la vitamine C et du complexe B

Cerises: propriétés anti-inflammatoires et antioxydantes; élevé dans melatonins qui produisent effet calmant sur les neurones du

cerveau; la source légère de zinc; la source modérée de fer, de potassium et de manganèse; bonne source de cuivre

Cranberries: le plus élevé en antioxydants parmi les baies comestibles, en particulier (proanthocyanidines oligomères) du CPVP qui sont étudiées pour abaisser le LDL et augmenter le HDL et la santé cardiovasculaire; bloque les bactéries comme E. coli de se fixer aux urètre et la vessie; acidifie l'urine et aide à prévenir les calculs rénaux; blocs bactéries dans la bouche de coller aux dents, réduire l'accumulation de plaque; riche en vitamines C et A, acide folique, le

potassium, le manganèse et

Pamplemousse: teneur élevée en fibres; riche en vitamines A et C et d'autres antioxydants; bonne source de potassium; variétés rouges sont riches en lycopène; des quantités modérées de vitamines du complexe B; la source décente de cuivre, le fer, le calcium et le phosphore Cépages: raisins rouges / noirs ont de resvératrol et OPC (cru pour abaisser la tension artérielle en réduisant la quantité d'angiotensine dans le système vasculaire et l'augmentation de la quantité d'oxyde nitrique dans le sang), deux sont considérés comme des antioxydants très puissants; riche en cuivre, le fer et le magnésium; le plus élevé de fer concentrer un raisins; bonne source de potassium, des vitamines A, B-complexe C, K, et

Kiwi: teneur élevée en fibres; élevées vitamines A et C et d'autres antioxydants; produits chimiques dans le kiwi fluidifier le sang similaire à l'aspirine; graines de kiwi sont riches en oméga-3, des acides gras; très élevée en potassium; bonne source de manganèse, le fer et le magnésium

Lemon / Lime: teneur élevée en fibres; acide citrique aide à dissoudre les calculs rénaux; riche en vitamine C; petite quantité de vitamine A et d'anti-oxydants; bonne source de certaines vitamines du complexe B; la source décente de fer, le cuivre, le potassium et le calcium Mango: teneur élevée en fibres; riches en vitamine A et en antioxydants connexes; bonne source de potassium, la vitamine B-6,

et les vitamines C et E; des quantités modérées de cuivre Oranges / mandarines: teneur élevée en fibres; très riches en vitamines C et A et des antioxydants; certaines vitamines du complexe B; bonne source de potassium et le calcium Fruit de la Passion: teneur élevée en fibres; riche en vitamines C et A et des antioxydants; très élevée en potassium; bonne source de fer, de cuivre, de magnésium et le phosphore Pêches: la source modérée de vitamines C et A et des antioxydants; de bons niveaux de potassium, le fluorure, et le fer

Poires: teneur élevée en fibres; vitamine C haute; bonne source d'antioxydants, cuivre, fer, potassium, magnésium et de vitamines du complexe B; probablement l'un des fruits les moins allergéniques

Ananas: teneur élevée en fibres; contient une enzyme, la broméline, qui décompose les protéines et les combats contre les caillots de sang, l'inflammation, le cancer, les troubles digestifs, et infestations de vers; riche en vitamine C; petite quantité de vitamine A et de flavonoïdes antioxydants; bonne source de complexe B, le manganèse, le cuivre, le potassium et Grenades: teneur élevée en fibres; riches en antioxydants; bonne source de vitamine C; lutte contre le cancer de la prostate, l'hyperplasie bénigne de la prostate (HBP), le diabète, et le lymphome; bonne source complexe B, la vitamine K, calcium, cuivre, potassium, et le manganèse

Framboises: très riche en fibres; très élevée en antioxydants; substitut de sucre, le xylitol, vient de framboises et peut aider à moduler les niveaux de sucre dans le sang; riche en vitamines C, A et E et se classe comme l'un des plus hauts fruits pour les propriétés antioxydantes; bonne source de potassium, le manganèse, le cuivre, le fer et le magnésium; également une bonne source de complexe B et la vitamine K

Star Fruit: bonne source de fibres; élevé en vitamine C et en antioxydants; bonne source de vitamines du complexe B; petite quantité de potassium, le phosphore, le zinc et le fer Fraises: Ils sont très riches en antioxydants avec des niveaux élevés de vitamine C; riche en vitamines du complexe B; et une grande source de vitamines E et A; En outre une bonne source de minéraux tels que le

manganèse, le potassium, le cuivre, le fluor, le fer, l'iode et  
Pastèque: très riche en vitamine A; riches en antioxydants; contient plus de lycopène que les tomates; riche en potassium, les vitamines B-6, B-1 et C; excellente source de cuivre, le fer, le magnésium, le manganèse et

Concombre: peler riches en fibres; très élevée en potassium; bonne source d'antioxydants; possède des propriétés diurétiques doux; riches en vitamine K; également une bonne source de

fer, de magnésium, de manganèse et

Fenouil: bonne source de fibres; légère saveur anisée; a des propriétés antibactériennes et antifongiques; bonne quantité de vitamines du complexe B comme le folate et la vitamine C; riche en potassium; de petites quantités de cuivre, le fer, le calcium, le magnésium, le manganèse, le zinc et le sélénium

Basil: composés d'huiles essentielles ont des propriétés anti-inflammatoires et antibactériens; très riche en vitamine A et des antioxydants; riches en vitamine K; très riches en fer; contient de bonnes quantités de potassium, le manganèse, le cuivre, le magnésium et Coriandre (coriandre): riche en antioxydants; meilleure source de vitamine K à base de plantes; très riches en vitamines A et C; bonne source de vitamines du complexe B, potassium, calcium, manganèse, fer, magnésium et

Dill: de grandes quantités d'huile essentielle qui peut être utilisé comme un antiseptique et anesthésique local, réduit les niveaux de sucre dans le sang chez les diabétiques; très riches en vitamines A et C; riches en vitamines du complexe B; très riches en fer; bonne source de minéraux de cuivre, le potassium, le calcium, le manganèse, le magnésium et Ginger: anti-inflammatoire, analgésique, antimicrobien, sédatifs, et de digestion aider propriétés; teneur en huile essentielle de haut; très riches en vitamines B-5 et B-6; riche en cuivre, le magnésium, le manganèse et le potassium; de bonnes sources de la vitamine C et de fibres Citronnelle: forte antimicrobien et de bonnes propriétés anti-fongiques; également

riche en acide folique, des vitamines B1, B5, B6; petite quantité d'antioxydants et de vitamines C et A ainsi; et une source de zinc, le potassium, le fer, le calcium, le manganèse, le cuivre, le magnésium et Peppermint / Menthe: très riche en antioxydants; riche en fibres; avoir des propriétés analgésiques et anti-douleur; utilisé dans Irritable Bowel Syndrome comme un agent antispasmodique pour apaiser le tube digestif; huiles essentielles contiennent menthol, qui est responsable de l'effet de refroidissement des herbes; riche en potassium, le calcium, le fer, le manganèse et le magnésium; de bonnes sources de vitamines A, C, E, K, et du complexe B;

menthe verte très riche en fer.

Rosemary: riche en antioxydants; riches en fibres; très riche en vitamines B et de fer-complexe; riches en vitamine A; bonne source de vitamine C, de potassium, de calcium, de manganèse, de cuivre, de magnésium et

Sage: cette huile essentielle a de nombreuses propriétés santé bénéficiant; il est riche en vitamines du complexe B, vitamines C et A, et des antioxydants; également une grande source de zinc, potassium, fer, calcium, manganèse, magnésium et de cuivre

Thym: très riche en antioxydants (l'un des plus hauts niveaux trouvés dans les herbes); très riches en fer, vitamines A, C, K, E, B-complexe, B-6, et la fibre; riche en potassium, le manganèse, le calcium, le magnésium, le sélénium et

Graines d'anis: utilisé dans de nombreux médicaments traditionnels; très riches en vitamines et minéraux comme le calcium, de fer, de cuivre, le potassium, le manganèse, le zinc, le magnésium et le complexe B; bonne source de vitamines A et C et en antioxydants  
Cardamome: très riche en antioxydants; largement utilisée dans les médecines traditionnelles; très riches en potassium, le fer et le manganèse; riche en calcium, de cuivre et de magnésium; riche en vitamines A et C et en antioxydants

Cannelle: plus grande résistance antioxydante de toute source de nourriture dans la nature!

L'huile essentielle a une foule de propriétés saines, y compris la prévention des plaquettes colmatage et faciliter la digestion; très élevée en potassium, le calcium, le manganèse, le fer, le zinc et le magnésium; bonne source de vitamine A et des vitamines du complexe B

Jalapeno Pepper: contient de la capsaïcine, qui est utilisé pour traiter et lutter contre de nombreuses discordances de santé, y compris l'inflammation et le diabète; très riches en vitamines A et C et en antioxydants; petite quantité vitamines du complexe B et des vitamines E

et K; bonne source de fibres

Honey: largement utilisé en médecine pour traiter les plaies, de la toux et de la gorge, des

allergies, des problèmes et des reflux acide; contient des sucres naturels et est riche en fer, calcium, phosphore, le sel, le potassium et le magnésium

Turbinado sucre: moins traitée sucre naturel en conservant certains des mélasse originaux, qui lui donne un léger goût de mélasse

Sel de mer: contient des oligo-éléments de l'eau, y compris le magnésium, le potassium et le calcium; Rose de l'Himalaya Sel est dit être le plus pur sel sur la planète et est de la plus haute qualité (contient également tous les 84 éléments également trouvés dans le corps humain)

### **Chapitre 3:**

**Comment il a fait! Faire votre propre fruit**

**infusé eau**



Ce chapitre porte sur les écrous et boulons de la création de votre propre eau infusée de fruits. Je fais quelques hypothèses ici: ce que vous avez déjà une bouteille d'infusion et que vous avez un certain sens de ce qu'il faut faire. Mais, il ya quelques conseils utiles que je vais offrir à de sorte que vous pouvez utiliser votre infuseur au maximum.

## **Conseils utiles**

Tout d'abord, il ya les ingrédients. Comme mentionné précédemment, les agrumes sont chargés avec des huiles essentielles et peuvent donner un arôme fort de l'écorce. Personnellement, je aime la saveur, donc je laisse surtout l'écorce intacte ... mon fils ne se soucie pas de l'intensité, de sorte que nous compromettre: je quitte la croûte sur peut-être 1 ou 2 tranches et Peel le reste.

Vous pouvez toujours éplucher vos agrumes avant de les ajouter à la bouteille d'infusion.

Si vous êtes en utilisant des fruits plus denses comme pommes ou des poires, vous devez les tranchez très finement. Cela fournira une surface maximale pour les vertus nutritives une fuite.

Aussi, pommes et poires prennent plus de temps à insuffler de nombreux fruits en raison de leur chair dense. Il peut aider à placer l'infuseur dans le réfrigérateur pendant le temps d'infusion pour activer toute la saveur avant de servir. Apple et de poire de perfusion semblent intensifier dans l'eau à température ambiante.

Aussi, vous pouvez réutiliser les fruits après la première perfusion, mais la saveur ne sera pas aussi forte. Une façon de lutter contre ce est d'ajouter plus d'eau quand environ la moitié de l'eau infuse du premier lot est parti. Ce sera mélanger l'eau douce à l'eau infusée et le fruit va ajouter un peu plus de saveur. Ce sera bien meilleur goût que si vous avez essayé de faire un tout nouveau lot de perfusion du même fruit. Toute la saveur et de goodies dans les fruits ont déjà infusé dans le premier lot.

Certaines personnes peuvent vouloir manger le fruit après la perfusion. Qui est généralement pas une bonne idée parce que le fruit sera molle et fade. Il est préférable de le jeter, sauf mention dans la recette. Si vous utilisez l'infusion pour un parti ou pique-nique, retirez le fruit passé juste avant de servir et ajouter des fruits frais et des herbes. Il va faire joli et goûter merveilleux!

Si vous prévoyez d'utiliser les baies, comme les framboises, les bleuets, les mûres et, il peut être préférable à environ homme-les manipuler (à confusion, comme on l'appelle dans le commerce) à libérer tous les jus de fruits et de saveurs possibles. Les herbes sont parfois aussi mieux si déchiré en deux par la main. Il va libérer leurs arômes et les huiles ainsi. Fleurs parfois peuvent avoir besoin de ce traitement pour libérer leurs arômes si vous prévoyez de les utiliser. Des instructions spécifiques seront donnés dans les recettes.

Plusieurs fois, lorsque vous ajoutez de l'eau après que le fruit est dans l'infuseur, le fruit vont commencer à se désintégrer. Cela laissera votre eau trouble avec des bouts de trucs dedans. Il est une bonne pratique pour remplir votre bouteille d'infusion avec de l'eau en premier, puis ajouter le panier avec le fruit. Elle permettra d'éviter la turbidité et les bits flottant autour. Certaines recettes, cependant, devront être tendues de toute façon. Ceux-ci comprennent des recettes avec des baies et des herbes et des épices. Aussi, pensez à utiliser les épices entières, pas les formes en poudre. Une crépine en acier inoxydable ou avec une maille très fine seront très bien l'affaire.

Voici quelques conseils:

Fraises: couper les tiges vertes et coupez-les en deux dans la longueur.

Thés: utilisera uniquement assez pour le goût. Le thé noir va ajouter une petite quantité de caféine (beaucoup moins que le thé ou le café infusé)

neuf: Nous entendons la menthe verte, mais si votre préférence personnelle est de menthe poivrée, puis l'utiliser.

Agrumes: tout d'agrumes est notoirement acide, il devient alcaline lorsqu'elle est digéré, ce qui facilite l'entretien de la santé optimale

Lorsque la perfusion, assurez-vous de couvrir le pot de perfusion

## **Chapitre 4:**

### **Recettes pour les fruits Infused eau**

#### **GRAPE orangeade**

½ orange, tranches (Couper chaque tranche en deux)

12 raisins, coupées en deux sur la longueur

Remplissez votre infusion avec de l'eau en premier. Ajouter les fruits dans le panier, marcottage oranges et les raisins. Infuser de 30 minutes à 1 heure à la température ambiante ou, infuser pendant une nuit dans le réfrigérateur. Retirer le fruit avant de le boire.

#### **Herbes GRAPEFRUIT**

½ pamplemousse, pelé et coupé en tranches horizontales

½ brin de romarin

Remplir la bouteille avec de l'eau en premier, puis ajouter le panier plein de fruits et de romarin.

Vous pouvez infuser ce pendant 24 heures, mais s'il vous plaît retirer le romarin après 4 heures pour l'empêcher de accablante pamplemousse. Cette eau est mieux servi froid.

#### **FRAISE ET RAISIN limeade**

6 raisins, coupées en deux sur la longueur

1/3 chaux, pelées et tranchées

1 fraise, coupé en deux sur la longueur

Remplir la bouteille d'infusion avec de l'eau en premier. Faire infuser jusqu'à 8 heures à la température ambiante ou jusqu'à 24 heures au réfrigérateur.

### **WATERMELON ENTRAÎNEMENT extincteur**

1 tasse de pastèque, coupé en morceaux (ou assez pour remplir votre panier) Remplir la bouteille d'infusion avec de l'eau. Laisser infuser pendant 2-4 heures dans le réfrigérateur. Peut manger la pastèque après la perfusion.

\* Astuce: 1/8 cuillère à café pouvez ajouter de haute qualité du sel de mer (l'Himalaya ou de la Mer Morte seraient d'excellents choix). Cela aidera à reconstituer les électrolytes et de minéraux au cours d'une séance d'entraînement!

### **BIO Thé vert et agrumes COOLER**

1/3 citron, coupé en cubes de 1 po

1/3 pamplemousse, coupé en 1 ½ pouces morceaux

1 cuillère à café de catégorie A du sirop d'érable

1 sac organique de thé vert, de la ficelle et de marques sont retirées Dans l'infuseur bouteille vide, ajouter le sirop d'érable et ½ tasse d'eau. Remuer pour bien mélanger. Ajouter le sachet de thé dans le mélange et laisser le thé infuser à température ambiante pendant 2-3 heures. Retirer le sachet de thé. Couche, les fruits dans le panier et tassez bien. Remplir l'infuseur avec de l'eau. Ajouter la corbeille de fruits remplie. Laisser infuser pendant 2-4 heures dans le réfrigérateur. Cette eau peut être stockée jusqu'à 2 jours au réfrigérateur.

### **ANANAS GRAPEADE**

12 raisins rouges, coupés en deux sur la longueur

2 quartiers d'ananas, environ 3-4 pouces de long

Remplir la bouteille d'infusion avec de l'eau. Couche les raisins et les ananas dans le panier, puis ajoutez le panier à la bouteille. Faire infuser jusqu'à 8 heures au réfrigérateur. Vous pouvez manger les raisins après la perfusion.

### **EAU MANGO MINT**

7-8 petites feuilles de menthe, déchiré en deux

½ mangue, pelée et coupée en cubes

Remplir la bouteille d'infusion avec de l'eau en premier. Ajouter les fruits au panier et inférieure dans l'eau. Laisser infuser pendant 3-4 heures à la température ambiante ou pendant 12 heures dans le réfrigérateur. Vous pouvez manger les mangues après la perfusion.

### **CONCOMBRES Kickin 'et de menthe COOLER**

3 "d'un concombre en tranches

½ piment jalapeño, épépiné et coupé en deux sur la longueur (peut utiliser moins si elle est trop épicée)

1 branche de menthe

Utilisez de l'eau froide !! Ajouter de l'eau dans l'infuseur en premier. Laisser infuser pendant 4-24 heures dans le réfrigérateur. Le plus le mélange infuse, le plus intense de la saveur sera.

### **SPICY FRAISE sipper**

3 fraises, coupées en deux

¼ - ½ piment jalapeño, épépiné et coupé en deux sur la longueur

Remplir la bouteille d'infusion à l'eau froide. Ajouter les fruits et les poivrons à votre panier et ajouter à l'infuseur. Infuser dans le réfrigérateur pendant 3-12 heures. Le plus il infuse, le plus intense de la saveur.

### **Mandarine et BASILIC TEA**

3 mandarines, pelées et coupées en deux

4 feuilles de basilic, déchiré

1 sac organique de thé noir

Remplir l'infuseur avec de l'eau. Ajouter tous les ingrédients dans le panier et infuser pendant 2-3

heures à la température ambiante.

### **MANDARINE HIBISCUS COOLER**

3 mandarines, pelées et coupées en deux

1 cuillère à soupe de fleurs d'hibiscus

Remplir l'infuseur avec de l'eau en premier. Placez les tangerines et les fleurs d'hibiscus dans le panier. Faire infuser au réfrigérateur pendant 3-5 heures. Egouttez avant de servir.

### **MINTY ANANAS REFRESHER**

6-8 feuilles de menthe, déchirés

2 quartiers d'ananas, coupé en morceaux

Ajouter de l'eau à l'infuseur. Mélanger l'ananas et à la menthe dans le panier et laisser infuser pendant 8 heures dans le réfrigérateur. Egouttez avant de servir.

### **LIME RAZZMATAZZ**

8-10 framboises, écrasés avec un pilon ou écrasés par la main

1 petit citron vert, pelées et tranchées

Ajouter de l'eau à l'infuseur en premier. Couche la chaux et les framboises dans le panier. Faire infuser à température ambiante pendant 1-12 heures. Egouttez avant de servir.

### **DILLY CUCUMBER MINT COOLER**

1/3 concombre, pelé et tranché

½ - 1 brin d'aneth

2-3 feuilles de menthe, déchirés

Ajouter de l'eau à l'infuseur. Couche les ingrédients dans le panier et infuser 6 heures ou jusqu'au lendemain au réfrigérateur.

\* L'aneth est très forte. Vous pourriez avoir à expérimenter pour trouver le montant qui convient à votre goût.

### **CORIANDER WATERMELON COOLER**

4 morceaux de pastèque

5-6 feuilles de coriandre (coriandre), déchiré en deux

Remplir la bouteille avec de l'eau. Ajouter les fruits et herbes pour le panier et laisser infuser pendant 2-4 heures dans le réfrigérateur. Egouttez avant de servir. Ne pas réinjecter cette recette.

### **SAGE HONEYDEW sipper**

5 morceaux miellat

4 feuilles de sauge, déchiré

Remplir la bouteille avec de l'eau en premier. Ajouter le melon et la sauge dans le panier et laisser infuser à température ambiante pendant 1 heure (très rapide!). Ajouter de la glace et laisser reposer au réfrigérateur pendant 4 heures. Egouttez avant de servir.

## **CITRON COOLER**

½ citron, tranches (si trop acide, réduire à quelques tranches)

Remplir la bouteille avec de l'eau. Ajouter les citrons et laisser infuser pendant 1-2 heures dans le réfrigérateur. Si elle est trop amère, peler les citrons avant la perfusion.

## **JUST IN THYME pour l'ananas**

2 quartiers d'ananas, 1 "d'épaisseur et couper en gros morceaux

5 brins de thym frais, Déchiré

Remplir l'infuseur avec de l'eau. Couche du thym et de l'ananas et laisser infuser au réfrigérateur pendant 24 heures. Egouttez avant de servir.

## **ORANGE, carambole et le thé de HIBISCUS**

1 sac (ou 1 cuillère à café) d'hibiscus lâche du thé, de la ficelle et l'étiquette enlevée 3 tranches d'orange

4 tranches de carambole

Remplir la bouteille d'infusion avec de l'eau. Couche, les fruits dans le panier et laisser infuser pendant 4-12 heures dans le réfrigérateur. Filtrer si vous utilisez des feuilles de thé en vrac.

## **AGRUMES BLACKBERRY BREW**

10 mûres, confuses ou écrasées légèrement à la main

3 tranches de citron vert



2 tranches d'orange

Remplir la bouteille d'infusion avec de l'eau en premier. Couche les fruits dans le panier et laisser infuser au réfrigérateur pendant 4-8 heures. Egouttez avant de servir.

### **MINTY BLACKBERRY EAU**

10 mûres, écrasées

10 feuilles de menthe, déchiré en deux

Remplir l'infuseur avec de l'eau. Ajouter les mûres et menthe pour le panier et laisser infuser pendant 5-10 minutes à température ambiante (très rapide!). Egouttez avant de servir.

\* Si vous voulez être plus aventureux, pour un coup de poing partie adulte, infuser le mélange pendant 4 heures. Filtrez le mélange. Il sera très forte. Utilisez-le comme un sirop à saveur de vodka!

### **STARRY FRAISE sipper**

1 grande fraises, tranchés

3 tranches de carambole

Ajouter de l'eau à la bouteille d'infusion en premier. Placez les fruits dans le panier et laisser infuser au réfrigérateur pendant 4-24 heures.

### **AGRUMES ET BASILIC BLUEBERRY COOLER**

5-7 bleuets, légèrement écrasés

1 tranche d'orange

2-3 feuilles de basilic déchirées,

Après avoir rempli la bouteille de infuseur avec de l'eau, la couche des fruits et le basilic dans le panier. Laisser infuser pendant 4-12 heures à la température ambiante. Si il ya des morceaux de bleuets flottantes, puis égoutter avant de servir.

Sucré et acidulé COOLER

1/3 à 1/2 citron, pelées et tranchées

2 fraises, coupées en deux

Remplir la bouteille d'infusion avec de l'eau. Remplissez le panier infuseur avec les fruits et laisser infuser pendant 4+ heures au réfrigérateur.

### **AGRUMES BERRY CHAMOMILE CHILLER**

1 sac thé à la camomille, de la ficelle et de marques sont retirées

1 fraise, coupé en deux

1/2 tranche d'orange, coupées en deux

Remplir la bouteille d'infusion avec de l'eau. Placez tous les ingrédients dans le panier de l'infuseur et laisser infuser pendant 1-4 heures dans le réfrigérateur. Si vous souhaitez insuffler plus de 4 heures, retirer le sachet de thé ou de la camomille noiera le fruit.

### **Concombre Rafraîchissant**

1/3 d'un petit concombre, tranché finement

Ajouter de l'eau à la bouteille d'infusion. Placez toutes les tranches de concombre dans le panier et laisser infuser jusqu'à 12 heures au réfrigérateur.

\* Vous pouvez laisser la croûte sur le concombre: il ne fera pas la boisson amère. Juste être sûr de les laver (ou utilisez bio!) Avant de trancher.

## **BLUEBERRY AGRUMES COOLER**

8-10 bleuets, légèrement mooshed

2 tranches d'orange

1 tranche de citron

Remplir la bouteille d'infusion avec de l'eau. Couche les fruits dans le panier et laisser infuser pendant 4-8 heures au réfrigérateur, jusqu'à 24 heures. Strain avant de servir si nécessaire.

\* Si la boisson est trop amère, retirer la croûte du citron. Si la boisson est trop acide, utiliser seulement ½ tranche de citron pelé.

## **Thé à la framboise**

1 sac noir thé, cordes et marques sont retirées

7 framboises, confuses (ou concassées)

Remplir la bouteille d'infusion avec de l'eau. Placez le sachet et les framboises dans le panier et laisser infuser à température ambiante pendant 2-4 heures, ou pendant 12-24 heures dans le réfrigérateur. Egouttez avant de servir.

## **EAU HERBES MINT**

4 "citronnelle pièce, coupé en deux

8 feuilles de menthe, déchirés

Après avoir rempli la bouteille de infuseur avec de l'eau, placer les herbes dans le panier et laisser infuser au réfrigérateur pendant 24 heures. Egouttez avant de servir.

## **BASILIC ORANGE SUNSHINE**

2 tranches d'orange

6 feuilles de basilic, déchiré

Remplir la bouteille avec de l'eau en premier. Ajouter l'orange et basilic au panier. Faire infuser à température ambiante pendant 30 minutes (très vite!) Ou infuser jusqu'à 2 heures au réfrigérateur.

### **CITRON POMPOM**

25-30 graines de grenade, légèrement confus

2 tranches de citron

Remplir la bouteille d'infusion avec de l'eau en premier. Ajouter les graines et le citron dans le panier. Laisser infuser pendant 4 heures au réfrigérateur avant de servir et de la souche.

### **LEMONBERRY COOLER**

10 framboises écrasées

2-3 tranches de citron, selon le goût

Après avoir rempli la bouteille de infuseur avec de l'eau, placez le citron et framboises dans le panier de l'infuseur. Infuser pendant 1 heure à la température ambiante ou pendant un maximum de 3 heures au réfrigérateur. Egouttez avant de servir.

### **EAU ULTIMATE ICY MINT**

10 feuilles de menthe, déchirés

8-10 feuilles de menthe poivrée, déchirés

Remplir la bouteille d'infusion avec de l'eau. Ajouter tous les bonbons à la menthe dans le panier et laisser infuser pendant 1 heure à température ambiante. Filtrer et servir sur de la glace.

### **LI-MON COOLER**

2 tranches de citron vert, pelé

2 tranches de citron, pelé

Ajouter l'eau de la bouteille d'infusion premier. Ajouter les fruits et laisser infuser jusqu'à 24

heures au réfrigérateur.

### **Eau de concombre aux herbes**

5 tranches de concombre

2 pièces tops de fenouil

1 brin de romarin

Remplir la bouteille d'infusion avec de l'eau. Couche les ingrédients dans le panier et laisser infuser pendant 24 heures au réfrigérateur.

\* Cette eau a un goût étonnamment très doux, un peu comme une eau de source lumineuse.

### **EAU MINTY FRAMBOISE**

5-7 framboises écrasées

6-8 feuilles de menthe, déchirés

Remplir la bouteille d'infusion avec de l'eau. Ajouter les framboises et la menthe dans le panier et laisser infuser pendant 4 heures à une nuit dans le réfrigérateur. Egouttez avant de servir.

### **LEMONY ROSEMARY REFRESHER**

1 petit citron, pelées et coupées en tiers

1 brin de romarin

Après avoir rempli la bouteille de infuseur avec de l'eau, ajouter le citron et romarin au panier infuseur et laisser infuser de 2 heures à une nuit dans le réfrigérateur.

## **CARAÏBES COOLER**

1 coin ananas, 1 "d'épaisseur

2 tranches d'orange

¼ mangue, coupées en morceaux

1 sac (ou 1 cuillère à thé) de thé d'hibiscus, avec de la ficelle et l'étiquette enlevée Remplir la bouteille d'infusion avec de l'eau. Couche des fruits et du thé dans le panier infuseur.

Infuser dans le réfrigérateur pendant 12-24 heures. Strain si vous utilisez des feuilles de thé en vrac.

## **EAU frappées FENNEL**

5 "bulbe de fenouil tranche

6 feuilles de menthe, déchirés

Après avoir rempli la bouteille de infuseur avec de l'eau, ajouter le fenouil et la menthe au panier. Infuser de 4-6 heures au réfrigérateur. Filtrer avant utilisation.

## **EAU pastèque TANGY**

2 tranches de melon d'eau, 1 "d'épaisseur et de 1" x 4 "de long

1 sac (ou 1 cuillère à thé) de thé d'hibiscus, avec de la ficelle et l'étiquette enlevée Remplir la bouteille d'infusion avec de l'eau. Ajouter la pastèque et le thé à la corbeille et laisser infuser pendant 1-4 heures dans le réfrigérateur. Strain si vous utilisez des feuilles de thé en vrac.

## **Concombre citron »Commencez votre journée" EAU**

3 tranches de concombre

2 tranches de citron

Après avoir rempli la bouteille de infuseur avec de l'eau, ajouter le concombre et citron au panier. Laisser infuser pendant 4-12 heures à la température ambiante.

## **EAU GINGER-CITRON DETOX**

½ citron, pelées et tranchées

1 "gingembre première pièce, pelées

Remplir la bouteille d'infusion avec de l'eau. Couche de citron et le gingembre dans le panier et laisser infuser 4 heures à une nuit dans le réfrigérateur.

## **BASILIC FRAISE COOLER**

4-5 petites fraises, coupées en deux sur la longueur

3 feuilles de basilic déchirées,

Remplir la bouteille d'infusion avec de l'eau. Ajouter les fraises et basilic au panier et laisser infuser toute la nuit dans le réfrigérateur.

## **SUNSHINE INTENSE**

3 tranches d'orange

3 tranches de citron

Après avoir rempli la bouteille avec de l'eau, la couche des fruits dans le panier et laisser infuser pendant 2 heures au réfrigérateur.

## **MELON AU MAXX**

3 morceaux miellat

2 morceaux de cantaloup

4-5 feuilles de menthe, déchirés

Après addition d'eau à la bouteille d'infusion première couche les melons et la menthe dans le panier infuseur. Faire infuser à température ambiante pendant 1-3 heures. Egouttez avant de servir.

### **CHERRY limeade**

6 cerises, coupées en deux

3 tranches de citron vert

Remplir la bouteille d'infusion avec de l'eau. Ajouter les fruits dans le panier et laisser infuser pendant 4-8 heures dans le réfrigérateur.

### **GÉORGIE RENCONTRE LES BAHAMAS**

½ pêche, écartelé

½ mangue, écartelés

Remplir la bouteille d'infusion avec de l'eau. Ajouter les fruits et insufler de 1-3 heures à la température ambiante.

### **BREEZE BRÉSILIEN**

3 tranches d'orange

½ passion, pulpe et les graines de la demi-

Après avoir rempli la bouteille de infuseur avec de l'eau, ajouter les oranges et la pulpe de fruit de la passion et des semences pour le panier. Laisser infuser pendant 2 heures au réfrigérateur.

Egouttez avant de servir.



## **Pêche Melba sipper**

½ pêche, écartelé

½ à 1 bâton de cannelle

½ gousse de vanille, de la longueur en tranches

Remplir la bouteille d'infusion avec de l'eau. Ajouter les ingrédients pour le panier et laisser infuser à température ambiante pendant 1-3 heures ou pour la nuit dans le réfrigérateur. Egouttez avant de servir.

## **TERREUSE BLACKBERRY ROSE COOLER**

5-7 mûres, écrasées

1 cuillère à café de pétales de rose

½ gousse de vanille, de la longueur en tranches

Après avoir rempli la bouteille avec de l'eau, ajouter les baies et d'épices pour le panier infuseur.

Infuser pendant 4 heures à la température ambiante pendant une nuit ou infuser dans le réfrigérateur. Egouttez avant de servir.

## **ORANGE DREAMCICLE eau avec un TWIST**

3 tranches d'orange

½ gousse de vanille, de la longueur en tranches

4-5 graines de cardamome

Remplir la bouteille avec de l'eau. Ajouter les ingrédients pour le panier et laisser infuser pendant 2 heures au réfrigérateur. Strain si nécessaire.

## **Thyme For CITRON**

2 tranches de citron

1 brin de thym

Après addition d'eau à la bouteille d'infuseur, placez le citron et le thym dans le panier. Laisser infuser pendant 2-12 heures dans le réfrigérateur.

### **Étoilé sipper**

3 fraises, coupées en deux

4-5 bleuets, écrasées

Remplir la bouteille d'infusion avec de l'eau. Ajouter les baies pour le panier et laisser infuser pendant 3-4 heures dans le réfrigérateur. Egouttez avant de servir. Ajouter quelques myrtilles fraîches et des fraises. Ajouter de la glace pour compléter le thème rouge, blanc et bleu. Servir immédiatement.

### **MANDARINE et l'anis étoilé extincteur**

3 mandarines (ou mandarines), coupées en deux

3-4 gousses d'anis étoilé

Après avoir rempli la bouteille de infuseur avec de l'eau, ajouter les fruits et l'anis au panier.

Infuser pendant la nuit dans le réfrigérateur.

### **Fraise Kiwi KOOLER**

3 fraises, coupées en deux

½ kiwi, tranches

Remplir la bouteille d'infusion avec de l'eau. Ajouter les fruits et laisser infuser toute la nuit dans le réfrigérateur.

## **PURPLE piquant PUNCH**

5-7 mûres, écrasées

6-7 bleuets, légèrement écrasés

1 cuillère à café de fleurs de lavande bio

Ajouter de l'eau à la bouteille d'infusion en premier. Puis ajoutez toutes les baies et de lavande au panier. Faire infuser de 4 heures à la nuit dans le réfrigérateur. Egouttez avant de servir.

## **Recettes alcoolique Just for Fun!**

### **FRAMBOISE BASILIC GIN**

8-10 framboises écrasées

3 feuilles de basilic déchirées,

Remplir la bouteille de gin infuseur. Ajouter les framboises et basilic au panier et laisser infuser de 4 heures à une nuit dans le réfrigérateur. Strain avant de servir sur de la glace.

### **MANGO LIME VODKA**

½ mangue, coupées en morceaux

1/3 lime, coupée en tranches

Remplir la bouteille d'infusion avec de la vodka. Ajouter les fruits dans le panier et laisser infuser 4 à 12 heures dans le réfrigérateur.

## **Chapitre 5:**

### **Ressources**

Ce chapitre vous donnera une idée de l'endroit où localiser quelques-uns des ingrédients énumérés dans les recettes. Dans

certain cas, frais et locaux sera votre meilleur pari. Dans d'autres cas, la commande d'un détaillant en ligne peut être ce que vous avez besoin. Dans un cas, je recommande non plus, mais je vais vous expliquer que dans une minute.

Pour les fruits et légumes frais, je vous recommande fortement l'utilisation de votre supermarché local pour leurs produits organique ou visiter le marché d'un agriculteur local, mais assurez-vous que le produit est biologique: vous utilisez peut-être pelures, peaux, et écorces de certains fruits et légumes, de sorte que vous ne voulez pas, engrais, pesticides ou autres produits chimiques dangereux sur vos produits! Je dis cela avec un mot de prudence: rien ne vaut d'ici.

Cela me conduit à les herbes. Je suis un croyant ferme dans la croissance de ce que je peux.

Mais, comme beaucoup d'entre vous, je ne ai pas l'espace ou le temps pour un potager plein et fruits tropicaux ne poussent pas dans ma région. Toutefois, les herbes en pot poussent bien dans un rebord de fenêtre et peuvent être facilement cultivées comme 100% organique. A en juger par la valeur nutritionnelle ajoutée par les herbes, quelques boîtes fenêtre d'herbes peuvent être une dépense très intéressant. S'il vous plaît être conscient, cependant. Menthes de toutes sortes sont très envahissantes et dépasseront tout ce pot avec elle. Je recommande de plus en plus à la menthe dans ses propres récipients séparés. En été, après toute menace de gel, placez la menthe en dehors de vos portes et fenêtres pour rendre votre maison très hostile aux araignées et autres insectes: le menthol les dissuade d'entrer.

Si vous avez besoin d'une autre raison d'acheter chez votre épicier, marché fermier, ou de faire croître votre propre, regarder le coût. Un paquet de graines peut coûter aussi peu que 0,05 \$ / par paquet, et vous auriez besoin de terreau et des pots. Plantes d'herbes peuvent être achetés assez bon marché dans les pépinières, des supermarchés, des magasins comme Lowes et Home Depot, et durera quelques dollars pour les plantes. Oui, il est une dépense et vous devrez faire des histoires avec eux. Mais, je suis paresseux

récemment et ne veux pas grandir mon propre basilic cette année. Je voulais trouver un détaillant en ligne de basilic biologique. Je trouve un

facilement, mais fus étonné le prix. Pour 1-lb de feuilles de basilic organiques, ce détaillant en ligne a été en charge 61 \$ !! Je sais que je ne pouvais pas manger une livre de basilic avant de pourri, de sorte que même si le prix était pas scandaleux, il ne serait pas un bon investissement.

Mais ce prix pour le basilic n'a pas inclus l'expédition ... et après avoir payé 61 \$ / lb de basilic, je ne serais certainement pas heureux si il est arrivé la moindre fanées! Je l'ai acheté mes plants de basilic, de la ferme près de ma maison et je deviens un délicieux pot dans ma cuisine. Nous vivons tous et d'apprendre.

Pour certains ingrédients, comme je l'ai dit, il est parfaitement raisonnable et rentable d'aller à un détaillant en ligne pour des choses comme les thés et d'épices. Voici une liste des sites de bonne réputation qui vendent des plantes bio, de thés et d'épices:

Mountain Rose HERBES

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

Ce détaillant vend des herbes organiques et en vrac, des épices et des sels; ils marquent clairement leurs produits afin que vous sachiez exactement ce que vous obtenez. Ils ont aussi des photos de leurs produits et emballages de différentes tailles (de l'ordre de 2 onces au lieu d'un livre, par exemple)

La tache de TEA

[www.theteapot.com](http://www.theteapot.com)

Ce détaillant spécialisé dans les tisanes organiques

BOTANICALS Starwest

[www.starwest-botanicals.com](http://www.starwest-botanicals.com)

Spécialisé dans les feuilles en vrac lâche et thés ensachés, et les épices; sélections organiques SPICELY

[www.spicely.com](http://www.spicely.com)

Ce détaillant est une épice et thé biologique détaillant à service complet. Qu'en est-il si vous voulez quelque chose qui est un peu plus difficile à trouver? Ou vous ne voulez pas acheter en ligne? Quelles sont les options avez-vous en dehors de votre épicerie et les marchés de producteurs? Il ya de nombreux magasins d'aliments de santé qui vendent des choses comme les bâtons de cannelle organiques et du thé d'hibiscus. Je énuméré deux endroits, ne comprenant pas les magasins d'aliments de santé, que vous pouvez visiter. Les deux ont des sites Web, mais ils sont orientés davantage vers leurs magasins de détail répartis dans les États-Unis.

Pour trouver le magasin le plus proche de vous, vous pouvez utiliser la fonction de store locator du site.

Whole Foods Market

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

Magasin de détail qui vend des aliments entièrement biologiques et durable de l'agriculture

biologique; magasins physiques dans la plupart des Etats Trader Joe

[www.traderjoes.com](http://www.traderjoes.com)

Ce magasin vend une variété de produits biologiques et sont également dispersés à travers les États-Unis.

## Conclusion

Après avoir lu ce livre et d'essayer les recettes, vous avez commencé la voie à une meilleure santé. Une fois que notre chimie du corps est rétabli, à commencer par la concentration adéquate de l'eau, nous pouvons commencer à inverser la plupart des maux qui nous assaillent tous les jours. Nous pouvons faire la lumière sur l'importance des bilans hydriques et électrolytiques appropriées.

Si vous avez lu le livre et vous ne savez pas si oui ou non vous voulez essayer les recettes, je vous invite à les essayer. Sortez de votre zone de confort et de faire l'une des recettes. Vous avez rien à perdre sauf la soif. Et regardez ce que vous gagnerez! Presque tous les ingrédients dans les recettes est chargé avec des vitamines, minéraux, antioxydants et autres nutriments dans les formes que nos corps peuvent facilement utiliser. Nous pouvons arrêtons de nombreuses maladies par l'eau potable, oui, mais l'eau est ennuyeux et bla. Pimenter! Osez être audacieux!

Fouetter jusqu'à ce que concoction que vous avez dans le dos de votre esprit! On ne sait jamais!

Il pourrait être la meilleure chose que vous jamais bu!

Mais, en toute sincérité, ce livre est juste un début. Oui, la déshydratation est un problème majeur avec la plupart des gens qu'ils le sachent ou non, et oui, ce livre peut vous montrer façons d'ajouter de la saveur et de nutriments à votre eau pour contrecarrer le Jabberwocky de déshydratation. Il est juste une étape dans la bonne direction. Je sais qu'une fois que je commençais à rééquilibrer mon eau et d'électrolytes, je commençais à me sentir mieux. Je devais plus d'énergie et je voulais sortir du fauteuil et aller faire quelque chose. Je même nettoyé ma maison ... et qui est quelque chose!

En suivant la liste des ingrédients et même faire vos propres recherches, vous pouvez personnaliser un plan pour inclure des

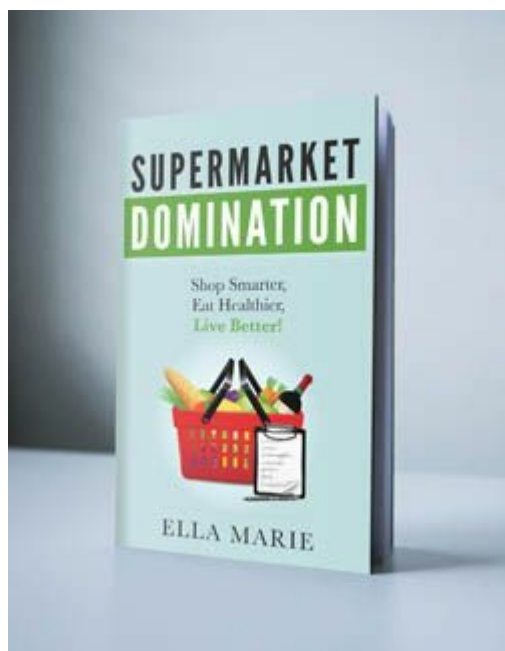
fruits et des herbes qui donnent à votre corps exactement ce dont il a besoin ... quand il a besoin d'eux. Vous pouvez inclure ces ingrédients qui vous offrent Bang plus nutritive pour votre argent, en fonction de vos propres besoins et goûts. Pas tout le monde aime les mêmes choses, pour être sûr. Mais, quelques-unes des combinaisons peut vous donner d'autres idées. Une fois que vous commencez à réhydrater votre corps, votre corps et votre esprit vous remercier ... puisque la plupart des éléments nutritifs dans les eaux infusé

sera en quelque sorte profiter à votre cerveau. Vous verrez que vous avez une meilleure mémoire et plus d'énergie toute la journée sans avoir à atteindre pour une tasse de café ou un soda à secouer vos yeux à part dans l'après-midi. Vous dormirez mieux parce que les fonctions corporelles seront font ce qu'ils sont censés faire et votre moteur, pour ainsi dire, serez ronronne comme un chaton.

Même si vous changez rien d'autre dans votre alimentation, ajouter l'eau de fruit infusé. Vous serez très heureux vous avez fait. Et quand vous vous rendez compte à quel point vous vous sentez mieux, il peut vous inspirer à faire d'autres changements de style de vie sains. Le plus nous pouvons nous aider, mieux nous serons. Je suis un croyant ferme dans le pouvoir de guérison des aliments et ce livre est juste une facette à cette notion. Je crois que les gens sont surmédication et les problèmes de santé ne sont jamais «guéris» parce que les médecins ne comprennent pas la cause fondamentale pour commencer. Ils traitent les symptômes avec des médicaments qui sont, pour la plupart, de toxines dans leurs propres droits. La santé de nous peut devenir, moins dépendante nous serons sur "la médecine moderne." Nous savons que nos propres corps et nous savons que quand quelque chose est pas juste. Peut-être que vous avez juste besoin d'un peu plus d'eau ou de la vitamine C dans votre alimentation? Manger sain sera un nouveau commencement. Et si tout le monde le ferait, je parie que nous pourrions mettre big pharma hors de l'entreprise.



Après tout, Hippocrate a déclaré il ya près de 2400 années, «Que ta nourriture soit la médecine et ton médicament ta nourriture." La paix soit avec vous et bonne chance dans votre cheminement vers une meilleure santé!



## **Introduction**

**\* \* \* Before you get started \* \* \***

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MEDITATION FÜR ANFÄNGER

*20 Praktische Tipps, um Ihren Stress und Angst zu lindern, um Wahres Glück und inneren Frieden gewinnen*

*Ella Marie*

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Abschluss

## **Einführung**

Sie können über Meditation gehört haben, und all die Vorteile, die Sie von ihm profitieren können. Doch genau das, was es ist, warum ist es wichtig, und welche Art von Leistungen können Sie von ihm zu ernten? Noch wichtiger ist, wie Sie es tun? Dieses Buch versucht, all diese Fragen zu beantworten. In dieser kurzen Einführung werden wir diskutieren, was Meditation ist, warum es wichtig ist, und die Vorteile, die Sie von meditiert zu bekommen. Die gehende Meditation, neue Erfahrungen, und die Dankbarkeit Übung: In diesem Kapitel werden drei Meditationsübungen für Anfänger zu decken. Das nächste Kapitel wird einige Tipps für richtig meditieren und holen Sie das Beste aus Ihrem Meditationspraxis zu schaffen, und dann werden wir mit einer kurzen Abschluss zu beenden.

## **Was ist Meditation?**

Meditation wird einfach in der Lage, still zu sitzen und konzentrieren sich auf Ihre Atmung, um zu blockieren, die alle belastenden Gedanken. Es ist ein Weg, entspannt zu bekommen und fokussiert.

## **Warum ist es wichtig?**

Meditation bietet viele Vorteile. Einige dieser Vorteile sind:

ich. Ihr Risiko der Entwicklung von Herzerkrankungen und Schlaganfall wird nach unten gehen.

Es hat sich gezeigt, dass Menschen, die meditieren haben ein geringeres Risiko von Herzerkrankungen und Schlaganfall.

Meditation stärkt auch verschiedene Bereiche des Gehirns, die das Risiko der Entwicklung der Alzheimer-Krankheit senkt.

ii. Sie werden produktiver sein - Forschung zeigt, dass Meditation regelmäßig macht Sie produktiver und kreativer. Also, wenn Sie eine harte Zeit, sie kommen mit einer Lösung für ein Problem bei der Arbeit, oder müssen Sie Ihren Chef mit einer neuen Idee zu beeindrucken, die Zeit nehmen, jeden Tag zu meditieren kann helfen, den Kopf frei bekommen, so dass Sie durch die harte mentale kann brechen Barrieren.

iii. Es wird einfacher für Sie, Gewicht zu verlieren - Wenn Sie auch eine harte Zeit, Gewicht zu verlieren in der Vergangenheit hatten, kann Meditation helfen. Meditation senkt Ihre Druckstufen, so dass Sie nicht so in Versuchung, sich von Stress zu essen, und Ihr Körper wird so viel Cortisol nicht produzieren. Dies macht es einfacher, Gewicht zu verlieren. Meditation kann auch helfen, Balance Ihrer geistigen und körperlichen Zustand, der zur Verringerung der Heißhunger kann. Hier finden Sie mehr im Einklang mit die Bedürfnisse Ihres Körpers zu sein, so dass Sie nicht so in Versuchung, für Dinge, die Sie wissen, dass Sie nicht essen zu erreichen.

Sie werden auch in der Lage sein, den Unterschied zwischen Hunger und andere Gefühle wie Langeweile und Angst zu erzählen.

iv. Ihre Beziehungen zu verbessern - Meditation kann Ihnen helfen, alle Ihre Beziehungen, einschließlich Ihre Beziehungen zu Ihren Eltern, Ihren Chef oder Ihren Partner zu stärken.

Meditation erhöht die synaptischen Verbindungen im Gehirn, so dass Menschen, die meditieren, andere mehr als diejenigen, die nicht zu schätzen wissen. Stärkung dieser synaptischen Verbindungen hilft uns auch, geduldiger zu sein, sei ein besserer Zuhörer, und sehen Sie mehr Wert in anderen und unsere Beziehungen.

. v Sie können fühlen sich jünger - Meditation wird nicht den Alterungsprozess umkehren, aber

es kann Ihr Körper-Funktion auf einem Niveau, das einige Jahre jünger als Ihr chronologisches Alter ist zu helfen. Zum Beispiel, wenn Sie 50 Jahre alt sind und seit mehr als 5 Jahren meditiert, könnte Ihr biologisches Alter ist 12 Jahre jünger als Ihr chronologisches Alter.

vi. Es kann Ihr Training zu erhöhen - nicht nur Meditation regelmäßig geben Ihnen mehr Energie, verbessern Sie Ihre Konzentration und verbessern Schlaf, es erhöht auch Ihre Schmerzen Toleranz; das ist immer während des Trainings groß.

Das sind nur ein paar der Vorteile der Meditation. Im nächsten Abschnitt werden wir einige Missverständnisse über Meditation zu diskutieren.

### **Missverständnisse über Meditation**

Es gibt einige Missverständnisse, die Menschen über Meditation:

i. Nur Menschen mit bestimmten Überzeugungen oder aus bestimmten Kulturen zu meditieren

- Obwohl es häufiger in einigen Kulturen, jeder kann meditieren, unabhängig von der religiösen Überzeugung oder Kultur.

ii. Alle Meditationstechniken sind die gleichen - Wie Sie in den nächsten Kapiteln finden, gibt es mehrere verschiedene Meditationstechniken - sie alle bieten verschiedene Vorteile und kann in verschiedenen Situationen durchgeführt werden. Zum Beispiel können Sie eine Sitzung nach der Meditation tun können, wenn Sie mehr Zeit haben und sich in einer ruhigeren Umgebung. Wenn Sie in einem überfüllten Platz sind und wollen, um eine kürzere Meditation zu tun, können Sie die Novel Erfahrungen oder Dankbarkeit Meditation könnte. Sie können auch eine Gehmeditation, wenn Sie in einer ruhigen Umgebung befinden.

iii. Meditation ist nur für bestimmte Arten von Menschen - Jeder kann von Meditation, darunter Ärzte, Rechtsanwälte, Studenten, Eltern und Senioren profitieren.

iv. Es dauert viele Jahre, um einen entspannten Zustand in der Meditation zu erreichen - Viele Menschen sind entspannt nach ihrer ersten Meditationssitzung.

v Leute, die reden, Handlung oder Kleid zu meditieren in einer bestimmten Weise -. Sie können einer Person inneren Zustand nicht bestimmen, durch das, was sie sehen aus wie auf der Außenseite.

vi. Meditation entmutigt Kreativität - Meditation tatsächlich fördert die Kreativität, weil es geht tief in denen die Quelle der Kreativität liegt.

vii. Wünsche müssen kontrolliert werden, wenn Sie meditieren - Desires eine Person glücklicher.

Meditation gibt die Energie und Balance, die Sie sich vorstellen, arbeiten, und erfüllen Ihre Wünsche müssen.

viii. Stress ist schlecht - Unser Körper kann eine bestimmte Menge an Stress zu bewältigen und trotzdem zu einem ausgeglichenen Zustand zurückkehren, ist jedoch zu viel Stress schlecht.

Meditation können uns helfen, mit der Angst, die im Umgang mit zu viel Stress, indem er uns Zeit zu gehen unserer Stress und entspannen zu lassen, kommt befassen - wir können sogar wieder neue Wege, um mit unseren Stress umzugehen, wenn wir meditieren.

ix. Sie können Balance mit Meditation allein zu erreichen - Sie müssen sowohl die Aktivität und Meditation, um das Gleichgewicht zu erreichen.

Nun, da Sie wissen, was Meditation ist, warum es wichtig ist, die Vorteile davon, und einige der Missverständnisse Menschen haben über Meditation, ist es Zeit, in die, wie man verschiedene Arten der Meditation zu tun bekommen. Im Rest des Buches werden wir über einige Meditationsübungen für Anfänger zu sprechen, einschließlich der klassischen sitzen Meditation und der Gehmeditation, und ein paar andere kürzere Meditationen, neuartige Ideen und der

Dankbarkeit Übung. Danach werden wir einige zusätzliche Tipps zu diskutieren, und dann mit ein paar abschließende Gedanken, wie Sie wissen, wenn Sie in Ihrer Meditation voran sind abzuschließen.

## **Hinsetzen**

Die häufigste Position, um in beim Üben Meditation ist in einer sitzenden Position zu sein. Sie können entweder auf einem Stuhl sitzen, oder sitzen auf dem Boden mit gekreuzten Beinen, in was heißt das Lotus-Position.

## **Wie Sie sitzen im Lotussitz**

Um im Lotussitz zu sitzen, die Beine übereinander und stellen Sie einen Fuß auf dem gegenüberliegenden Schenkel. Die Unterseite des Fußes sollte nach oben und Ihre Ferse sollte nah an Ihrem Magen. Heben Sie den anderen Fuß langsam auf und legen Sie es auf der gegenüberliegenden Oberschenkel auf die gleiche Weise. Ihre Knie sollten den Boden berühren, und sollte es nicht viel Mühe, damit Sie Ihre Wirbelsäule zu unterstützen. Entspannen Sie Ihre Zunge auf dem Dach der Mund, die Hände auf den Knien, und beugen Sie die Ellbogen leicht.

Ihre Augen können geschlossen sein und Ihr Körper gelockert werden sollten. Wenn es sich entspannt und wohl fühlt, bist du in der richtigen Position. Wenn Sie sich unwohl fühlen, stellen Sie dann die Position, bis Sie sich wohl fühlen. Sobald Sie in der Lage sind, schließen Sie die Augen und konzentrieren sich auf Ihre Umgebung. Leeren Sie Ihren Geist von allen anderen Gedanken, die Sie haben können.

Wenn Sie finden es schwierig, in diese Position, weil Sie medizinische Probleme wie Ischias, Kreuzbeininfektionen oder schwach / verletzten Knie haben, gibt es andere Sitzpositionen können Sie versuchen. Eine Sache, die Sie tun können, ist zu sitzen auf einer Decke oder Kissen in Schuster Pose - die Fußsohlen berühren, und Sie können Yoga-Blöcke unter den Beinen für Unterstützung. Wenn es schwierig für Sie, Ihre Knie zu beugen,

versuchen Sie sitzen auf einer Decke oder Kissen mit dem Rücken berühren die Wand mit den Beinen bei einem Weitwinkel gerichtet, und rollen Handtücher unter die Knie für die Unterstützung.

Wenn keine dieser Sitzpositionen für Sie arbeiten, können Sie auch einen Stuhl - aber stellen Sie sicher, dass Sie nicht auf dem Stuhl zusammengesunken sind. Ihre Sitzknochen sollten auf der Vorderseite des Sitzes und Ihre Füße sollten unter den Knien sein. Die Oberschenkel sollten leicht in den Sitz des Stuhls betätigt werden und Ihre Füße sollten den Boden berühren. Dies hebt natürlich die Brust und natürlich Kurven und erweitert die Wirbelsäule.

Egal, welche Position Sie wählen, halten Sie die Krümmung der Rücken sanft und natürlich.

### **Wie man meditiert**

Sobald Sie eine Position, die für Sie bequem ist gefunden haben, ist es Zeit zu meditieren.

Schließen Sie die Augen und Gedanken über sich entspannen jeden Teil des Körpers. Beginnen Sie mit den Zehen, und verschieben Sie Ihren Körper - denken Sie daran, all die Orte, die wir Spannung zu halten, einschließlich Ihrer Schultern, Nacken, Gesicht, Kiefer und Zunge zu entspannen. Sobald Sie sitzen hoch und entspannt, nur noch ein paar Augenblicke zu sein.

Achten Sie auf Ihre Umgebung, Ihren Körper und die Geräusche, die Sie gehört, aber nicht, um sie in irgendeiner Weise zu reagieren, oder jede Art von Reaktion. Stellen Sie sicher, Ihre Atemzüge sind ruhig und tief. Verwenden Sie Ihr Zwerchfell zu atmen, und stellen Sie sicher, Ihre Lungen sich viel Luft, aber normal zu atmen. Beachten Sie, wie Sie Ihren Atem fühlt sich, wie Sie atmen.

Sobald Sie atmen begonnen haben, kommen mit einem Mantra - das Mantra kann einen Ton, Wort oder eine Phrase, die Sie während Ihrer Meditation zu wiederholen. Sie können es laut sprechen oder



sagen, es still für sich. Wenn Sie sich nicht, sich mit einem Mantra, können Sie

"Aum" oder verwenden Sie "Om". Wie Sie auf den Atem oder Ihr Mantra zu konzentrieren, wird dein Geist beginnt zu beruhigen und sich konzentriert. Dies bedeutet nicht, Gedanken werden nicht kommen - wenn sie kommen anerkennen, legen Sie sie beiseite und kehren Sie Ihren Fokus auf Ihr Atem oder Ihr Mantra.

Es gibt keinen bestimmten Zeitpunkt sollten Sie Ihre Meditation zu beenden, aber am Anfang Ihrer Meditationen sollten kurz sein. Sie können Ihre Meditationen mehr als Ihre Meditationspraxis verbessert. Wenn Sie nur für eine gewisse Zeit zu sitzen, einen Alarm oder entscheidet über die Anzahl der Atemzüge werden Sie zu zählen, bevor Sie Ihre Praxis zu beenden. Wenn Sie die Atemzüge zählen, möchten Sie vielleicht eine Mala (buddhistische Gebetskette) zu verwenden, um den Überblick über Ihre Atemzüge halten. Wenn Sie bereit sind, Ihre Praxis zu beenden sind, beginnen sich langsam zu bemerken Ihre Umgebung. Bestätigen Sie Ihre Präsenz in den Raum um dich herum, und fangen Sie an Teilen des Körpers.

Wenn Sie meditieren, ist es wichtig, oft üben - Ihre Meditationssitzungen müssen nicht lang sein, aber Sie tun müssen, um jeden Tag zu meditieren. Üben für eine kurze Zeit jeden Tag ist besser als zu üben für eine lange Zeit ein paar Tage in der Woche. Beim ersten Start aus meditieren

werde es wohl am einfachsten sein, dass Sie einen Platz in Ihrem Hause zu üben, wo es ruhig und man kann Privatsphäre haben, aber wie Sie zu mehr Komfort, anfangen, sich in verschiedene Orte, um Ihre tägliche Meditation zu üben. Doing einen Außen Meditation kann friedlich sein und meditiert auf einem Bus oder in Ihrem Büro kann helfen, die Belastung der Umwelt.

Gehmeditation - Nun, da Sie wissen, wie die Grund sitzen Meditation zu tun, werden wir über eine andere beliebte Form der Meditation, die tatsächlich stattfindet außerhalb reden.

## Gehmeditation

Eine andere Art von Meditation können Sie versuchen, heißt Gehmeditation. Diese Art der Meditation ist ideal für Menschen, die eine Menge Stress zu erleben. Es hilft uns auch bewusst von Dingen außerhalb von uns selbst, weil Sie die Aufmerksamkeit auf Dinge, die Sie stolpern und andere Hindernisse, wenn dabei eine Gehmeditation bezahlen.

Es ist auch einfacher zu sein, bewusst Ihren Körper, wenn dabei eine Gehmeditation. Dies liegt daran, wenn Sie immer noch sitzen, die Empfindungen, die auftauchen sind viel subtiler und schwerer zu bemerken.

Sie können auch fit Gehmeditation in die Lücken in Ihrem Leben sehr leicht - sobald Sie Gehmeditation gewöhnt haben, können Sie es sogar, während Sie zu Fuß sind von Ihrem Auto in den Supermarkt.

### **Wie zu tun Gehmeditation**

Beginnen Sie mit dem Stehen auf einem Fleck, und beachten Sie, wie Sie Ihr Gewicht wird durch den Unterseiten der Füße in den Boden übertragen werden, und dass es eine Menge von kleinen Bewegungen, die zum Verweilen im Stehen und ausgewogen zu ermöglichen. Nachdem Sie für ein paar Minuten an einer Stelle stand haben, starten Sie zu Fuß langsam, aber in der Regel. Während Sie gehen, achten Sie auf die Fußsohlen, und beachten Sie den Fuß, wie sie den Boden trifft, geht durch die Bewegung der Rollen auf den Fußballen, und dann Heben und reisen durch die Luft dann. Beachten Sie, wie Sie Ihre gesamte Fuß fühlt sich - nicht nur die Unterseiten der Füße, wie sie den Boden berühren. Wie sehen Sie Ihre Zehen in den Schuhen fühlen? Wie das Innere Ihrer Schuhe fühlen Was bedeutet der Stoff Ihrer Socken sich an?

Entspannen Sie Ihre Füße so weit wie möglich, wie Sie bemerken, diese Dinge. Beachten Sie, wie Ihre Knöchel fühlen, als Sie Ihren

Fuß in Kontakt mit dem Boden und geht durch die Gehbewegung dann.

Beachten Sie Ihre Schienbeine und Waden, Ihre Kleidung zu berühren Ihren Körper, die Temperatur der Haut, und wie Sie Ihre Muskeln sind, um Ihren Spaziergang bei. Sie möchten vielleicht sogar ein wenig anders für ein paar Schritte zu gehen, so dass Sie, wie die Rolle der Wadenmuskeln Veränderungen spüren, und dann gehen Sie zurück zu einem normalen Rhythmus.

Entspannen die Muskeln rund um Ihre Hüftgelenke. Entspannen Sie die Muskeln, und beachten Sie, wie Ihr Fuß ändert, wenn Sie das tun. Beachten Sie, wie Sie Ihre Hüften abwechselnd nach vorne in das Becken zu bewegen, und wie Sie Ihre Wirbelsäule und das Becken zur gleichen Zeit zu bewegen.

Achten Sie auf Ihren Bauch, und wie Sie Ihre Kleidung fühlen sich dagegen, und merken, wie es ist das Zentrum des Körpers. Beachten Sie, wie Sie Ihre Brust in Kontakt mit Ihrer Kleidung.

Beachten Sie, wie Sie die Schultern bewegen sich im Takt der Wanderung. Entspannen Sie und lassen Sie den Beat kommunizieren Sie Ihre Arme. Lassen Sie Ihre Arme hängen an den Seiten und schwingen natürlich. Wie Sie Ihre Arme schwingen durch die Luft, bemerken alle Bewegungen in ihnen und wie die Luft fühlt sich, wie es über Ihre Hände und Finger fließt.

Achten Sie genau auf den Hals und das Gefühl, die Muskeln, die den Kopf zu unterstützen.

Starten Sie jetzt entspannt die Muskeln auf der Rückseite des Halses. Wie Sie das tun, werden Sie feststellen, dass Ihr Kinn klemmt in ein wenig und Ihr Schädel beginnt ausgeglichen zu fühlen. Halten Sie Ihren Kopf in verschiedenen Winkeln und sehen, wie, dass die Erfahrung ändert. Vielleicht haben Sie bemerkt, dass, wenn Sie Ihren Kopf nach unten und Ihr Kinn mehr in Richtung Brust, fühlt man sich mehr nach innen gekehrt und düster. Allerdings, wenn Sie Ihr Kinn oben ist, die Außenwelt mehr bemerken Sie, und Sie

können sogar zu werden in ihm mehr aufgeholt oder mehr bewusst, und traf sich in Ihren Gedanken. Dann bringen Sie den Kopf zurück in eine Position, wo Sie Ihr Kinn leicht versteckt.

Beachten Sie, Ihre Gefühle - wir sind nicht über das Gefühl glücklich oder traurig sprechen, sondern vielmehr, wie die Dinge fühlen sich innerhalb oder außerhalb des Körpers. Haben Sie Dinge, die angenehm oder unangenehm in Ihrem Körper oder außerhalb fühlen Sie sich auf?

Wenn Sie das tun, nur bemerken - nicht um sie zu klammern oder schieben sie weg. Lassen Sie sie vorbeiziehen - folgen ihnen nicht oder nehmen Sie Ihren Blick an ihnen.

Beachten Sie, Ihre Gefühle - wie fühlen Sie sich? Sind Sie glücklich, zu tun, was du tust? Auch bewusst sein, wie Ihr Geist fühlt sich - ist es klar, matt, besetzt oder Ruhe? Denken Sie über die Dinge, die nichts mit der Meditation zu tun haben, oder denken Sie, was Sie jetzt tun? Beachten Sie die Dinge, ohne sie zu werten. Beachten Sie auch die Balance zwischen Ihrer Erfahrung mit der inneren und äußeren Welt.

Nachdem Sie all das getan haben, zu stoppen - erleben Sie selbst gerade stehen, und beachten Sie, wie es sich anfühlt, wenn Sie in Bewegung sind nicht mehr. Beachten Sie, was Ihr Körper hat zu tun, um Sie im Stehen. Fühlen Sie das Gewicht, wie es geht nach unten durch die Fußsohlen wieder. Nachdem Sie dies für ein paar Minuten erlebt haben, beenden die Meditation.

## Die Stufen der Gehmeditation

Es gibt keine formalen Stufen Gehmeditation, aber es gibt eine logische Abfolge, wie Gehmeditation ist getan, und es von den vier Grundlagen der Achtsamkeit kommt - vier Ebenen der Erfahrung, die wir nutzen können, um unseren Geist zu verhindern, daß getrennt und verstreut herum .

Die vier Stufen sind:

körperliche Empfindungen

Feelings

Psychische und emotionale Zustände

Objekte des Bewusstseins

Diese vier Grundlagen können wir brechen Gehmeditation, so dass wir auf einer Bühne zu einer Zeit zu konzentrieren. Du wirst nicht wissen, wenn Sie von einer Stufe zur nächsten voran habe.

Da jedoch jeder Grundlage ist subtiler als die vorherige, werden wir durch sie, um zu arbeiten.

Bevor Sie Ihre Gehmeditation zu beginnen, einfach stehen auf einem Fleck und erleben Sie selbst. Erleben Sie Ihren Körper, und beachten Sie alle kleinen Emotionen, die stattfinden, Sie ausgewogen und aufrecht zu halten. Beachten Sie, wie Sie sich fühlen - ist dein Geist überaktiven oder Ruhe? Dies gibt Ihnen eine Erfahrung, die Sie als Ausgangspunkt verwenden können, um zu prüfen, welche Auswirkungen die Praxis ist mit dir.

Jetzt ist es Zeit, um besser über Ihren Körper zu werden - beachten Sie die Teile des Körpers, die den Boden berührt werden - Ihre Füße in diesem Fall. Dies hilft zu stabilisieren und den Geist zu beruhigen, die es weniger wahrscheinlich, zu wandern macht. Nachdem Sie Kenntnis von den Füßen haben, entspannen Sie jeden Teil Ihres Körpers, wie Sie konzentrieren sich auf sie - gehen von den Füßen bis die Beine, dann auf Ihr Mittelteil, Schultern, Arme, Hals, Gesicht und schließlich den Kopf. Sie können feststellen, dass es einfacher ist, bewusst Ihren Körper beim Gehen und nicht sitzen, weil Ihre Muskeln in Bewegung sind.

Sobald Sie Kenntnis von Ihrem Körper haben, beginnen immer mehr bewusst, Ihre Gefühle.

Denken Sie daran, in der Gehmeditation, bezieht sich auf ein Basis Gefühl Gefühl der Zuneigung oder Abneigung, das Gefühl angenehm oder unangenehm, erleben Lust oder Unlust. Die Gefühle sind Reaktionen gut-Niveau, das nicht so weit entwickelt sind wie Emotionen wie Wut, Liebe, Freude oder Trauer. Gefühle stehen oft zwischen Empfindungen und Emotionen - zum Beispiel, wenn Sie im Büro 1 Tag ankommen und feststellen, dass ein Mitarbeiter trägt ein sehr starkes Parfüm, und Ihr Bauchgefühl sagt Ihnen, dass Sie nicht wie das Parfüm, das gut-Ebene Antwort

ist das Gefühl, und dann gibt es Emotionen, die Sie vielleicht in Reaktion auf es zu erleben.

Während der Gehmeditation, könnten wir Gefühle mit unserem Körper verbunden sind, wie Schmerzen oder ein angenehmes Gefühl der Entspannung zu erleben. Wir haben auch Gefühle mit dem, was wir sehen und hören, wie auch die anderen Sinne könnten wir erleben, während wir tun unser Gehmeditation, einschließlich derer, die vorgestellt werden verbunden. Wenn die Aufmerksamkeit auf Gefühle, nur bemerken - nicht um sie zu klammern oder schieben sie weg.

Wenn wir nicht bewusst, ist es durchaus üblich, dass unsere Gedanken zu beginnen Greifen nach Erfahrungen mit angenehmen Gefühlen verbunden.

Sobald Sie Kenntnis von Ihren Gefühlen haben, ist es Zeit, sich immer bewusst sein, Ihre emotionalen und mentalen Zustand. Wie Sie zu Fuß entlang bist, bemerken Sie Ihre Emotionen.

Sie werden wahrscheinlich während der Gehmeditation ändern - wenn Sie beginnen, die Dir vielleicht langweilen, dann könnten Sie leicht gereizt werden, wie Sie sich fragen, was man eigentlich nicht von dieser Praxis bekommen. Dann könnten Sie starten Gefühl neugierig und interessiert, wie Sie feststellen, dass Ihr Körper beginnt sich zu entspannen, dann könnten Sie starten Gefühl sehr glücklich, wie Ihre Praxis beginnt, um mehr befriedigende fühlen. Dann haben Sie möglicherweise eine Erfahrung, die Sie fühlen sich

ängstlich, aber einmal, dass Erfahrung über Sie starten Gefühl wieder fröhlich und glücklich macht. Wenn unser Geist mehr Ruhe, sind unsere Gedanken eher mit unseren Erfahrungen und mit der Meditation selbst verbunden werden. Als wir während der Gehmeditation sind uns unserer emotionalen Zustände, versuchen wir, im Moment zu bleiben. Es gibt weniger Raum für Tagträumen, wenn wir füllen unser Geist mit Gedanken über die Erfahrung des Gehens, und das wird mehr erfüllen als jeder Tagtraum.

Der nächste Stiftung ist Objekte des Bewusstseins, die auch als Dharmas. Hier, wir sind nicht nur bekannt, den allgemeinen Zustand der unsere Gefühle und unseren Verstand, sondern auch von dem, was wir fühlen oder denken, und wir können unsere Emotionen und Gedanken in unterschiedlicher Weise zu organisieren. Die Möglichkeit, Ihre Gedanken und Emotionen zu organisieren ist wichtig, denn je mehr Sie können dies tun, desto mehr werden Sie in der Lage, Ihre Erfahrungen zu ändern sein - denken Sie daran, wie das Jäten Garten. Sie benötigen, um loszuwerden, die Unkräuter (die Gedanken, die Sie nicht wollen, zu fördern) und halten Sie die, die Sie wollen, um zu fördern (die Pflanzen, die Sie wachsen wollen). Zum Beispiel vorstellen, dass jemand kommt zu Ihnen, während Sie arbeiten, und verweist darauf, dass Ihre Schultern sind angespannt. Sie erkennen, was passiert, und Sie noch nicht bemerkt haben, dass Ihre Schultern waren bis um die Ohren. Sie bemerken auch Verspannungen im Nacken und anderen

Körperteilen. So können Sie entspannen Sie Ihre Schultern und Nacken und fühlen sich wohler.

Weil Sie die Spannung bemerkt und wusste, dass Sie nicht wollen, dass es, Sie tun können, was Sie brauchen, um es loswerden. Sie erkannte auch, dass Sie sich nicht entspannt waren, und man wusste, was zu tun ist, um zu entspannen. Je mehr Sie zu meditieren, desto mehr werden Sie erkennen, dass Sie nicht wollen, um bestimmte Gefühle zu fühlen, und es gibt einige Gefühle, die Sie öfter, weil sie sich gut fühlen fühlen wollen.

Jetzt, da wir über die vier Grundlagen kennen, ist es Zeit, über die Balance zwischen den inneren und äußeren Erfahrung der Gehmeditation sprechen. Wenn wir Gehmeditation, wir sind nicht nur die Verbindung mit unserem inneren Selbst, wir auch die Verbindung mit der Außenwelt. Sie beginnen, dies zu tun, indem bemerken die Position des Körpers. Beginnen Sie mit dem zu bemerken, wie Sie Ihren Kopf positioniert ist, wie wir im Abschnitt über die Körperwahrnehmung diskutiert. Wenn Sie Ihr Kinn ist zu nah an der Brust, du wirst bis in Ihren emotionalen Zustand zu viel erwischt. Allerdings, wenn Sie Ihr Kinn in der Luft zeigen, es ist zu hoch, und Sie werden entweder zuviel Beachtung schenken, um Ihre Gedanken, oder zahlen zu viel Aufmerksamkeit auf die Außenwelt. Um die inneren und äußeren Welt auszugleichen, muss Ihr Kopf bis ausgeglichen sein - Ihr Kinn sollte sehr leicht aufgezogen werden. Dies macht es viel einfacher, sich Ihrer Gedanken, Gefühle, und der Außenwelt in ausgewogener Weise. Sie werden wissen, dass Sie in der richtigen Position sind, weil die Muskeln auf der Rückseite des Halses sind entspannt und fühlen sich "richtig." Ihr Schädel ist auch perfekt in dieser Position ausgeglichen, und die Krone des Kopfes sieht aus wie es die Unterstützung der Himmel . Die Rückseite des Halses fühlt sich geöffnet. Sie sollten auf der Suche werden in der Mitte - nicht direkt auf dem Boden vor Ihnen, oder bis zum Horizont - Sie sollten leicht nach unten zu suchen, vielleicht schaut auf den Boden 50 Meter vor Ihnen.

Jetzt ist es Zeit, um die Gehmeditation beenden. Wenn Sie auf eine natürliche und komfortable Stillstand kommen, feststellen, was passiert. Es kann sehr mächtig, einfach stehen fühle mich wieder - zu vergleichen, wie Sie am Ende Ihrer Gehmeditation, wie Sie, wenn Sie wurden zu Beginn Ihrer Gehmeditation stehend fühlte fühlen. Beachten Sie die Stimmung Sie aus allen Teilen des Körpers, und Ihre Gefühle, Emotionen und Gedanken zu bekommen. Viele Menschen merken, dass ihre körperliche Sensibilität steigt nach einer Gehmeditation, und oft fühlen, wie sie Kribbeln. Dieser ist in der Regel von einem Gefühl der Freude oder Glückseligkeit begleitet.



Spüren Sie die Auswirkungen der Praxis, bevor Sie auf eine andere Tätigkeit zu gehen. Wie Sie aus Ihrer Fuß Meditationssitzung in eine andere Aktivität zu bewegen, halten einige Verbindung zwischen der Gehmeditation und Ihrer nächsten Aktivität, so gibt es immer noch eine meditative

Haltung, was Sie tun.

Es ist durchaus üblich, um das Gefühl, empfindlicher, als Sie denken, so stellen Sie sicher, dass Sie die Praxis gnädig zu beenden, und versuchen, die höheren Grad des Bewusstseins in die nächste Aktivität, die Sie tun zu nehmen. Sie sind möglicherweise nicht in der Lage zu sein, so intensiv in Ihren Aktivitäten bewusst sein, wie Sie in Ihrer Gehmeditation waren, sondern versuchen, zu sein, wie achtsam wie möglich, und lassen Sie keine Ruhe und Glück, die Sie angeschlossen haben mit Auswirkungen auf den Rest des Tages. Auch wenn Sie nicht machen jede bewusste Anstrengung, aufmerksam zu sein, können Sie feststellen, dass Sie ein bisschen mehr zusammen und ein wenig mehr Geduld, als Sie normalerweise sind.

### **Erfahren Sie es Nach und nach**

Wir deckten eine Vielzahl von Informationen im letzten Abschnitt, und es scheinen überwältigend kann. Es ist okay, üben Gehmeditation ein wenig in einer Zeit, wenn Sie beginnen. Beim ersten Start, machen Sie es sich einfach, besonders wenn es ist einfach für Sie beschäftigt zu werden. Für Ihre ersten paar Spaziergänge, beginnen zu bemerken, Ihren Körper -

Sie könnten die ersten Sitzungen beginnen zu bemerken, Ihre Füße, später dann fügen Sie die Knie, Oberschenkel und Hüften, und dann schließlich bewusst sein, Ihren gesamten Körper.

Sobald Sie beherrschen dessen bewusst zu Ihrem Körper haben, ausgehend arbeiten an zu merken, Ihre Gefühle und Emotionen. Wenn Sie schon gemeistert bemerken Ihren Körper und Ihre Gefühle und Emotionen, und du bist immer noch Ihren Verstand an der

Meditation halten, dann können Sie die Arbeit an eingedenk der Objekte des Bewusstseins, und sich dessen bewusst zu den beiden inneren und äußeren Welten.

Das erste Mal, Sie Gehmeditation, seien Sie sicher, dass Sie mindestens 20 Minuten, es zu tun, und gehen Sie an einen Ort, wo man ungestört laufen kann. Sobald Sie eine 20-minütige Gehmeditation getan und meisterte sie, dann kürzere Wander Meditationen tun können.

### **Machen Sie es Ihr**

Sobald du mit Gehmeditation gewöhnt haben, ist es in Ordnung, um die Praxis zu personifizieren. Vielleicht möchten Sie eine längere Zeit verbringen, sich dessen bewusst zu Ihren Emotionen, oder zahlen mehr Aufmerksamkeit auf die Welt um dich herum, besonders wenn Sie im Land sind. Vielleicht möchten Sie eine Phrase oder Bestätigung zu wiederholen, oder erinnere mich an eine Lehre von Buddha.

Sie können auch die Grundsätze der Gehmeditation anzupassen, indem sie auf Laufen, Radfahren, Skateboardfahren oder auch beim Sport. Wenn Sie üben, in dem Moment, und sich dessen bewusst zu Ihrer Erfahrung, anstatt darüber nachzudenken, wie viel Sie wollen das Spiel vorbei zu sein, genießen Sie Abschluss Ihrer Spiele.

Wenn Sie die Praxis, um Ihren Zeitplan und Ihren Interessen anzupassen, werden Sie mehr Flexibilität. Sie werden dann in der Lage, einen kurzen Spaziergang Meditationen zu tun, während zu Fuß von einem Büro zum anderen, oder Sie üben Gehmeditation, während Sie auf einer vierstündigen Wanderung im Land sind.

### **Gehmeditation und Lovingkindness**

Zu der Zeit des Buddha, Mönche und Nonnen praktizierten Güte, wenn sie gingen - sie würden gute Gefühle zu teilen, wie sie durch die Straßen und über den Marktplatz ging. Sie würden sogar teilen

Güte in Richtung Wildtiere, wenn sie durch die Wälder und Dschungel ging.

Selbst wenn Sie nicht durch Wälder und Dschungel wie die Mönche waren zu Fuß, können Sie teilen Güte, wenn Sie dabei Ihre Gehmeditation bist. Beginnen Sie Ihren Gehmeditation, wie Sie normalerweise tun, bekannt werden von Ihrem Körper, Emotionen und Objekte des Bewusstseins. Dann achten Sie auf Ihre Gefühle, und wünschen allen gut. Sie können auch über das, was du tust, wenn du tust eine Gehmeditation und Sie jemand kennen Sie sehen gerade sprechen. Man kann sagen, "Hallo" und halten Sie auf dem Gehen, wenn es scheint, wie das Richtige zu tun, oder Sie zu stoppen und zu sprechen, um die andere Person kann - wenn Sie das tun, versuchen Sie, während des Gesprächs bewusst sein - nicht darum, denken zurück zu Ihrem Gehmeditation. Wenn Sie zu stoppen und sprechen Sie mit jemandem, dann zurück zu Ihrem Gehmeditation gehen später, und wenn man die Diskussion wieder auf, warum Sie beschlossen, zu stoppen und zu sprechen, um diese Person zu denken.

Sie können auch die Praxis der Fuß Güte Aktivitäten Aktivitäten wie Reiten ein Bus oder Bahn, oder Autofahren anzupassen. Anstatt Ihren Geist Raum aus, oder wütend auf andere Fahrer, Direkt Gedanken der Gnade zu anderen Fahrgäste, Fahrer oder Fußgänger. Diese Art von Aktivität kann unsere Erfahrung zu verbessern und lassen Sie uns das Gefühl glücklicher, weil anstatt untätig Tagträumen und nichts dafür zu zeigen, oder wütend, wenn andere Treiber schneidet uns oder gehen Sie zu langsam, können wir mehr in Frieden mit der Welt zu fühlen und mit uns selbst.

## **Andere Meditation Routinen**

Es gibt ein paar andere Meditationsübungen, die kürzer sind, dass Sie sich einfach in Ihren Alltag passen können, sind - wir werden die in diesem Kapitel diskutieren.

Novel Erlebnisse - Diese Meditation ist ein bisschen anders, weil es nicht erforderlich, dass Sie für eine lange Zeit wie die im Sitzen und

Gehen Meditationen zu tun zu konzentrieren. Diese Meditation ermöglicht es Ihnen, an Dinge, die Sie jeden Tag auf eine andere Weise zu tun suchen, indem er vorgibt, es ist das erste Mal tun sie. Zum Beispiel, wenn Sie einen Mitarbeiter zu sehen, versuchen zu handeln, wie Sie sie zum ersten Mal treffen, oder wenn Sie nach Hause zu Ihrer Familie nach der Arbeit kommen, grüßen sie, als ob Sie sie in eine lange Zeit nicht gesehen haben . Versuchen Sie, die Menschen in einem anderen Licht sehen. Diese Meditation ist wirksam, weil es einfach zu beginnen, die Menschen auf die gleiche Weise die ganze Zeit -

wenn Sie anders sehen sie, ist es einfacher sie Ihre ungeteilte Aufmerksamkeit zu geben.

Eine andere Möglichkeit, diese Meditation tun ist, um Menschen oder Situationen zu akzeptieren, wie sie sind, und versuchen Sie nicht, sie zu ändern. Sie können dies, indem Sie versuchen nicht, zu verbessern oder etwas ändern für eine bestimmte Zeit zu tun - etwa 10

Minuten. Wenn Sie dies tun, werden Sie feststellen, dass die Menschen, die Sie auf einer regelmäßigen Basis zu sprechen mehr neue und sinnvoll zu werden. Eine weitere Möglichkeit, dies zu tun ist, um die Menschen über das Telefon auf eine andere Weise zu sprechen. Wenn Sie die Leute am Telefon den ganzen Tag zu sprechen, auch wenn Sie sie kennen, versuchen Sie, um sie auf eine etwas andere Art und Weise zu sprechen - wie Sie gerade zum ersten Mal treffen sie, oder wie man sie in eine nicht gesehen haben lange Zeit.

Dankbarkeit Übung - Dies ist eine weitere Meditation, die ein bisschen anders als die beiden anderen ist. Es kann auch leicht in fast jeder Situation durchgeführt werden. Für diese Meditation, denke über den Menschen, die Sie froh, dass Sie in Ihrem Leben haben. Bild Gesicht und leise danke ihnen dafür, dass in Ihrem Leben. Man könnte auch von Fähigkeiten, die Sie dankbar sind denken, Sie haben - zum Beispiel die Fähigkeit zu sehen, die Fähigkeit zu gehen, oder die Tatsache, dass Sie, was Sie haben,

wenn so viele Menschen haben, ohne diese Dinge zu gehen. Sie können diese Übung in den Morgen zu tun, wenn Sie aufwachen, am Abend, wenn Sie zu Bett gehen, oder jedes Mal, wenn Sie ein paar Minuten Zeit, um über die Menschen,

Fähigkeiten oder Dinge, die Sie dankbar, Sie in Ihrem Leben haben, sind zu denken.

## **Meditation Tipps**

Egal, welche Meditation Sie sich entscheiden, gibt es einige Tipps, die Ihre Meditationspraxis viel einfacher machen können - wir besprechen die in diesem Abschnitt.

i. Kein Stress - Dies ist der wichtigste Tipp für Anfänger, und am schwierigsten zu implementieren. Egal, was während Ihrer Meditation geschieht, nicht Stress über sie. Dazu gehören Nervosität vor der Meditation oder wütend hinterher.

ii. Machen Sie es eine formelle Praxis - versuchen, mindestens einmal am Tag zu meditieren, wenn Sie Zeit haben, für mindestens 5 bis 20 Minuten zu konzentrieren. Ideal Mal vielleicht in den frühen Morgen, bevor Sie aufstehen, um den Tag zu starten, und am Ende des Tages, bevor Sie zu Bett gehen. Wenn Sie Zeit während des Tages haben, könnten Sie auch die Praxis, die neue Ideen oder Dankbarkeit Übung.

iii. Beginnen Sie mit tiefes Atmen - Tiefes Atmen verlangsamt die Herzfrequenz, die Muskeln entspannt und konzentriert den Geist.

iv. Stretch - Dehnen lockert die Muskeln und Sehnen, die du mehr bequem sitzen können.

v. v einen Zweck für Ihre Meditation - Meditation ist ein aktiver Prozess. Die Konzentration auf Ihre Atmung, oder mit Schwerpunkt auf einem bestimmten Punkt für einen bestimmten Zeitraum ist harte Arbeit, so dass Sie gezielt aktiviert werden, während Sie meditieren müssen.

vi. Beachten Sie, wenn Frustration beginnt, auf die Sie kriechen - Es ist sehr üblich für Anfänger frustriert. Sie fragen sich vielleicht, warum Sie Ihren Geist, oder das, was Sie hier tun nicht beruhigen. Wenn dies geschieht, konzentrieren sich auf Ihre Atmung und lassen Sie die Gefühle der Frustration.

vii. Experiment - Probieren Sie die verschiedenen Formen der Meditation in diesem Buch erwähnt. Vielleicht möchten Sie tun sitzen Meditationen während der Woche, wenn Sie wenig Zeit haben, und speichern Sie die Wander Meditationen für das Wochenende. Sie können auch

versuchen verschiedene Positionen, wie zum Beispiel Sitzen, Liegen, zu Fuß, oder halten Sie die Augen offen oder geschlossen ist.

viii. Fühlen Sie sich Ihre Körperteile - Beachten Sie, wie Ihr Körper fühlt sich, wenn Sie meditieren beginnen. Wenn dein Geist beginnt zu beruhigen, alle Ihre Aufmerksamkeit auf Ihre Füße und bewegen Sie Ihren Körper, einschließlich Ihre inneren Organe.

ix. Wählen Sie einen bestimmten Raum in Ihrem Haus, zu meditieren - Stellen Sie sicher, es ist nicht der gleichen Stelle Sie Arbeit, Bewegung oder Schlaf zu tun. Setzen Sie Kerzen und andere spirituelle Dinge in den Raum, damit Sie fühlen sich wohler. Wenn Sie mit einer harten Zeit sind finden einige Platz in Ihrem Haus, in dem Sie meditieren können, möchten Sie vielleicht versuchen Sie, Ihre Meditation außerhalb, solange es nicht regnet. Sie könnten auch einen Ausschnitt aus einem Raum, um als eine Meditation vor Ort zu nutzen.

x. Commit für die Langstrecke - So wie Sie mit jeder gesunde Gewohnheit zu tun, verpflichten für die langfristige, nicht nur für einen bestimmten Zeitraum. So sehr, Konzentrieren Sie sich nicht auf wie Sie sich fühlen jeden Tag, aber, wie Sie im Laufe der Zeit zu fühlen.

xi. Hören Sie Lehr-Kassetten und CDs - Dies kann sehr hilfreich sein, wenn Sie gerade erst anfangen und nicht sicher sind, wie man richtig meditieren.

xii. Versuchen Sie, Momente des Bewusstseins während des Tages - Seien Sie in dem Moment, wenn Sie tun, bestimmte Aktivitäten, wie Autofahren sind - lassen Sie sich nicht die Seele baumeln.

xiii. Stellen Sie sicher, Sie werden nicht während der Meditation gestört werden - Einer der größten Fehler, die Anfänger machen ist, dass sie nicht machen, dass sie friedliche Bedingungen zur Meditation zu üben. Machen Sie Ihre Meditation, wenn andere nicht da sind, oder wenn sie schlafen, und deaktivieren Sie alles, was eine Ablenkung, wie beispielsweise Ihr Handy oder Wecker sein könnte.

xiv. Beachten Sie kleine Anpassungen - Für Anfänger, die geringste körperliche Bewegung kann eine Meditation von einem frustrierenden Erfahrung, um eine friedliche verwandeln. Andere

können nicht bemerken diese Anpassungen, aber sie alles, um Ihre Meditationspraxis bedeuten kann.

xv. Verwenden Sie eine Kerze - Meditieren mit geschlossenen Augen kann eine Herausforderung in der Anfang sein. Mit einer Kerze zu konzentrieren kann Ihre Meditation viel einfacher.

XVI. Tun Sie es zusammen - Meditieren mit einem Partner kann wunderbare Vorteile haben und verbessern Sie Ihre Praxis.

xvii. Meditieren, wenn es für Sie am bequemsten - Am frühen Morgen ist in der Regel die beste Zeit, denn es ist eine magische Ruhe, um am Morgen, und Ihr Geist ist nicht überladen mit all den Gedanken einer Regel bekommt im Laufe des Tages. Vielleicht haben Sie auch weniger von externen Faktoren zu dieser Zeit gestört werden. Aber wenn am frühen Morgen ist nicht bequem für Sie, meditieren, zu einem anderen Zeitpunkt. Das Wichtigste ist, es zu tun.

xviii. Seien Sie dankbar, am Ende - Sobald Sie mit Ihrer Meditationspraxis getan, verbringen 2

oder 3 Minuten das Gefühl dankbar, dass Sie meditieren, und dass dein Geist auf sie konzentrieren.

xix. Beachten Sie, wenn Sie beginnen, das Interesse an der Meditation zu verlieren - Meditation ist harte Arbeit, und Sie werden bis zu einem Punkt kommen, wo es beginnt, um nicht in das Bild passen nicht mehr. Dies ist, wenn Sie brauchen, um es am meisten üben. Gehen Sie zurück auf die Bücher oder CDs, die Sie gelesen oder gehört, um neu in Schwung zu werden. Wenn Sie verlieren Interesse an der Meditation, kann es sein, verlieren Interesse an anderen Bereichen Ihres Lebens zu.

## **Abschluss**

Wenn Sie eines der in diesem Buch besprochen Meditationen praktiziert haben, haben Sie wahrscheinlich damit begonnen, die Vorteile der Meditation zu erleben. Woher wissen Sie, wenn Sie mit Ihrer Meditation Fortschritte sind aber? Als Nachbereitung für dieses Buch, würde Ich mag einige Möglichkeiten, zu wissen, dass Sie Ihre Meditationspraxis arbeitet bereitzustellen.

Andere Leute merken, dass Sie zu ändern sind - Manchmal ist es schwer zu merken, dass Sie zu ändern sind, aber andere Menschen beginnen zu bemerken, dass Sie immer heiter sind, unterschiedlich auf Situationen, die kommen zu reagieren, und Sie sind freundlicher

Ihre Konzentration wird verbessert - Wenn Sie versucht zu zählen Sie Ihre Atemzüge haben, wie in der "How to Meditieren" Abschnitt des Kapitels diskutiert auf Hinsetzen Meditation, können Sie bemerkt, dass Sie in der Lage, für längere Zeit zu konzentrieren. Wenn Sie schon das Zählen bis zehn konsequent für eine Weile, wenn Sie nur zählen, um fünf zuvor, dann versuchen Sie das Zählen bis 20, oder versuchen Sie zu zählen bis zehn ein paar Mal in Folge. Wenn Sie in der Lage, das zu tun, auch wenn Sie haben noch Streu



Gedanken schleicht sich von Zeit zu Zeit, das ist toll! Die Tatsache, dass Sie mehr bewusst sind bedeutet, dass Sie Fortschritte machen - nicht über die Tatsache, dass Sie immer noch Streu Gedanken machen.

Interessante Dinge während Ihrer Meditation geschieht - Vielleicht haben Sie bemerkt, dass verschiedene Dinge sind während Ihrer Meditation geschieht. Zum Beispiel könnten Sie feststellen, Sie entwickeln verschiedene Atemmuster, oder dass Ihr Körper in der Zeit mit Ihrem Herzschlag bewegt. Sie nicht zu viel über diese Erfahrungen zu kümmern, sie bedeuten einfach, dass Sie beginnen, mehr zu konzentrieren sind. Wenn Sie zu viel Sorgen um sie, werden sie eine Ablenkung zu werden.

Ihre Körperhaltung Probleme werden sich die Korrektur spontan - Manchmal sind die Leute merken, bestimmte Körperteile entspannenden spontan - wenn Sie ein Problem mit Ihrer Haltung hatte, kann sie verschwinden, sobald Sie meditieren regelmäßig starten.

Sie beginnen zu bemerken Dinge um Sie herum - es ist ein sehr gutes Zeichen, wenn Sie zu verlangsamen und zu merken, wie schön die Welt um dich herum ist zu starten.

Bemerkte Ihre Körperhaltung mehr - Wenn Sie ein stärkeres Bewusstsein für Ihren Körper, können Sie feststellen, wie das Bewusstsein macht Sie geerdet. Sie können sogar beginnen zu erkennen, Ihre Körperhaltung wirkt sich auf Ihre Gefühle und Ihren Geist.

Sie beginnen zu bemerken, Sie haben die Wahl - Statt sofort zu reagieren, um alles, was Ihnen geschieht, können Sie beginnen zu erkennen, dass Sie können wählen, wie Sie sich auf unterschiedliche Situationen zu reagieren. Sie können kreativer und nachdenklich mit, wie Sie reagieren, anstatt zu reagieren, wie man immer aus Gewohnheit zu sein.

Sie beginnen zu bemerken, was Sie sagen oder tun - Die meisten Menschen reagieren, dann erkennen, was sie gesagt oder danach gemacht habe. Üben Meditation, und Sie werden diese Antworten schneller zu bemerken, und schließlich werden Sie in der Lage, mehr kreativ zu reagieren.

Sie starten Gefühl mehr Ruhe - Sie werden ruhiger, während oder nach der Meditation fühlen. Sie können nicht einmal wollen eine Meditationssitzung zu beenden, weil Sie so ruhig fühlen.

Ihre Träume sind noch interessanter und lebendiger - Bei der Meditation beginnt zu greifen, die Menschen beginnen oft mit mehr interessante und sinnvolle Träume.

Beginnen zu bemerken, Ihre Träume und sehen, was Sie von ihnen lernen können -

schreiben Sie sie, wenn Sie sich zu erinnern.

Sie finden Sie sich selbst oder andere Dinge in Ihrem Leben ändern wollen - Ein Nebeneffekt der Meditation ist, dass Sie realisieren es gibt Dinge über dich oder das Leben, das Sie ändern möchten, zu starten. Diese Erkenntnis kann nicht das Gefühl, gut, aber es ist sinnvoll - wenn Sie Dinge über sich selbst, die Sie ändern möchten, nicht bemerken, werden Sie nie zu ändern.

Die Zeit vergeht schnell - Wenn Sie wirklich etwas zu genießen, sei es der Meditation oder eine andere Lieblingshobby, Zeit schneller vergeht. Sie können feststellen, dass die Zeit vergeht schneller zu bestimmten Meditationen.

## BACKNATRON CURE

*Entdecken Sie die erstaunliche Kraft und gesundheitlichen Vorteile von Baking Soda, seine Geschichte und verwendet für das Kochen, Reinigung und Heilung von Krankheiten*

*Ella Marie*

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## **INHALTSVERZEICHNIS**

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Abschluss

### **Einführung**

Der Zweck dieses Buches ist es, Ihre Augen, um die Vorteile einer saubereren und gesünderen Umwelt und einem Leben frei von Giftstoffen zu öffnen. Während der Reinigung, gesündere

Lebensmittel zu essen, und kümmert sich um unsere Körper sicherlich dazu beitragen, es ist nicht genug, wenn wir als Gesellschaft weiterhin schädliche Chemikalien zu verwenden und verbrauchen mit Pestiziden und anderen Giftstoffen kontaminiert. In diesem Buch, Schuppen ich etwas Licht auf diese Themen bei der Diskussion eines der besten Produkte, die ich kenne, in Bezug auf den Menschen hilft, ein gesünderes Leben zu führen und die Beseitigung schädlicher Substanzen aus ihrer Umgebung.

In diesem Buch werde ich auf einem breiten Spektrum von Themen im Zusammenhang mit Backpulver, einschließlich seiner Verwendung und ihre Vorteile für unsere Gesundheit und die Umwelt zu berühren. Baking Soda ist ein tolles Produkt, weil es nicht nur äußerst effektiv, sondern ist auch billig, leicht verfügbar und biologisch abbaubar. Neben der Konzentration auf die Geschichte und die wissenschaftlichen Aspekte werde ich mich auf die Vergleiche zwischen Backpulver und andere Haushaltsreiniger wiegen diskutieren in großer Länge die breite Palette von Anwendungen für Backpulver (wie Behandlung von Windelausschlag, Insektenstiche, und Quallen, Feuerlöschen, mächtig Reinigungsfähigkeiten; produzieren Sanitärversorgung, und vieles mehr), sowie bieten hilfreiche Tipps und sogar einige Aktivitäten, die Sie ausprobieren können, was ein Riesenspass für Kinder.

## **Die Wissenschaft dahinter**

Der Fachausdruck für Backpulver ist "Natriumbicarbonat." Die chemische Formel für Backpulver ist  $\text{NaHCO}_3$  und ist eigentlich recht einfach. Backpulver hat eine einzigartige Fähigkeit, mit Säuren und anderen Basen in Wechselwirkung treten, um den pH von bestimmten Substanzen zu neutralisieren. Dies kann hilfreich sein, da die Gesundheit eines Körpers ist durch seine pH-Wert beeinflusst.

## **Was pH?**

Die wissenschaftliche Abkürzung pH bedeutet "Leistung von Wasserstoff." Die p ist eine Abkürzung von "Potenz", die "Kraft" in Deutsch ist, und H ist das chemische Symbol für Wasserstoff. Der pH-Wert des Stoffes oder der Lösung ist ein Maß für ihre sauren bzw.

basischen. Der pH-Skala reicht von 0 bis 14, wobei 7 neutral. Alles mit einem pH von weniger als 7 ist sauer (eine Säure), während die etwas über 7 alkalisch ist (eine Base).

Wenn Backpulver in Kontakt mit sauren Substanzen wie Magensäure, wird es sie zu neutralisieren und das Gleichgewicht Dinge aus. Ein perfektes Beispiel einer Säure neutralisiert ist der Verbrauch von Antazida Sodbrennen (Magensäure), eine Praxis, die von tausenden stammt von Jahren, als die Sumerer begann versuchen, Sodbrennen und saurem Reflux (zu verhindern, obwohl ihre Methoden waren viel anders zu steuern, wie es dauerte Jahre, um die Vorteile der Alkalität entdecken, zum Ausgleich der Säure). Um eine Säure zu begegnen, muß die Basis gleichmäßig oder zumindest in der Nähe ebenso stark sein. Zum Beispiel wird die Magensäure auf etwa 1,5 - 2 auf der pH-Skala, so bedarf es einer starken Base, wie beispielsweise Milch aus Magnesiumoxid (Magnesiumhydroxid), die etwa 10 auf der pH-Skala, um es zu neutralisieren.

Eine interessante Tatsache ist, dass das, was wir als "Sodbrennen" hat wirklich nichts mit dem Herzen zu tun. Vielmehr ist es mehr über den Magensäften, die durch den Magen sezerniert werden, Nahrung zu verdauen. Die Verbrennung, die wir fühlen wird durch diese unausgewogene Sekretion von Säften, die eine direkte Folge von Faktoren wie schreckliche Auswahl von Lebensmitteln, giftige Lebensstile, und akuter Stress verursacht.

Um ehrlich zu sein, sind die meisten Menschen nicht in Bezug auf die Alkalität gegenüber Säure ausgewogen in diesen Tagen, da die Mehrzahl der Individuen konsumieren ungesunde Lebensmittel, die viel mit all dem zu tun hat. Die verwest menschlichen Ernährung ist sehr unausgewogen, und dies muss sich ändern, wenn die

Menschen, um wirklich gut zu bekommen und so bleiben. Soweit der pH-Skala geht, können die folgenden Informationen, die Sie besseren Einblick zu geben, wie dieser Maßstab wird, sowie einige Beispiele von Substanzen und deren pH-Werte festgelegt.

Battery Acid - 0

Schwefelsäure - 1

Essig, Zitronensaft - 2

Soda - 2.5

Orangensaft, Äpfel - 3

Saurer Regen - 4

Tomaten - 4,5

Bananen, Schwarzer Kaffee, Bee Stings - 5

Milch - 6.5

Pure Water - 7 (völlig neutral, wenn rein)

Menschliches Blut - 7.4

Ocean Water - 8

Backpulver - 8.3

Baking Soda - 9

Magnesium Hydroxide - 10

Ammoniak - 11

Soapy Water - 12

Lyme - 12,4

Bleach - 13

Lye - 13,5

Drainagereiniger, Natriumhydroxid - 14

Die pH-Skala ist ein wichtiger Teil der Chemie im Hinblick darauf, wie der menschliche Körper lebt und behält seine Gesundheit und Funktionalität. Wobei in der Mitte ausgeglichen scheint die beste Position aus gesundheitlicher Sicht zu sein. Jedoch, wie oben angegeben, ist das nicht richtig, was bei den meisten Menschen geschieht. Es ist alles Teil eines riesigen Puzzles, das an Ort und Stelle, um das Leben fördern und halten den Ball bewegt. Viele Artikel sind aufgetaucht, wobei Experten Aufschluss über die Vorteile des Verzehrs von mehreren organischen rohes Obst und Gemüse. Ich stimme mit ihren Feststellungen und glauben, dass diese Bemühungen sind sicher, um den Körper in einer ausgewogeneren Zustand zu halten.

Entsaften Gemüse ist ein perfekter Weg, um über die Steigerung Ihrer Verbrauch, wenn das ist etwas, das Sie schauen, um zu tun zu gehen - etwas, was ich auf jeden Fall empfehlen! Wenn natürlich produziert, werden die Rohstoffe Backpulver abgebaut, so dass in den meisten Fällen alles tief in der Erde beginnt.

Nach meinen Recherchen gibt es etwa sechs Stufen zur Herstellung von Backpulver. Dies ist die von vielen der Unternehmen, die es in den Läden verkaufen gebrauchte Prozess. Unten sind die Schritte in der Produktion beteiligt:

1. Trona abgebaut und anschließend in Soda verarbeitet.
2. Soda mechanisch mittels Extraktion der Kristalle, die in ihm verarbeitet werden.

3. Die Kristalle werden in eine Auflösungslösung, die dann filtriert, abgetrennt und an die nächste Stufe weiter gepumpt setzen.
4. Kohlendioxid verwendet wird, um mit dieser Lösung, wo es dann bildet Natriumbicarbonat (Backpulver) Kristallen reagieren.
5. Das Backpulver Kristalle werden gesammelt, gewaschen und getrocknet.
6. Diese Kristalle werden dann nach ihrer Größe getrennt und exportiert distributors verkauft werden.

Es ist eine ziemlich erstaunliche Prozess und wie Sie wahrscheinlich sagen, es ist nicht ein völlig natürliches Verfahren. Doch das ist nicht zu sagen, dass es ganz gefährlich entweder. Es ist ziemlich offensichtlich, dass eine Menge von Ausrüstung, Arbeitskräfte und mechanische Arbeit

geht bei der Herstellung von Backpulver, aber seine Sicherheit scheint legitim.

Umweltfreundlicher und gesundheitsbewusste Unternehmen produzieren die natürlichste Backpulver von seiner natürlichsten Form, ohne dass die gesamte Ausrüstung, Additive usw.

Einige

Unternehmen

produzieren

es

durch

Entfernen

von



suspendierten

Natriumhydrogencarbonat aus einer Karbonisierung Turm und Erhitzen auf 300°C zu produzieren Natriumcarbonat.

So dass bis hüllt den naturwissenschaftlichen Unterricht für heute. Um ehrlich zu sein, kann er alle gehen sehr viel mehr in die Tiefe, aber der ganze Sinn dieses Buches ist es, um Sie gehen so schnell wie möglich, ohne zu langweilen zu Tode.

## **Alte Ursprünge**

### **Egyptian Einführung**

Backpulver hat eigentlich schon viel länger als die meisten Leute denken gewesen, als ihre Verwendung geht den ganzen Weg zurück zu den alten ägyptischen Zeiten. Seine natürliche vorkommende Form ist als Nahcolit, die ein Derivat von dem, was Wissenschaftler nennen ist bekannt "natron." Die alten Ägypter verwendeten Natron als Reinigungsmittel (Seife meistens), und wie die Geschichte hat vorgeschlagen, es war sehr effektiv.

### **Vier von fünf Mumien schwören drauf**

Historiker haben auch vorgeschlagen, dass Natron wurde verwendet, um die Toten zu bewahren, ein Verfahren, wie die Mumifizierung bekannt - was die alten Ägypter zu einer Wissenschaft hatte. Experten einmal geglaubt Salz wurde während dieses Prozesses, die das Ergebnis der Verwirrung über den Unterschied zwischen Salz und Natron verwendet.

Die Einbalsamierer würde ziehen Sie das Gehirn und Organe, die die erste, sich zu zersetzen sind, und trocknen Sie sie aus. Sie würden dann legen Sie alle inneren Organe in caponic Gläser, mit Ausnahme des Herzens, die sie glaubten, heilig und eine Notwendigkeit oder der Verstorbene im Jenseits zu sein, und damit sie nach dem Trocknen heraus ersetzen würde. Dann würde die im Inneren des Körpers in Wein und Gewürzen abzuspülen. Sie würden

dann decken die Leiche in Natron vierzig Tage, stopfen den Körper (in der Regel mit Leinen oder Sand), und dann weiter die Leiche genießen in Natron für dreißig Tage, nach denen würden sie vollständig den Körper wickeln in Bandagen und Stelle zu lassen, es in einem Sarkophag in seiner letzten Ruhestätte - nun, endgültig außer denen, die entfernt werden und versendet in der ganzen Welt für die Anzeige.

## **A Modern "Miracle" Powder**

Schnellvorlauf viele - und ich meine vielen - Jahren zu den 1840er Jahren, und du wirst in der Ära kommen, wenn die Massenproduktion von Backpulver ziemlich zog! Church & Dwight Co., die Firma, die Arm & Hammer produziert, ist immer noch der Marktführer im Bereich Backpulver Produktion bis zum heutigen Tag - sie haben seit den 1800er Jahren wurde es zu tun!

Eine ziemlich beeindruckende Unternehmens.

Mal sehen, warum Millionen von Menschen sind mit Backpulver für so viele verschiedene Anwendungen heute.

## **Jeder tut es!**

Ehrlich gesagt, die nicht verwendet, es auf einen Zeitpunkt oder ein anderes? Auch unsere Großmütter, um darüber, wie groß könnte es für so viele verschiedene Dinge rund um das Haus zu predigen. Von einer stinkenden Kühlschranks an den Spot-Reinigung des Teppichs, ihre Multi-Use-Charakter wurde sorgfältig dokumentiert und lobte für Jahrhunderte. Was ich interessant finde, ist, dass Backpulver wurde vor kurzem bekommen eine Menge Hype in der Gesundheits-Community. Es ist in einem gewissen Sinne, wiedergeboren.

Backpulver hat viele Anwendungen, die die meisten Menschen heute sind einfach nicht bewusst, und das ist genau, warum ich dieses Buch erstellt. Ich freue mich über Ihre Augen, um seiner vielseitigen Natur öffnen, und es wird alles in eine schnelle und einfache Art und Weise durchgeführt werden sie alle sehr deutlich zu

machen. Ich wirklich wollen, dass Sie ein Experte Backpulver, bis Sie dieses Buch lesen zu beenden! Und werden Sie sein.

Alles, was ich wirklich versuchen zu tun ist, öffnen Sie Ihre Augen, um ein Thema, das mehr Menschen müssen sich bewusst sein, wie Backpulver erweist sich mehr und mehr zu einer dominierenden Kraft innerhalb der Gesundheits- und Wellness-Welt. Baking Soda ist sehr praktisch! Also schnappen Sie sich einen Notizblock und Stift; Ich bin über Sie einige großartige Ideen zu geben!

## **Was kocht?**

Haben Sie viel Gemüse essen? Was ist mit dem Entsaften - sind Sie so süchtig wie ich bin? Es ist toll, wenn Sie sind, aber wenn Sie nicht mit 100% Bio-Produkten für Ihre Entsaften Sitzungen, Sie gehen zu müssen ein gutes Reinigungsmittel, um Ihre Obst und Gemüse zu waschen sind.

Pestizide sind eine echte Bedrohung mit den meisten Produkten, und das ist, warum ich kaufen sie alle, die oft, wenn ich weiß, dass es nicht organisch gewachsen.

Leider enthält herkömmlichen Produkten auch Giftstoffe durch Chemikalien in den Boden, die das Produkt absorbiert. Einige der Toxine können mit einem guten Waschen entfernt werden, wenn die Frucht hat eine dicke Haut. Allerdings werden andere Produkte vollständig zu absorbieren Chemikalien, so dass Konsumenten dem Risiko von Gesundheitsfragen. Für diejenigen, die sicherer für den Verzehr sind, befolgen Sie diese einfachen Reinigungsschritte: Reinigen und desinfizieren Sie das Waschbecken gründlich.

Füllen Sie das Waschbecken mit kaltem Wasser.

In etwa 1/8 Tasse Backpulver und mischen.

Tauchen Sie produzieren.

Lassen Sie produzieren in Wasser einweichen.

Genießen!

Einfache und, wie alle anderen Tipps, sehr effektiv!

Ein weiterer großer Trick, Backpulver ist für schält Eier. Der pH-Wert der Eier bewirkt, dass es an das Ei zu klammern. Wenn Sie balancieren sie durch Zugabe von ca.  $\frac{1}{4}$  Teelöffel Backpulver mit dem kochenden Wasser, bevor die Eier, dann sind sie viel leichter zu schälen wird.

### **Der Schmutz stoppt hier**

In diesem Abschnitt werde ich in ein paar tolle Möglichkeiten, wie Sie über die Einbeziehung Backpulver in Ihre Reinigung Routine, so dass Sie die toxische Gang im Supermarkt können vermeiden, gehen Sie zu springen. Weniger Zeit in diesen riskanten Gänge verbrachte können zwei Dinge gleichzusetzen:

Weniger Gefahren für Ihre Gesundheit und Körper insgesamt.

Weniger Geld für Junk-Reiniger verbrachte jeden Monat.

Gehen wir auf einige einfache Rezepte für Ihre eigenen Reinigungsmittel, so dass Sie dieses

"umweltfreundlichere Reinigung" Geschäft heute beginnen!

### **Baking Soda und für die Küche**

Küchen kann ziemlich schmutzig, und wenn Sie das Kochen und Entsaften in ihnen, so oft, wie ich bin, haben Sie eine gute Qualität Reiniger brauchen, um es in Topform zu halten. Eine Mischung aus Backpulver, Essig und ein wenig Wasser scheint den Trick ziemlich gut zu tun.

Was ich empfehlen ist immer eine generische Sprühflasche, um alles in der Anwendung, so dass Sie Ihre hausgemachten Reiniger, um Arbeitsplatten und anderen stark frequentierten Bereichen ist einfach und leicht zu tun, zu mischen.

Eine allgemeine Sprühflasche sollte nicht mehr als ein paar Dollar in den meisten Baumärkten.

Die typische Backpulver Rezept habe ich in der Vergangenheit verwendet, ist wie folgt: In Ihrer Flasche, mischen die folgende eigene sauberer zu machen ...

¼ - ½ Tasse Essig (Essig ist in Ordnung)

¼ Tasse Backpulver

Jede ätherisches Öl für Duft gefallen (Zitronengras ist eine gute Wahl) Wasser (bis zum Rand zu füllen)

Schütteln zu vermischen

Einfach und ernst erhält die Arbeit erledigt! Jetzt können Sie diese gleiche Flasche nehmen und es für viele andere Bereiche rund um das Haus. Es ist eine sichere Kombination, die überall hingehen können. Ich habe auch gehört, dass einige Leute kaufen billige Wodka bis zu hausgemachten Reiniger sowie zu machen, aber ich persönlich glaube nicht, dies zu tun. Es kann ein bisschen teuer, wenn man immer kaufen eine Flasche Wodka, um das Haus zu reinigen. Es ist nicht wirklich meiner Meinung nach empfehlenswert, aber hey, ich denke man kann nicht wirklich schießen Sie auf die Idee, bis es auszuprobieren. Zum Glück kann man sehr billig Wodka kaufen, wenn dies ist etwas, was Sie mit irgend experimentieren wollen. Schließlich wirkt Alkohol desinfizieren ziemlich gut.

Warten Sie eine Sekunde, nicht mein Haus riecht wie Essig?

Nee! Denken Sie daran, Backpulver ist ein großer Deodorant, so einmal, dass Essig trifft das Backpulver, das böse, stechenden Geruch, der Essig wird ziemlich verschwinden begleitet. Plus, wie im Rezept angegeben, können Sie ätherische Öle hinzufügen, einen gewünschten Duft zu verleihen. Fühlen Sie sich frei, kreativ zu werden und mischen Sie diese, bis Sie mit dem Geruch zufrieden

sind. Es gibt viele, um von dort zu wählen. Also keine Sorge, Ihr Haus nicht riechen schrecklich die ganze Zeit.

Auch beachten, wie viele von Ihnen bereits wissen, wenn diese Kombination ins Spiel gebracht, es sprudelt und schäumt ziemlich schnell, so stellen Sie sicher, lassen Sie es alle vor Verschließen Sie Ihre Sprühflasche zu vermeiden Trapping alle diesem Druck nachlassen. Sie auf jeden Fall keine Mini-Explosionen passiert in Ihrer Küche möchten.

Ich empfehle, mit einer Flasche dies auf der Hand die meisten der Zeit (genau wie bei jeder anderen regulären kommerziellen Reiniger). Je leichter Sie es auf sich selbst zu sichereren Reinigungsmittel verwenden, desto mehr werden Sie sie zu nutzen - so einfach ist das.

Glücklicherweise sind hausgemachte Reinigungsmittel extrem günstig und einfach zu machen, so sollte es nicht schwer, es zu überhaupt gewöhnt zu bekommen. Kaufen Sie die wenigen notwendigen Zutaten können Sie viele Flaschen ein starker Reiniger für weniger als Sie nur für ein paar Flaschen Reiniger im Laden bezahlen würde. Eine Schachtel mit Backpulver ist etwa einen Dollar in den meisten Geschäften, es gibt also wirklich keinen Grund, nicht geben diesem einen Versuch.

Diese Mischung ist in der Lage die Reinigung der Herd, der Kühlschrank, die Mikrowelle, den Ofen, das Waschbecken, die Arbeitsplatten, und sogar den Boden! Es reinigt sehr gut und arbeitet immer, dass funkeln wieder in stark frequentierten, schmutzigen Bereichen des Hauses wirklich. Die Küche ist wahrscheinlich eine der schwierigsten Bereiche des Hauses, ständig sauber zu halten, so verstehe ich die Notwendigkeit für eine gute Allzweckreiniger. Mit einem Natron-basierte Desinfektionsmittel, müssen Sie sich keine Sorgen machen.

Ein weiterer großer Pluspunkt, um mit Backpulver ...

Was ist auch wirklich toll ist, dass eine hausgemachte Reinigungsmittel, das Backpulver

verwendet, ist für die Umwelt völlig in Ordnung, als auch, so meiner Meinung nach, das ist ein großer Kopf! Heute geht es um nachhaltiges Leben, so dass die Menschen sollten sich als sehr proaktiv im Sinne unserer Produkte natürlichen möchten. Wir alle müssen uns daran erinnern, dass wir die Gäste auf diesem Planeten, also müssen wir während unseres Aufenthaltes respektvoll und mit sicherer Produkte (wie Backpulver) ist ein perfekter Weg, um zu schätzen, unsere schöne Mutter Erde zu gehen.

Reinigungs Tipps können Sie nie betrachtet haben

Also, mit all das jetzt im Grünen für Sie zu lesen und wiegen dementsprechend gehen wir weiter zu einigen anderen Verwendungen von Backpulver, das auch als sehr wirkungsvoll sind, denn eins ist sicher: Wenn Sie vorhaben, werden bist machen diesen sehr wichtig Swaps, müssen Sie wissen, und bewerten die besten Optionen, die verfügbar sind.

Eine natürliche Abflussreiniger, die tatsächlich funktioniert!

Wenn es richtig gemacht, können Backpulver als ein natürliches Reinigungsmittel arbeiten, und obwohl dieser Tipp ist herum für eine Weile gewesen, nicht zu viele Leute, es auszuprobieren.

Um dies richtig zu tun, müssen Sie mit einem Topf von Verbrühungen Warmwasser, die Sie werden in den Abfluss gießen starten. Der nächste Schritt wird es sein, eine gute Menge von Natron (etwa  $\frac{3}{4}$  Tasse oder so) zu nehmen und auch gießen Sie sie in den Abfluss. Dann nehmen Sie 1 Tasse Essig mit heißem Wasser gemischt und gießen Sie sie nach unten auf dem Backpulver, das ist auf der verstopften Abfluss sitzen. Nachdem dies alles gegossen, schließen Sie das Ablass wenn du kannst. Etwa fünfzehn Minuten später, werfen noch einen oder zwei Töpfe mit kochendem Wasser in den Abfluss zu räumen die Trümmer. Wiederholen Sie den Vorgang, bis der Abfluss verstopft. In der Regel das erste Mal, erhält

die Arbeit erledigt, aber es hängt wirklich davon ab, wie schlecht Ihre Abflüsse sind.

Das bedeutet wirklich funktionieren, wenn es richtig gemacht wird. Warum das? Weil Mainstream-Abflussreiniger sind nachweislich unsicher in vielerlei Hinsicht zu sein - vor allem für die Umwelt.

## **Reinigen Töpfe und Pfannen mit Backpulver**

Bad Töpfe und Pfannen? Kein Problem! Ich verstehe, zumal ich immer Stahl Pfannen, weil beschichtete Selektionen sind unsicher in diesen Tagen. Obwohl sicherer, sind Stahl Pfannen viel schwieriger sauber zu halten. Also, wenn Sie Ihr neigen dazu, schlechte oft zu bekommen, können Sie sie in der großen Form mit einer sehr einfachen Natron Kombination zu halten.

Wieder einmal ist es das Backpulver / Wasser-Mischung, die zur Rettung für diesen Tipp kommt!

Die Schritte:

Füllen Sie den Topf mit Wasser.

Schalten Sie den Herd auf High.

Bringen Sie es zu einem schönen kochen für etwa fünf Minuten.

Nehmen Sie den Topf vom Brenner und legen Sie sie auf einem kalten Brenner.

In etwa 1/8 Tasse Backpulver.

Rühren Sie die Mischung.

Kühlen Sie sich auf eine lauwarme Temperatur.

Nun scheuern!



Es sollten alle kommen aus mit Leichtigkeit nach tun, aber wieder, das wird alles auf, wie schlecht die Pfanne zu beginnen. Wie oben erwähnt, können bestimmte Stahl Auswahl ein wenig hart.

## **Getting Rid of Rust mit Backpulver**

Got Rost? Oxidiertes Metall ist nie gut, und in einigen Fällen ist es sehr gefährlich sein kann -

niemand mag Treten auf einem rostigen Metall Ecke. Glücklicherweise können Backpulver mit all dies auch helfen. Die einzigen Materialien, die Sie benötigen, um bestimmte Metalle von Rost zu befreien sind Backpulver, Wasser und eine Schüssel, in dem du alles zusammen mischen. Ihr Ziel wird es sein, eine Art von Paste, die an den rostigen Bereich der Metall angewendet werden können machen.

Nachdem Sie diese Paste anzuwenden, empfehle ich dann mit einem Metallschwamm, um die Paste in die Rostfleck schrubben, als "Metall auf Metall" Wirkung neigt dazu, herauszufinden, ziemlich gut in solchen Situationen. Dies kann in der Regel auf jeder Art von Metall verwendet werden und sollte ziemlich gut fast jeder Zeit zu arbeiten. Nur nicht erwarten, dass es wie von Zauberhand auf Ihrer 67er Oldtimer-Dielen mit Rostlöcher der Größe Ihrer Faust zu arbeiten. In der Regel ist es gut für die Einzelteile mit leichten Flugrost, aber nichts zu außer Kontrolle geraten.

## **Haben Sie persönlich benutze Backpulver für alle Ihre Bedürfnisse Reinigung?**

Um ehrlich zu sein, nein. Ich benutze keine Backpulver für alle meine Reinigungsarbeiten.

Betrachten wir das alles nur ein halb und halb Situation mit mir. Die Hälfte der Zeit werde ich, und die Hälfte der Zeit werde ich nicht. Ich gehe über sie auf diese Weise, weil ich bin immer noch sehr bewusst über meine Entscheidungen, wenn Wiederaufstockung meine Heimat Reinigungsmittel. Mit anderen Worten, ich kaufe

immer natürlich abgeleitet, umweltfreundlich (und die Leute freundlich) Produkte, die sehr gut funktionieren, aber ich von vielen, die das Backpulver Strecke mit fast alles, was sie zu reinigen nehmen Sie wissen auch. Es hängt wirklich davon ab, wie "Hardcore" Sie sein möchten. Für mich ist es reicht, und alles, was auf der Hand im Moment hängt. Wenn ich aus meinem Laden gekauften Produkte laufen, werde ich es mache mich. Wenn ich bis zum Ende meiner hausgemachten Reiniger zu bekommen, kann ich in den Laden zu laufen aufzufüllen. Es ist wirklich schwankt. Wenn Sie die 50/50 Route wie mich machen wollen, so stellen Sie sicher, dass Sie mit natürlichen Auswahl stehen. Lesen Produktetiketten und stellen Sie sicher, was Sie kaufen ist nicht in irgendeiner Weise, Form oder Form giftig.

Am meisten Naturkostläden, gibt es in der Regel eine Reinigungsgang mit Dutzenden von legitimen Reinigungsmittel aus, wobei ein Paradebeispiel Whole Foods holen. Ich kaufe viele meiner Produkte in den Geschäften wie diesem, und, in den meisten Fällen, kann ich nicht finden, sie zu teuer sein - eine Differenz von einem Dollar in vielen Fällen. Innerhalb der Seitenschiffe sind auch Reinigungsmittel, die sich in "konzentrierter Form." Mit anderen Worten, das sind natürliche Reinigungsmittel, die sehr dicht, in denen nur wenig benötigt wird, um mit Wasser zu mischen sind. Ein großer Krug für etwa fünfzehn Dollar können leicht halten eine Person sechs bis acht Monate. Was ich tue, ist manchmal einen natürlichen Reinigungskonzentrat und mein eigenes Produkt, eine, die auch verwendet Natron, Zitrone und Wasser. Das Backpulver, wenn es richtig hinzugefügt wurde, können als "Sahnehäubchen" eines bereits potente Konzentrat werden.

Jetzt wollen wir auch zu betonen, dass, wenn Sie all diese Zutaten miteinander vermischt sind, müssen Sie sich bewusst sein, dass Sie Mischen und Anpassen von Säuren und Basen sein.

Einfacher ausgedrückt, gibt es Aktionen und Reaktionen, um alles, so dass Sie müssen sich bewusst sein, was es Sie kombiniert sind sein. Nur vorsichtig sein, und alles, was zu erforschen,

bevor sie eine Entscheidung, wie Sie wollen nicht zu sein, indem die falschen Zutaten. Chemie kann ziemlich beängstigend manchmal sein, auch wenn das Mischen umweltfreundlichen Zutaten. Aber um ehrlich zu sein, wenn Sie sehr natürlichen Produkten und / oder Elemente stecken, sollten Sie be just fine. Bis heute habe ich keine Probleme hatte.

So, jetzt, dass ich die meisten Informationen in Bezug auf Backpulver gekommen, lassen Sie uns über ein paar tolle (und schnell) Möglichkeiten, die Sie können es verwenden, zu sprengen.

Betrachten Sie diesen nächsten Abschnitt eine "Schnellreferenz" Segment, das können Sie für viele Ihrer Reinigungsanforderungen beziehen.

### **Wie man die Badewanne mit Backpulver reinigen**

Dieser ist sehr einfach:

Erstens benetzen die Wanne mit einer kleinen Menge von Wasser.

Dann nehmen Sie über eine Tasse Backpulver bestreuen und alles über die Seiten und der Unterseite der Badewanne.

Lassen Sie es für etwa fünf Minuten sitzen, dann schnappen Sie sich einen Schwamm und gehen in die Stadt!

### **Keine giftigen Reinigern erforderlich!**

Nun, je nachdem, welche Art von Oberfläche Sie auf Ihre Badewanne haben, werden Sie brauchen, um zu sehen, wenn Sie einen Drahtschwamm verwenden können oder nicht. Ich empfehle, mit einem Metallscheuerschwamm, aber wenn Sie nicht verwenden können, etwas in der Natur aus Angst vor Schäden an Ihrem Badewanne, sollte eine regelmäßige einem gut funktionieren.

### **Warum verwenden Baking Soda für die Badewanne?**

Baking Soda ist für die Wanne, weil das Bad ist immer ein ständiger Kampf um Sauberkeit.

Wenn Sie über die Reinigung des Badezimmers logisch zu denken, die in einem kleinen Raum eingeschlossen und die Atmung in Lasten von giftigen Chemikalien ist keine gute Situation für jeder sein. Die VOC \* in einer derartigen Umgebung stellen eine sehr reale Gefahr, eine, die mehr Menschen sollten sich bewusst sein, wenn sie um ihre Gesundheit zu verbessern. Es gibt nichts Gutes über das Einatmen von giftigen Chemikalien, die Verwüstung auf den Körper anrichten kann, und bei der Reinigung der Badezimmer, kann diese Drohungen sehr real werden

- auch bei ausreichender Belüftung verwenden. Obwohl viele "grüne Produkte", haben in letzter Zeit entstanden, gibt es noch bessere Alternativen, die gut funktionieren und trotzdem effizient reinigen kann, und das ist, wo Backpulver kann ins Spiel kommen. Sicher, die meisten Reinigungsmittel tun einen ziemlich guten Job, aber wir sind hauptsächlich mit der Gesundheit.

Einige Risiken sind einfach nicht lohnt, und das ist die Botschaft, die ich versucht bin über Sie hier, um zu bekommen. Der Beweis ist ziemlich alarmierend.

## **Was sind VOC?**

Das Akronym "VOC" steht für "flüchtige organische Verbindungen", und obwohl es viel darüber diskutiert, wie gefährlich sie wirklich sind, ich bin doch überzeugt, dass sie so weit wie möglich vermieden werden. Flüchtige organische Verbindungen sind Verbundwerkstoffe, in einem gasförmigen Zustand von bestimmten Gegenständen freigesetzt werden. Diese Arten von Gasen scheint eher ein Problem in Innenräumen sein.

Du findest sie in:

Reinigungsmittel

Wandfarbe

Günstige Möbel

Die Kleber

Büroausstattung

Kosmetik, die Aerosol-Spray-Flaschen verwenden

Viele Studien und Artikel tatsächlich erschienen in Bezug auf die Auswirkungen von VOC auf den menschlichen Körper, und in den meisten Fällen, sie einige ziemlich schweren roten Fahnen angehoben habe. Die interessantesten und beunruhigend Ich habe über gekommen sind unten aufgeführt. Empfehle ich Ihnen ein gutes Buch zu geben diesen.

Flüchtige organische Verbindungen und Lungenkrebs

Formaldehyd in Ihr Zuhause

Flüchtige organische Verbindungen, wie erklären Faktoren für sensorische Reizung Der Grund, warum ich diese Informationen vor Ihnen ist einfach - VOCs sind eine sehr reale Gefahr. In Bezug auf Backpulver, mit es bei der Verringerung der Aufnahme von gefährlichen

flüchtigen organischen Verbindungen, wenn auf einer regelmäßigen Basis verwendet zu unterstützen. Es ist wichtig, auch daran erinnern, dass jedes bisschen zählt, mit diesen Dingen.

Mit anderen Worten, muss die Gesundheit nicht zu etwas, das leicht mit einem gesündere Alternative (wie Backpulver) ersetzt werden kann, riskiert werden. Swapping einem Produkt zum anderen ist nicht ein harter Schritt. Von Reiniger, um bestimmte Arten von Möbeln, VOCs müssen sich auf diesen Ebenen angegangen werden häufiger, wenn die Menschen, um die Gefahren für ihre Gesundheit zu begrenzen. Es ist so einfach.

## **Wie man das WC mit Backpulver reinigen**

Dies ist auch sehr einfach, nur diese eine Nacht durchgeführt werden soll. Nachdem Sie fertig sind immer bereit für Bett, dauern etwa eine Tasse oder so aus Backpulver und lassen Sie es auf den Seiten der Schüssel und im Wasser über Nacht sitzen. Nach dem Erwachen, schnappen Sie sich einen Pinsel und erteilen ihm alle ein schönes Peeling. Es reinigt, es wird die ganze böse Dreck weg, und noch einmal, es ist absolut sicher. Tun Sie dies einmal pro Woche, und Ihre Toilette aussehen und frisch bleiben. Auch wenn Sie nicht, um die oben beschriebene Methode verwenden möchten, können Sie eine Sprühflasche benutzen (wie ich bereits erwähnt), um eine Nacht Anwendung anwenden. Es ist so ziemlich der gleiche Prozess, nur eine andere Art der Anwendung das Backpulver. Baking Soda, Wasser, Essig und Zitrone - eine perfekte WC-Reiniger!

## **Wie Sie Ihre Wäsche mit Backpulver Do**

Dies ist, um in Kombination mit Ihrem normalen Waschmittel durchgeführt werden, aber ich muss darauf bestehen, dass Sie erforschen Ihre aktuelle Reinigungsmittel, um sicherzustellen, dass es sicher ist -, dass Sie, indem Sie hier tun können. Ich nachdrücklich für die Verwendung von natürlichen Waschmitteln für die Wäsche, weil viele Mainstream diejenigen - ja, die besten riechenden Einsen - haben sich als unsicher für viele Gründe, um zu sein. Die Farbstoffe, Duftstoffe und künstliche Zutaten in den meisten herkömmlichen Selektionen stellen einige alarmierende Risiken, dass niemand bereit ist, zu nehmen.

## **Also, was ist ein gutes Produkt zu benutzen?**

Meine Lieblings-Unternehmen? Seventh Generation macht eine hübsche große natürliche Reinigungsmittel, wie viele andere Unternehmen; so stellen Sie sicher, dass Sie das Waschmittel Hindernis, bevor auch nur zu denken über das Hinzufügen von Backpulver zu Ihrem Wäschelasten zu bewältigen. Der Schlüssel zu all dies wirklich liegt im Verständnis der Zutaten, die in Ihrem

Reinigungsmittel sind. Natürliche Inhaltsstoffe wie auch fake, sind giftige Chemikalien leicht zu erkennen.

Ich empfehle, dass Sie wirklich gut im Lesen Ihrer Produktetiketten. Ähnlich wie mit Nahrung, müssen Sie verstehen, was es ist, Sie essen und / oder Verwendung. Sobald Sie haben eine gute und gesunde Reinigungsmittel ausgesucht, alles, was Sie tun müssen ist, fügen Sie etwa  $\frac{1}{4}$  Tasse Backpulver zu jedem Waschzyklus für eine effektive Reinigung. Es bleicht, reinigt und desodoriert Kleidung sehr gut. Ich habe dies auszuprobieren letzter Zeit und ich kann ehrlich sagen, dass ich ein paar ziemlich gute Erfolge im Hinblick auf immer meine Kleider besser aussehende hatten - vor allem weiße Unterhemden. Einige von ihnen kamen aus der Scheibe sieht ziemlich neu.

**Wie an den Spot-Clean Your Clothes mit Backpulver** Spaghetti, Rippen, gegrillte Speisen - sie sind alle ziemlich chaotisch egal wie vorsichtig Sie versuchen, zu sein. Wenn Sie wie ich sind, werden Sie in Unordnung zu Ihrem frischen, weißen Shirts von Zeit zu Zeit beim Essen diese Arten von Lebensmitteln sind in der Regel. Wenn Sie sich in dieser misslichen Lage, gibt es eine einfache Lösung, die die Flecken aus relativ schnell bekommen kann. Ähnlich wie mit dem Deo-Kombination vor, Sie wollen, um eine Paste, die bereit sind, so gehen sie zum Hemd, sofort nachdem Sie den Fleck entdecken anzuwenden ist zu haben.

Schritte zum Entfernen von Flecken:

1. Tupfen Sie den verschmutzten Bereich mit ein wenig warmem Wasser zu lockern die Speisereste.
2. Rub in der Backpulver Paste mit den Fingern, dann verwenden Sie ein Tuch, um das Backpulver wirklich tief in das Material.
3. Lassen Sie die für etwa zehn Minuten sitzen.
4. Wiederholen Sie den Vorgang noch einmal.

5. Beenden Sie ihn mit ein wenig mehr warmem Wasser und lassen Sie den verschmutzten Bereich trocken.

6. Stain sollten nun verschwunden sein!

Das funktioniert sehr gut, und das ist genau, warum ich auf der Hand halten ein Backpulver Paste meiste Zeit im Haus. Wenn wirklich hungrig, kann ich ein bisschen chaotisch!

Lassen Sie uns nun zu jenen lästigen Gerüchen denn eins ist sicher: Baking Soda ist wirklich gut zu bekommen einige sehr unangenehme Gerüche zu befreien.

### **Geruchsneutralisation**

So können Sie eine seltsame Geruch Verweilen in diesem Kühlschrank von Ihnen seit Wochen gehabt haben, und Sie nicht herausfinden können, wo es herkommt. Vertrauen Sie mir, Ich war dort. Sie können sogar in der Verwendung von Backpulver zu helfen, befreien den Heim solcher Gerüche, eine Taktik, die viele Generationen zurückreicht gehört.

### **Also, wie funktioniert das alles?**

Backpulver kontert geruchsbildenden Substanzen, die in die Luft aus verdorbenen Lebensmittel freigesetzt werden, wodurch sie durch den Ausgleich des pH-Wertes, was auch immer die Qual hat weniger stinken. Auch hier ist, dass erstaunlich pH-Skala an der Basis von allem. Auch beachten Sie, dass die effektivste und offensichtlichste Weg zur Beseitigung dieser Gerüche klar ist es, nur werfen die schlechten Lebensmittel, sondern viele Male, dass schlechter Geruch wird danach bleiben, um für eine Weile. Es hängt wirklich davon ab, wie lange es ist alles da gegessen.

### **So, wie Sie es tun?**

Es ist extrem einfach. Gehe in den Laden, verbringen einen Dollar auf einer Schachtel mit Backpulver, öffnen Sie es, und legen Sie sie



in Ihrem Kühlschrank. Fertig! Schnell, günstig, einfach und sehr effektiv! Ich habe eigentlich Boxen geöffnet in meinem Kühlschrank meiste Zeit, einfach weil es so erfolgreich bei der Verhinderung üble Gerüche aus immer zu einem Problem. Ich würde sagen, der einzige Nachteil dabei ist, dass, wenn etwas verwöhnt, können Sie nicht wissen sofort, da Backpulver ist gut bei der Neutralisierung der schlechten Gerüchen.

Machen Sie einfach eine bewusste Anstrengung, um den Kühlschrank sauber und organisiert zu halten und Sie sollten nicht ein Problem haben. Normalerweise mache ich eine Reinigung einmal alle zwei Wochen oder so, die Dinge in Ordnung zu halten.

### **Nur was der Arzt verordnet**

Gesundheit und Hygiene

Lassen Sie uns nun zu diesem Mund von dir ...

### **Baking Soda für Mundgesundheit? Funktioniert es?**

Wir haben alle anderen mit Backpulver für ein heller Lächeln gehört, aber ist es wahr?

Funktioniert das eigentlich? Die Antwort ist einfach! Hier die Gründe: First off, Studien haben gezeigt, dass Zähneputzen mit Backpulver hat die Fähigkeit, richtig abräumen den Mund. An der Universität Park Research Center, Fort Wayne, IN, Forscher fanden heraus, dass mit rund 270 Teilnehmern, mit Arm

### **Mehr ehrfürchtig Anwendungen für Baking**

#### **Soda**

Einige der interessanteren verwendet viele Menschen nicht über umfassen die folgenden denken: 1. Backpulver und Wasser machen eine große Lösung für die Reinigung ein Katzenklo und Beseitigung von Gerüchen.

1.2. Genießen Sie Ihre Füße in einer Lösung, bestehend aus Wasser, Backpulver, und ätherischen Ölen. Sehr entspannend!

1.3. Eine Mischung aus Zahnpasta und Backpulver ist für Putz Löcher in Wände - zumindest die Kleinen, wie sie durch Nägel, Heftzwecken usw. verursacht

1.4. Mix Backpulver mit einer beliebigen Anzahl von Inhaltsstoffen (wie Haferflocken), um erstaunliche Gesichts- und Körperpeelings erstellen.

15. Ein wenig in ein Baby Badewasser geht einen langen Weg bei der Linderung der Windeldermatitis.

1.6. Baking Soda ist für die Behandlung von Quallen. Auftragen einer Paste aus Backpulver und Meerwasser, um den Stich (n) bietet enorme Erleichterung.

1.7. Eine Mischung aus Backpulver und Apfel macht für einen erstaunlichen Entgiftungsbad.

1.8. Sprinkle Backpulver auf einem feuchten Schwamm. Dann sehr vorsichtig schrubben die Wand, um Ihre Mini-Me Wandmalereien zu entfernen. Seien Sie sanft, obwohl, so dass Sie nicht versehentlich schrubben Sie die Farbe oder Tapete.

1.9. Urlaub mit Hund Unfällen? Verwenden Sie Soda-Club, um das Durcheinander zu

schrubben, dann bedecken Sie es mit Backpulver und lassen Sie es für 15 Minuten einweichen.

Saugen Sie es auf, und voila!

**Risiken und Vorteile: Baking Soda vs andere Reiniger** Fakten zu prüfen:

Die EPA ist der Auffassung, Innenluftverschmutzung eines unserer wichtigsten und gefährlichen gesundheitlichen Bedenken der

heutigen Zeit, und eine Menge davon hat mit giftige Reinigungsmittel, die beladen mit Chemikalien sind zu tun.

Außerhalb der toxisch für die Umwelt, in vielen Reinigungsmitteln auch zu Krebs und anderen Problemen wie Geburtsschäden verbunden.

Hunderte von giftigen Chemikalien in menschlichen Fettgewebe entdeckt worden.

Fettzellen können toxisches Material zu speichern, und ein großer Teil davon kommt aus der gefährliche Reinigungsprodukte.

Tausende von giftigen Chemikalien werden nun in die kommerzielle Produktion verwendet. Es ist durchaus möglich, dass diese Chemikalien in den Reinigungsmitteln, die in Ihrem Hause unter Ihrem Spülbecken sind.

So, wie Sie sehen können, gibt es sowohl menschliche und Umweltrisiken, hier zu beurteilen. Es ist ziemlich beängstigend, und das ist nur die Spitze des Eisbergs. Es geht alles in Bezug auf die menschliche Gesundheit sehr viel tiefer. Denken Sie an unsere Kinder und zukünftigen Generationen, die werden Sie der Welt, die wir hinterlassen erben wird. Welche Arten von Nachrichten werden wir in der Geschichte Bücher zu verlassen? Was halten Sie von all das? Wo stehen Sie? Der beste Teil über die Verwendung einer hausgemachten Reiniger ist, dass Sie, Ihre Familie und die Erde vollständig sicher sind.

### **Giftig Mainstream Cleaners vs. Baking Soda**

Die Schlacht bei denen, die herkömmlichen Reiniger verwenden und die, die natürlichen zu verwenden noch bis heute andauert. Einige Leute einfach nicht aufgeben, ihre Lieblingsprodukte, und ich bekommen, dass. Um ehrlich zu sein, die meisten dieser Mainstream-Reiniger heute tun wirklich funktionieren recht gut, so dass ich werde nicht hier sitzen und sagen, dass sie es nicht tun. Eigentlich sind sie sehr effektiv zu halten das Haus sauber, aber, wie

bereits erwähnt, gibt es einige wichtige Nachteile der Verwendung solcher chemischen beladenen Produkte. Die Risiken sind einfach nicht wert meiner Meinung nach.

## **Ihr Körper und die Planeten sind in Gefahr!**

Ihre Gesundheit und die Gesundheit unseres Planeten sind in Gefahr, jedes Mal, wenn eine dieser giftigen Reinigungsmitteln verwendet wird, und nur sehr wenige tatsächlich die Gefahren, die mit dieser Art von Produkten verbunden zu realisieren. Es ist alles ziemlich beängstigend! Und das ist ein wichtiger Grund, warum ich alles über mit Backpulver für solche Anwendungen.

Zum Glück mehr hat, um Licht in den letzten zehn Jahren oder so zu diesem Thema gebracht worden, aber aus irgendeinem Grund, es hat immer noch nicht ein Niveau, das würdig machen einige große Veränderungen ist zu schlagen! Wir brauchen mehr Bewusstsein, und es ist alles, die ein bisschen zu lang für die Massen, dies auch zu sehen.

Sehen Sie, das Problem mit den meisten handelsüblichen Reinigungsmitteln ist die Tatsache, dass sie mit dem, was Ich mag zu rote Fahne Zutaten nennen geladen wird, und sie können einige echte gesundheitliche Probleme verursachen, wenn sie zu häufig verwendet. Viele der Kombinationen in dieser Art von Reinigungsmittel können unsicher erwiesen, und zum Glück hat die Wissenschaft viel Licht auf die Gesamtheit der Situation. Ich tun, auf jeden Fall eine Menge persönlicher Forschung zu diesem Thema einfach mehr darüber im Klaren sein, aber ich weiß auch, es anderen zu helfen, mehr bewusst über die Gefahren als auch.

Chemikalien wie:

Triclosan - In vielen Produkten für die Wohnung. In Kanada hat es als giftige Chemikalie identifiziert worden, und als Ergebnis wurde in vielen Produkten gebannt. Organsystem Toxizität ist auch eine sehr reale Bedrohung mit Triclosan.

2-Butoxyethanol - mögliches Karzinogen chemischen. Mögliche Neurotoxizität und reizend als auch. Viele Studien haben Licht auf die toxischen Wirkungen von 2-Butoxyethanol zu vergießen. Alle sind gleichermaßen beunruhigend.

chlorierte Phenole - Pretty schlechten Sachen, die die Theorie aufgestellt hat, um verschiedene gesundheitliche Probleme verursachen. Studien haben gezeigt, dass chlorierte Phenole kann sich negativ in Nagetier Probanden Auswirkungen auf die Immunität als auch.

Formaldehyd - Von Krebs, Immuntoxizität, ist der Beweis dafür gibt, in Bezug auf Formaldehyd. Das National Cancer Institute hat ziemlich viel gezeigt, wie gefährlich es sein kann, wie es ist alles schon seit einiger Zeit dokumentiert.

Perchloroethylen - Quellen haben festgestellt, dass dies Leber- und Nierenschäden mit einer Möglichkeit von Krebs als auch verursachen.

Wie Sie sehen können, gibt es einige bemerkenswerte Bedenken bewusst hier zu sein - Krebs als eine der nahe liegenden innerhalb der vielen Auswahlmöglichkeiten habe ich in meiner Forschung beurteilt. Und es gibt viel mehr da draußen. Mit der Gefahr von Krebs, eine sehr reale Gefahr, in der heutigen Welt, sollten wir alle wollen mehr Vorsorgemaßnahmen in sie zu vermeiden nehmen. Die meisten Menschen können und sollen mit den Reinigungsmitteln, die sie verwenden, um ihre Häuser zu reinigen beginnen. Und ich sage das, weil es eine sehr einfache Aspekt der Lebens, die leicht zu beheben ist.

Mit allen, dass das, ich sage nicht, dass Sie am wichtigsten Risiko hast recht jetzt, wenn Sie die Verwendung dieser Art von Produkten sind; das letzte, was ich tun möchte, ist, erschrecken Sie unglaublich! Einfach zu verstehen, dass es nicht zu spät, um ein paar einfache Änderungen vorzunehmen. Wenn Sie wirklich kümmern uns um Ihre Gesundheit und die Gesundheit Ihrer Lieben,

sollten Sie wollen diese sehr einfache Anpassungen vorzunehmen. Es ist alles recht einfach zu tun, wie Sie bald sehen.

## **Umweltbelastung**

### **Ist Backpulver Umweltfreundliches?**

Nichts anderes auf diesem Planeten ist schöner als das, was Mutter Natur geschaffen hat, so bin ich mehr als bereit, meinen Teil zu bewahren es so viel wie ich kann. Um ehrlich zu sein, ich habe nicht wirklich ein Produkt auf dem Markt, die 100% perfekt für den Planeten ist gefunden, aber einige sehr nahe kommen. Und als ich ein wenig früher kurz diskutiert, scheint Backpulver zu den legitim. Nach allem, wenn natürlich abgeleitet, kommt Natron aus der Erde sowieso.

Das ist daran zu erkennen ist, dass jedes Reinigungsprodukt hat einen Kopf und eine Kehrseite, und sie sind alle, die behaupten, ein Geschenk Gottes sein, um die Reinigung! Ich ermutige die Menschen immer smart und selektiv zu sein beim Versuch, suchen Sie sich einen Artikel. Mit anderen Worten, nicht für, was ein Label Ansprüche fallen. Sie müssen die Elemente, die Sie verwenden, um sicherzustellen, dass sie von guter Qualität sind gerade zu erforschen.

Glücklicherweise hat das Internet die meisten dieser Informationen zur Verfügung für Menschen, um zu sehen und Forschung. Also für Sie die Natur aus Backpulver zu verstehen und zu sehen, ob es sicher ist für die Erde und für sich selbst) Ich sollte wohl zu erklären, wie es produziert.

### **Entlarvung eines Mythos**

Einer der beliebtesten Mythen ist, dass Backpulver Aluminium enthält. Nach eingehenden Untersuchungen, habe ich festgestellt, dass dies nicht zutrifft. Obwohl einige Unternehmen haben die Wörter "Aluminium-free" auf der Verpackung platziert (große Marketing-Taktik, übrigens), kein Backpulver enthält Aluminium. Dies

wurde wahrscheinlich als Gerücht durch Verwechslung von Natron und Backpulver, von denen die letztere nicht enthalten kleine Mengen von Aluminium begonnen.

## **Spaß mit Backpulver**

Vor dem Wickeln dies auf, lassen Sie uns einen Blick auf einige lustige und interessante Möglichkeiten, um mit Backpulver zu experimentieren. Mach dir keine Sorgen; diese sind alle völlig sicher und familienfreundlich, so dass sie ein großer Spaß für alle.

## **Unsichtbare Tinte**

Dieses ist eine Menge Spaß, und Kinder wirklich einen Tritt aus ihm heraus. (Im Ernst, was Kind nicht liebt die Idee des Schreibens geheime Botschaften?) Sie müssen nur drei Dinge: Wasser

Baking Soda

Schreibgerät (wie eine vertrocknete pen, Zahnstocher, oder Pinole)

Mix gleichen Teilen Wasser und Backpulver und tauchen Sie einfach das Schreibgerät in Ihrer Lösung. Dann verwenden, um in Ihrem neu zusammengebraut unsichtbarer Tinte schreiben.

Dann kommt der spaßige Teil: Aufdeckung der versteckten Nachricht mit Hilfe einer Wärmequelle, wie beispielsweise ein Eisen oder einem Fön.

## **Baking Soda Volcano**

Dieses ist ein Klassiker. Sie können entweder ein Modell eines Vulkans oder verwenden Sie einen Behälter für das Experiment. Wie auch immer Sie gehen, können Sie einfach gießen Sie etwas Backpulver in den Vulkan oder Behälter und gießen Sie Essig auf die Oberseite, dann achten Sie auf die Reaktion.

## **Baking Soda Inflate-a-Ballon-**

Dieses Experiment ist ein weiterer Hit mit den Kindern, vor allem jüngere. Sie benötigen Folgendes:

Essig (etwa 4 Unzen)

Baking Soda (2 EL.)

Trichter

Flaschen

Balloon

Um zu beginnen, befestigen Sie den Ballon mit dem Trichter und gießen Sie in der Backpulver.

Gießen Sie den Essig in die Flasche. Dann langsam und vorsichtig den Ballon über der Oberseite der Flasche und halten Sie es so einrichten, das Backpulver fällt in die Flasche. Beobachten Sie, wie er reagiert.

### **Dumme Sea Worms**

Diese einzigartige Trick ist, eine Menge Spaß und extrem einfach. Sie benötigen Folgendes: 1 Tasse Wasser

2 TL. Backsoda

5 TL. Essig

ungekochte Spaghetti

Hohen Glas, Glas oder Container

Mischen Backpulver und Wasser in den Behälter bis zur vollständigen Auflösung. Schneiden oder brechen zwei oder drei ungekochte Nudeln in kleine Stücke (etwa einen Zoll pro Stück) und legen Sie sie in die Lösung. In Essig und zu beobachten.



## **One More Erstaunliche Verwendung für**

### **Baking Soda**

#### **Feuerlöscher**

Die Gefahr eines Feuer Streiks fürchten in einem großen viele von uns. Dies gilt vor allem von Fettbränden, da sie nicht löscherbar durch Feuerlöscher oder Wasser. In der Tat wird nichts unter Druck dazu führen, dass zu verbreiten, und Wasser wird auch noch schlimmer machen. Also, was sollen wir tun, wenn wir uns den Umgang mit einer dieser monströsen Feuer? Es ist einfach.

Die Flammen zu löschen mit Backpulver! Fires benötigen Brennstoff, ein Oxidationsmittel und Hitze, um zu brennen. Natriumbicarbonat, bei Erwärmung, Kohlendioxid freisetzen, die den Sauerstoffentgegenwirkt.

Dies wird eine Menge von Natron zu nehmen, aber es ist definitiv wirksam ersticken aus Fettbränden ist. Bitte beachten Sie jedoch, dass Sie sollten äußerste Vorsicht zu verwenden, da Feuer, vor allem Fettbränden, neigt dazu, sich rasch ausbreiten. Wenn es anfängt, zu schnell zu verbreiten, wäre es am besten, um das Gebäude zu evakuieren und 911 anrufen, anstatt zu riskieren, Ihre Sicherheit oder sogar Ihr Leben. Allerdings, wenn es mehr oder weniger auf, wo du einfach nehmen genug Backpulver enthalten ist, wird es funktionieren, und speichern Sie Ihr Zuhause aus Zerstörung und, was noch wichtiger ist, Ihr Leben und das Leben Ihrer Lieben.

#### **Abschluss**

Die Informationen, die ich diskutieren in der Regel in vielen meiner Bücher ist darauf ausgerichtet, Ihnen eine andere Einstellung zum Umgang mit gefährlichen Produkten zu geben, so dass Sie das Filtern sie aus Ihrem Leben zu beginnen, und mit etwas so einfaches wie Backpulver, können Sie eine Menge davon passieren . In den vergangenen acht Jahren oder so, ich war sehr proaktiv bei der Befreiung dieser gefährlichen Reinigungsmitteln und Produkten aus

meinem Leben und aus dem Leben meiner Lieben. Failure, alles zu tun wäre nachlässig, wie ich will, was das Beste für mich und für diejenigen, mit denen ich in der Nähe. Mit anderen Worten, es ist viel zu wichtig, ein Problem zu ignorieren.

## **Die Botschaft mit Backpulver**

Wie Sie sehen können, Backpulver ist wirklich genial und ist extrem vielseitig! Es ist so nützlich, so viele verschiedene Möglichkeiten, und das ist genau, warum ich ermutige jeden, es zu versuchen zu geben. Von der Reinigung Ihrer Badewanne zu bekommen, das Lächeln von dir schön und weiß, können Backpulver den Tag für die Menschen auf viele verschiedene Arten zu retten; das ist, was ich liebe es! Ich verstehe, dass ich nicht wörtlich decken jede einzelne Funktion aus Backpulver der Menschheit. Stattdessen entschied ich mich auf das, was ich denke, sind die wichtigsten konzentrieren. Ich wollte dieses Buch einfach, bis zu dem Punkt, und umsetzbar zu machen.

Ich behaupte nicht, die einzige Backpulver Experte auf dem Planeten sein, aber ich habe es sehr viel und ich kann ehrlich sagen, dass die Strategien, die ich in diesem Buch besprochen werden, sind sehr real. Der Beweis ist definitiv da draußen! So, was sagst du? Wollen Sie diese Tipps zu versuchen? Ich hoffe, dass dies, weil der einzige Weg, damit Sie wirklich wissen, ob sie arbeiten, ist für sie und experimentieren Sie sich selbst zu gehen.

## **MINDFULNESS FÜR ANFÄNGER**

*Twenty-Five Easy Achtsamkeit Übungen helfen Sie leben in der Gegenwart, Conquer Angst*

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## **Einführung**

Achtsamkeit ist ein großartiger Ort, um in Ihrem Leben sein. Anstatt die ganze Zeit arbeiten und hoffen, dass Sie gehen, um es allen

gemacht, werden Sie bekommen, um tatsächlich die Dinge, die in Ihrem Leben zu genießen. Achtsamkeit erfordert, dass Sie verlangsamen und nur erkennen, was los ist in Ihrer Nähe und sehen, dass die kleinen Dinge im Leben sind es, es lohnt sich. Dies ist etwas, das viele Menschen gehen, um zu vergessen in ihrem Leben, und sie werden oft Angst, Depression, und andere Fragen fühlen, weil sie nicht an das Leben, das sie leben, verbunden sind. Dieser Ratgeber wird einige Zeit damit verbringen, darüber zu reden Achtsamkeit, so dass Sie sehen können, wie groß der Einfluss kann es auf Ihr Leben haben und die Entscheidung darüber, ob es die richtige Wahl für Sie zum Ausprobieren.

Kapitel 1 beginnt mit einigen Informationen darüber, welche Achtsamkeit. Sie werden die Vorteile der Verwendung dieser Techniken, einige Tipps, wie zu mehr bewusst, und so vieles mehr zu verstehen.

Kapitel 2 beginnt mit achtsames Essen und wie der einfache Akt des Essens könnte eine große Erfahrung sein.

Kapitel 3 geht es um achtsam zuhören. Es gibt so viele Sounds, die gehen, um Sie herum die ganze Zeit, aber es ist leicht mit anderen Dingen beschäftigt zu bekommen und nicht verbringen die Zeit, die benötigt wird, um diese Geräusche richtig genießen.

Kapitel 4 geht es um bewusst zu Fuß. Dies ist, wenn Sie, wie Sie als auch zu Fuß, wie all die Dinge in der Natur, die um dich herum sind aufmerksam. Sie werden verstehen, dass die Schritte, die Sie haben einen bestimmten Klang und dass, wie weit oder schnell du kannst gehen alle einen Unterschied machen.

Kapitel 5 ist voll von den verschiedenen Übungen, die Sie, um in Ihrem täglichen Leben auszuprobieren Achtsamkeit tun können. Alle Übungen sind einfach zu folgen und Sie werden in der Lage sein, sie zu tun, wenn Sie ein wenig Zeit haben. Einige bitten Sie nur, auf die Atmung, die Sie tun, zu konzentrieren, während andere gehen, um ein bisschen mehr Mühe. Es ist wichtig,

um zu versuchen und halten Sie Ihren Geist auf die Aufgabe in der Hand, anstatt lassen die Seele baumeln. Dies ist schwierig, auf den ersten, aber mit etwas Üben und Wiederholen, wird es zu viel einfacher geworden.

Es gibt viele verschiedene Arten von Achtsamkeit, einschließlich achtsames Essen, aufmerksam zuhören, und eingedenk zu Fuß. Es gibt auch eine Vielzahl von Übungen, die Sie in der Lage, um den achten Staat, das Sie suchen zu erreichen zu tun. Viele von ihnen sind in diesem Buch besprochen, so dass Sie sie auszuprobieren und zu sehen, wenn sie gehen, um für Sie zu arbeiten aus. Nehmen Sie dieses Buch mit Ihnen, um etwas mehr über Achtsamkeit und wie es von Vorteil für Ihre Bedürfnisse kann zu lernen.

## **Kapitel 1:**

### **Was ist Achtsamkeit?**

Halten Sie die Kontrolle über die Gedanken und Gefühle, die Sie durchmachen kann wirklich schwierig sein. Die meisten Leute finden, dass sie gehen, um mit diesem im Laufe der Zeit zu kämpfen, weil es zu viel, was los ist in ihrem Leben, dass sie nicht in der Lage zu halten mit.

Achtsamkeit ist eine Technik, die Sie in der Lage zu nutzen, um Ihren Geist wieder auf die Strecke, so dass Sie die Ruhe, die Sie immer gewünscht haben bekommen können.

Mindfulness als vorsätzliche und die Annahme Fokus jemandes Aufmerksamkeit auf die Empfindungen, Gedanken und Emotionen, die in diesem genauen Moment geschieht, sind bekannt. Es geht um etwas Übung, um dieses zu erhalten, um in den meisten Menschen auftreten, zu ergreifen; kann es zu einfach, um andere Dinge zu denken und lassen Sie Ihre Seele Wunder off dass sie nicht länger an einem Ort zu werden. Oft ist die Praxis der Achtsamkeit los ist ähnlich dem, was Sie in der Meditation, dass Sie benötigen, um Ihre Gedanken von den Gedanken und Gefühlen, die es stört sind zu

erhalten und es auf das, was auf der rechten Seite geht in diesem gegenwärtigen Moment konzentrieren zu finden sein .

Es gibt eine Vielzahl von Anwendungen zur Achtsamkeit. Psychologen wurden mit dieser Praxis für einige Zeit, um Patienten zu helfen, sich mit physischen und psychischen Erkrankungen wie Angstzustände, Zwangsstörungen und sogar Drogenabhängigkeit und Depression. Auch wenn Sie nicht den Besuch eines Psychologen, kann es sein, eine nette Übung, um zu Hause zu verwenden, um ordnungsgemäß zu behandeln Ihre Emotionen in einer konstruktiveren Weise.

### Vorteile der Achtsamkeit Techniken

Viele Menschen entscheiden, Achtsamkeit zu verwenden, weil es ihnen hilft, sich besser fühlen und sich leichter, als wenn sie nur lassen Sie die Emotionen weglaufen durch ihre Emotionen. Es gibt eine Menge von Vorteilen, die Sie von der Verwendung Achtsamkeit Übungen wie die folgende erhalten können.

### **Achtsamkeit und Wohlbefinden**

Diese Arten von Aktivitäten werden in der Lage sein, damit Sie für Ihr Wohlbefinden zu verbessern. Diese Übungen sind in der Lage, eine positivere Einstellung, die zu einem glücklicheren und zufriedeneren Leben führen können, zu unterstützen. Wenn Sie zu Achtsamkeit in Ihrem Leben zu beschäftigen beginnen, machen Sie es viel einfacher, die Freuden, die nicht in dein Leben kommen als dass aufregen oder sich Gedanken über andere Dinge, wenn sie auftreten zu genießen. Sie werden dann in der Lage, besser mit den schlechten Ereignisse, die auftreten, weil sie nicht, wie so große Sache, um Sie zu sein scheinen. Wenn Sie Ihren Verstand, um in der Gegenwart denken, zu trainieren, werden Sie oft nicht so viel über Dinge, die in der Vergangenheit geschehen, weil diese Dinge sind einfach nicht mehr so wichtig für Sie zu kümmern.

### **Achtsamkeit und körperliche Gesundheit**

Sie können auch Vorteile für Ihre körperliche Gesundheit zu gewinnen, wenn Sie sich entscheiden, Achtsamkeit Techniken in Ihrem Leben zu beschäftigen. Die physikalischen Vorteilen gehören Hilfe bei Magenbeschwerden, besser schlafen in der Nacht, weniger chronische Schmerzen am ganzen Körper, eine Senkung des Blutdrucks, eine bessere Gesundheit des Herzens, und viel weniger Stress. Nur durch die Reduzierung der Höhe der Belastung, die Sie jeden Tag fühlen, werden Sie bald in der Lage, besser über die anderen Dinge, die passiert sind in Ihrem Leben zu fühlen.

## **Achtsamkeit und psychische Gesundheit**

Achtsamkeit Techniken können helfen, den Zustand Ihrer psychischen Gesundheit als gut. Es gibt viele Male, wenn der Stress und Angst, dass Sie sich fühlen, startet in die anderen Teile Ihres Lebens zu kriechen und die Dinge schwieriger. Dies ist, wo Achtsamkeit können kommen.

Es hilft Ihnen, die Kontrolle über Ihren Stress und andere Gefühle, so dass Sie mehr abgerundet geistige Gesundheit ohne viel Medikamente oder andere Hindernisse in den Weg machen können. Einige psychische Gesundheit Bedingungen, die mit Achtsamkeit geholfen werden können, sind Zwangsstörungen, Angst, Paarkonflikte, Essstörungen, Drogenmissbrauch und Depression.

Wie Sie sehen können, gibt es eine Menge Vorteile, die Sie in der Lage, für den ganzen Körper und Gesundheit zu erreichen, wenn Sie wählen, um die Achtsamkeit im täglichen Leben zu praktizieren. Es lohnt sich, sich die Zeit nehmen, um ein paar Übungen zu lernen, so dass Sie in der Lage, es zu bekommen hin und wieder auf die Strecke sind.

### Tipps zur Achtsam

Hier sind ein paar Tipps, die Sie, um eine bessere Chance auf achtsam entweder zu einem bestimmten Zeitpunkt oder in Ihrem Leben im Allgemeinen zu folgen.

## **Achtsames Atmen**

Dies ist ein gutes, zum mit, wenn Sie nicht zu tun, die Achtsamkeit Techniken beginnen, wollen aber starten Sie mit ihnen jeden Tag. Dies ist eine einfache Übung, aber es kann wirklich mächtig sein, wenn es richtig gemacht wird. Sie beginnen mit dem Einatmen und dem Ausatmen, wobei besonderes Augenmerk auf jedes, wie sie geschehen und der Erkenntnis, dass jeder anders und besonders auf seine Art ist. Das Ziel dieser Art von Achtsamkeit ist, dass Sie alle Ihre Aufmerksamkeit auf Ihre Atmung zu konzentrieren. Die geistige Diskurs könnte es in der Anfang sein, aber mit der Zeit wird es zu verblassen, und Sie werden in der Lage, diese jedes Mal, die Sie achtsam werden bemerken.

Dies ist nicht etwas, das schwierig sein sollte oder eine Menge Arbeit für Sie zu tun. In der Tat wird angenommen, angenehm. Sie können, wie jemand, der lebendig erhält, um die Atmung zu genießen denken. Versuchen Sie nicht, die Atmung zu zwingen; Stattdessen lassen sie kommen und gehen, die Art und Weise, die es will. Wenn Ihr Ausatmen am Ende wird mehr als Ihre in-Atemzüge, das ist in Ordnung. Finden Sie einfach das Tempo, die langsam und stetig ist, aber immer noch gut für Sie arbeitet.

Diese Aktivität ist ein großes, ob Sie versuchen, zu achten sind, wollen eine Meditationssitzung zu tun, oder einfach nur brauchen, um sich zu beruhigen. Es gibt so viele Vorteile aus man einfach in diese tiefe Atemzüge. Die Konzentration auf sie anstatt auf etwas anderes, was unangenehm sein könnte man das Leben so viel einfacher und angenehmer zu machen.

## **Konzentration**

Sobald Sie Zeit, um achtsames Atmen gewöhnt haben, können Sie einige Zeit, um die Konzentration auf es ein bisschen mehr gewöhnen. Sie müssen nur auf Ihre Atemzüge von ihren Anfängen bis zu ihrem Ende folgen. Wenn Ihre letzten in-Atem ging vier Sekunden lang, müssen Sie sicherstellen, dass die Achtsamkeit dauert die gesamte Laufzeit.



Konzentrieren Sie sich einfach auf die Atmung, die Sie tun. Sie können einfach Ihre Atmung in Ruhe lassen, so dass es endet als so natürlich wie möglich, aber Sie müssen noch Ihre Aufmerksamkeit darauf zu konzentrieren. Dies ist wahrscheinlich der schwierigste Teil sein, weil es einfach ist, ablenken. Der Sound des TV, das Summen des Geschirrspülers, daran erinnern, dass Sie einen Termin nächste Woche für etwas - all diese Gedanken können leicht in den Sinn zu kriechen, und sie werden es schwer sich zu konzentrieren.

Lassen Sie sich nicht entmutigen; es ist leicht, die Seele baumeln zu haben, wenn Sie zuerst die ersten Schritte. Nur bleiben sie dabei und versuchen loszuwerden, die andere Gedanken zu kommen. Es wird einfacher, im Laufe der Zeit zu bekommen. Jeder hat ein paar Probleme mit diesem, so, wenn Sie in der Lage, einfach weiter mit ihm sind, wird es wesentlich einfacher geworden.

Verbringen Sie einige Zeit, sich an die Konzentration auf Ihre Atmung eingesetzt. Sie müssen nicht ein Experte sein, aber stellen Sie sicher, du bist zufrieden mit ihm, auch wenn dein Geist immer noch ein bisschen wandert. An diesem Punkt, können Sie gehen Sie zum nächsten Schritt.

### **Im Bewusstsein des Körpers**

Diese Tätigkeit wird sich das alles ein wenig weiter zu gehen. Sie werden nicht nur achten Sie auf die Art und Weise, die Sie atmen, sondern ihre Aufmerksamkeit auch auf den ganzen Körper.

Erkennen Sie, dass Ihr Körper ist da und die Atmung nicht möglich wäre, ohne Ihren Körper da zu sein. Wie Sie atmen, sollten Sie bewusst Ihren Körper; wie Sie ausatmen, sollten Sie auch wissen, Ihren Körper. Das wird, um den Körper und den Geist in eine Realität, die nicht in der Lage, auseinandergezogen werden zu vereinen.

Wenn Sie in der Lage, Ihren Verstand zusammen mit Ihrem Körper zu bekommen sind, werden Sie feststellen, dass Sie in der Gegenwart statt die Aufmerksamkeit auf die Vergangenheit oder

Zukunft etabliert. Dies ist eine gute Übung, um zu tun, wenn Sie werden wirklich über etwas gestresst und Sie nicht auf die schlechten Gefühle loszuwerden.

Dies ist eine einfache Übung, aber es geht um wirksam zu sein, denn es geht um deinen Geist zurück in die hier und jetzt anstatt es zu wandern zu bringen. Die Konzentration auf die Dinge, über die Sie keine Kontrolle haben nur geht, damit Sie sich verrückt. Diese Übung wird es viel einfacher, um auf die Gegenwart zu konzentrieren.

### **Freigabe Spannung**

Es ist schwer, zu gehen aller Stress und Anspannung, was los ist in Ihrem Leben zu lassen. Sie könnten eine Menge Dinge haben, um zu Hause oder in der Schule oder Arbeit kümmern, und diese Dinge werden Sie sich wie Sie immer betont werden. Es ist normal, dass Menschen, um einige Stress fühlen, und oft es geht, um etwas Hilfe von außen, um die Spannung zu reduzieren.

Verwendung Achtsamkeit den richtigen Weg geht, um Ihnen die Spannung, die Sie fühlen sich frei. Sie können wählen, diese Übungen in der Art und Weise, die für Sie am bequemsten ist, ob es in einer stehenden, liegenden oder sitzenden Position zu tun. Egal wo Sie sind, können Sie in der Lage, die Spannung, die Sie so lange wie Sie in der Lage, herauszufinden, der beste Weg, um sie zu lösen sind Gefühl loszuwerden.

Während Sie die Atmung und die Übungen, die oben aufgeführt sind, können Sie sagen, Sie sind sich bewusst, des Körpers, wie Sie in, und dass Sie bereit sind, um Verspannungen zu lösen, wenn Sie atmen atmen. Diese Atmung wird, damit Sie sich besser fühlen. Kombinieren Sie das mit belastenden Gedanken zu vergessen und Ihre Spannung wird freigegeben.

Wie man mehr eingedenk

Bevor Sie auf Ihrem Weg zum achtsam zu beginnen, ist es wichtig, dass Sie sich die Zeit nehmen, um herauszufinden, einige Tipps, die Ihnen den Einstieg erleichtern. Diese Tipps gehen, um es einfacher zu Achtsamkeit auf die richtige Weise zu tun, so, dass Sie auch alle Vorteile, die Sie von dieser Technik wollen. Einige der Tipps, die Sie folgen sollten Folgendes umfassen: Legen Sie den richtigen Wert für Dinge: Es ist leicht, sich über, wie viel etwas kostet oder wie viel besser es machen Sie sich gestresst. Wenn Sie einen Wert auf die Dinge setzen, wird nur gehen, um am Ende betont Sie heraus sogar noch mehr.

Wenn Sie gehen für diese Art von Wert auf Dinge lassen, eröffnen Sie Ihre Welt, um Freude und mit mehr Spaß im Leben.

Bleiben Sie neutral oder das Beste erwarten: Es ist leicht negativ über die Dinge, die passiert sind, in Ihrem Leben zu sein. Sie können aufgrund Ihrer Vergangenheit

Angst vor der Zukunft. Bleiben Sie positiv über Ihre Situation die ganze Zeit. Dies kann das Leben viel glücklicher und einfacher zu handhaben.

Seien Sie nett und die Verwendung Komplimente: Damit können Sie einen Unterschied in das Leben eines anderen zu machen. Wenn Sie sich Sorgen darum, jemand anderes besser fühlen, werden Sie nicht dazu neigen, über das eigene Leben so viel zu denken, und die kleinen Dinge, die die Mühe haben, werden Sie nicht so wichtig erscheinen nicht mehr. Versuchen Sie, ein paar Komplimente jeden Tag zu helfen, die um Sie sich besser fühlen, zumindest geben.

Beachten Sie: Nehmen Sie sich Zeit jeden Tag, um die Art und Weise Sie die Dinge zu beobachten. Herauszufinden, ob die Art, wie Sie atmen scheint nicht synchron mit der Art und Weise Sie denken, Sie fühlen können. Wenn Sie ein paar Minuten Zeit nehmen, um sich auf Ihre Atmung zu konzentrieren, beginnt man sich bewusst sein, der Dinge, die passiert sind, in Ihrem Körper zu werden, und Sie können beginnen, um bewusste Anstrengungen, sie besser zu kontrollieren, zu machen.

Verbringen Sie Zeit mit Freunden und über die Beziehungen: Nichts wird sich besser zu fühlen, als wenn Sie Zeit mit Ihrer Familie und Freunden zu verbringen.

Dies sind die Beziehungen, die Sie sich wohl fühlen und geben Ihnen ein Gefühl von Selbstwert zu machen. Sie sollten so viel Zeit, wie Sie entwickeln können diese Beziehungen während Sie auf Ihrem Achtsamkeit arbeiten, so dass Sie Ihr Bestes zu allen Zeiten fühlen.

## **Kapitel 2:**

### **Eingedenk Essen**

Einer der Bereiche, die Sie in der Lage, auf Ihrem Achtsamkeit konzentrieren, ist, wenn Sie essen. Es ist leicht, einfach Schal Sie Ihre Speisen und nicht einmal darüber nachdenken. Sie werden in Eile, um dir die Mahlzeit getan, weil Sie wieder an die Arbeit, oder Sie gerade sind hungrig und wollen, um zu beenden. Aber wenn man achtsames Essen zu üben, ist es viel einfacher, die Lebensmittel, die Sie essen zu genießen.

Also, was ist achtsames Essen? Dies ist das Essen, dass erfordert, dass Sie mit einer Absicht, auf sich aufzupassen, anstatt zu essen, nur weil Sie denken, dass Sie essen sollten essen. Sie können diese Methode verwenden, um das Essen schmeckt besser zu machen, um es zu genießen, und um sicherzustellen, dass Sie essen nur, wenn es gebraucht wird. Dies kann Ihnen helfen, zu essen, was der Körper braucht, anstatt dem Laden mit Lebensmitteln, die einfach zu viel für sie sind.

So starten Sie mit, sollten Sie sich hinsetzen mit Teller mit Essen am Tisch. Stellen Sie sicher, dass Sie nicht haben, keine Außengeräuschen, während Sie dies tun. Alles, was Ihre Gedanken diese Aufgabe übernehmen kann, wird es ziemlich unmöglich, die volle Achtsamkeit, die Sie suchen zu erhalten. Schalten Sie den Fernseher, loszuwerden, die Morgenzeitung, und verbringen Sie Ihre

Zeit darüber nachzudenken, und genießen das Essen, die Sie vor sich haben.

Es gibt einige Dinge, die Sie beachten sollten, wenn Sie tun, diese Tätigkeit sind. Sie werden nicht erlaubt zu verschlingen die Nahrung, die Sie essen werden. Stattdessen müssen Sie stellen Sie sicher, langsam und bedächtig Bissen für jeden Schluck zu nehmen. Sie werden dann besser in der Lage, die volle Aufmerksamkeit auf alle Lebensmittel, die Sie essen zu zahlen, wobei in, wie es aussieht, wie es riecht, wie Sie es schneiden, die Muskeln, die verwendet wurden, um es zu Ihrem Mund zu bekommen, den Geschmack und die Textur der Speisen, und alles andere. Sie sollten versuchen, in den Prozess des Essens, um wirklich genießen Sie es voll engagieren.

Es könnte scheinen, wie das wird ein langsamer und mühsamer Prozess sein, aber Sie werden

bald auf, wie viel Sie in der Lage, das Essen, die Sie essen, wenn Sie, dies zu tun zu starten genießen Sie erstaunt sein. Diese Methode des Essens werden Sie schneller zu füllen und ist viel besser für die Verdauung.

Hier sind einige der Schritte, wenn es um achtsames Essen kommt:

Suchen Sie sich einen kleinen Lebensmittelstück und starten Sie mit dem.

Entdecken Sie es mit so vielen Sinnen wie Sie können. Sehen Sie in der Nahrung für ein bisschen, und beachten Sie die Farbe und die Textur, die mit dem Essen geht.

Sobald das erledigt ist, können Sie Ihre Augen vor dem Verbringen der Zeit mit dem Tastsinn, um das Essen zu erkunden zu schließen. Wie funktioniert das Essen fühlen, ohne es bei der Suche? Möchten Sie in der Lage, es auf eine andere Person, die in der Lage zu sehen, ist nicht zu beschreiben?

Nun ist es Zeit, um den Geruchssinn zu verwenden. Sehen Sie, was die verschiedenen Gerüche sind, die mit der Nahrung zu kommen.

Essen Sie die Nahrung. Sie sollten ein Minimum von zwei Bissen für jedes Stück Nahrung zu sich nehmen, auch wenn es sich um ein kleines Stück. Es ist leicht zu großen Bissen zu nehmen und kaum zu kauen, aber Sie werden nicht immer die Achtsamkeit werden aus ihm heraus, und dies könnte sein, dass Sie krank und immer noch hungrig fühlen.

Mit dem ersten Bissen, kauen langsam und merken, wie viel von einer Sinneserfahrung Sie sind aus dieser Übung immer nur durch die Zeit nehmen, um zu kauen und Geschmack Ihrer Lebensmittel. Spüren Sie die Textur des Lebensmittels und die Art und Weise, die es in Ihrem Mund anfühlt. Beachten Sie, wie intensiv der Geschmack ist mit jedem Bissen. Sie sollten mindestens zwanzig bis dreißig Sekunden dauern, bis die ersten Bissen zu essen, um das gesamte Aroma zu genießen.

Sie müssen nicht, um diese langsam, wenn Sie eine Mahlzeit essen, aber für die ersten paar Male Ausprobieren der Achtsamkeit-Technik, kann es wirklich einen Unterschied machen. Es kann Ihnen helfen, mit Ihrem normalen Ernährung zu verlangsamen, so dass der Prozess wird einfacher.

Dies ist ein guter Weg, um Ihr Leben zu verbessern und tatsächlich genießen Sie die kleinen Dinge, die in ihr sind. Es wird viel zu einfach für Menschen, um ihre Nahrung zu werfen ihre Kehlen und nicht einmal darüber nachdenken. Nicht nur, dass man nicht in der Lage, die Lebensmittel, die Sie essen auf diese Weise zu genießen, können Sie auch zu Magen-und Verdauungs-Probleme. Versuchen Sie, diese Quick-Übung ein paar Mal in der Woche tun und zu sehen, wie viel es hilft.

## **New Foods**

Versuchen, einige neue Lebensmittel. Es ist leicht für die Menschen zu einem schnellen Happen einer neuen Nahrung zu sich nehmen

und entscheiden, ob sie es wollen oder nicht. Sie sind nicht wirklich die Zeit nehmen, zu erhalten, um die Lebensmittel kennen, um wirklich zu schmecken, oder um tatsächlich herauszufinden, ob sie es wollen oder nicht. Verwenden Sie achtsam bei jedem neuen Nahrungsmitteln versuchen Sie essen, so dass Sie wirklich erleben.

## **Vorteile der Eingedenk Essen**

Es gibt eine Menge von Vorteilen, die Sie in der Lage, sich aus mit achtsames Essen in Ihrem täglichen Leben zu erhalten. Einige der Vorteile umfassen:

**Prävention von Diabetes:** Es wurden Studien durchgeführt, die zeigen, wie das Essen zu schnell ist, etwas, das viele Amerikaner in ihren typischen Diät kann Diabetes verursachen. Das ist, weil Sie eher zu einer Gewichtszunahme, wenn Sie auf diese Weise zu essen.

**Vermeiden Sie Übergewicht:** Binge Eating kann eine Beschäftigung mit Erwachsenen sowie Kindern. Dies kann durch eine strenge Diät und Gewichtszunahme verursacht werden. Wenn Sie am achtsames Essen arbeiten, haben Sie mehr Kontrolle über Ihre Essgewohnheiten.

**Stoppen Sie übermäßige Naschen:** Es ist leicht zu Multi-Task während Sie essen, aber Studien zeigen, dass, wenn Sie gerade auf Ihrer Nahrung anstatt etwas anderes zu tun zu konzentrieren, kann es Ihnen den ganzen Tag über weniger hungrig und Sie können herausgreifen kleinere Snacks .

**Vermeiden Sie übermäßiges Essen:** Wenn Sie gehen, um zu essen, kann es leicht sein, mehr zu essen, als Sie sollten, die machen es einfacher, Gewicht zu gewinnen essen. Diese Lebensmittel werden mehr Kalorien als Ihre normale Lebensmittel, die gehen, indem mehr auf Ihre tägliche Gesamt zu halten. Wenn Sie achtsames Essen zu verwenden, müssen Sie nicht alle diese zusätzlichen Kalorien auf Hinzufügen.

Bleiben Sie mageres: Wenn Sie weniger Kalorien, die etwas, das passieren, wenn Sie achtsames Essen üben, werden Sie in der Lage schlanker werden wird ist. Damit ist es die perfekte Sache, um zu versuchen, wenn Sie Gewicht verlieren möchten.

## **Kapitel 3:**

### **Hören**

Nicht nur sind Sie in der Lage bewusst über die Dinge, die passiert sind, um Sie zu werden, aber Sie werden auch in der Lage, diese Art der Sache zu tun, wenn es um Zuhören kommt. Oft kann das Leben wirklich voll werden, und es ist schwierig, wirklich zu hören sein kann. Es ist leicht, zur Arbeit zu gehen, nach Hause kommen, gehen auf einen Spaziergang, und tun so viele andere Dinge, ohne jemals die Geräusche, die um dich herum sind zu hören.

Wenn Sie die Zeit, um achtsam zuhören zu nehmen, machen Sie sicher, dass Sie tatsächlich hören, diese erstaunlichen Sounds. Wenn Sie aus dem Haus laufen zur Arbeit zu kommen, brauchen Sie den Klang der Vögel zwitschern bemerkt? Wenn Sie wie die meisten Leute sind, dann werden Sie wahrscheinlich nicht. Wenn Sie die Zeit nehmen, um zu hören, wird es einfacher, zu schätzen alles, was das Leben zu bieten hat.

Hier sind einige der Übungen, die Sie, um ein wenig achtsam zuhören in den Tag zu üben tun können.

### **Übung 1**

Stoppen Sie jetzt, egal was Sie tun, und nehmen Sie eine Notiz von den Klängen, die umliegenden werden Sie vielleicht. Es spielt keine Rolle, ob Sie im Büro, auf der Fahrt zur Arbeit oder Schule, mit Freunden, oder wenn Sie einige andere Tätigkeit; nur stoppen, was Sie tun und zu hören. Es könnte eine Million verschiedene Klänge, die um dich herum sind, aber die Menschen haben gelernt, wie man die meisten von ihnen zu ignorieren entweder aufgrund einer Notwendigkeit, weil sie zu beschäftigt mit anderen Dingen sind, oder



einfach nur, weil sie würde wahrscheinlich verrückt werden, wenn sie bemerkt, jedes Geräusch in der Umgebung sie den ganzen Tag lang.

Während Sie diese Übung, zu sehen, wie viele verschiedene Dinge, die Sie in der Lage, als Rauschen zu identifizieren sind. Haben Sie den Computer summt neben dir oder ein Auto vorbei irgendwo in der Ferne zu hören? Sie konnten den Fernseher, die auf in einem anderen Raum zu hören. Wenn das Fenster geöffnet ist, werden Sie die Vögel ein Bit oder das Rauschen des Wassers oder eine schöne Brise hören konnte. Was Sie hören werden, wo Sie sind abhängen. Sie wird am ehesten durch all die verschiedenen Töne, die Sie in der Lage zu hören, wenn Sie die Zeit zum Zuhören nehmen sind überrascht sein.

Klingt wie eine Übung, die recht einfach zu tun ist? Sie werden erstaunt sein, wie schwierig es ist, tatsächlich auf die Geräusche zu konzentrieren, anstatt lassen die Seele baumeln. Sie müssen versuchen, sich in den Lärm, die um dich herum ist, anstatt zu versuchen, es zu blockieren, umhüllen.

## **Übung # 2**

Das wird eine zeitgesteuerte Abhörmethode sein. Mit diesem einen, Sie gehen, um sich mit der Höhe der Zeit, dass Sie diese Tätigkeit zu tun. Es wäre am besten, um diese Tätigkeit zu Hause tun, wenn Sie nicht über irgendwelche zusätzlichen Ablenkungen, so dass Sie nicht haben, um zu einer Unterbrechung zu kümmern.

Am besten ist es mit nur fünf Minuten oder so auf diese Tätigkeit beginnen und Sie werden immer in der Lage zu fügen wie die Zeit vergeht, und Sie sich daran gewöhnen. Stellen Sie eine Stoppuhr, so dass Sie nur brauchen, um die Aufmerksamkeit auf die Geräusche um dich herum zu zahlen anstatt sich Gedanken darüber, wie viel Zeit vergangen ist. Lassen Sie uns nun die Töne zu verankern Sie den gegenwärtigen Moment. Richtet nicht, zu analysieren oder auch über das, was könnte die Ursache jedes der Töne, wie Sie sie, nur Erfahrungen zu hören und beobachten sie denken. Wenn Sie

feststellen, dass Sie immer sind ungeduldig oder unruhig während Ihrer Zeit, nicht, diese Gefühle zu reagieren.

Auf diese einfache Übung wird gehen, um Ihr Bewusstsein zu öffnen auf eine ganz neue Ebene, wenn es um die Stille, die in dir ist, verglichen wird. Hier finden Sie einige Male erleben, wenn Sie beginnen zu fühlen, wie Sie das Aufwachen zu einem neuen Teil von euch, versteckt hat und dass Sie nun in der Lage zu genießen.

### **Übung # 3**

Dies ist eines, das geht zu Ihnen hören zu helfen. Oft Menschen werden feststellen, dass es wirklich schwierig, ihre Meinung zu der Sache zu bleiben. Eine Möglichkeit, dass Sie dies tun können, ist die Verwendung Achtsamkeit Glocken. Diese sind seit vielen Jahren, um verwendet worden, um der Person einen Brennpunkt der Konzentration für die Achtsamkeitsmeditation geben.

Bei dieser Übung werden Sie auf eine Aufzeichnung der Achtsamkeit Glocken anstatt nur, um alle Töne zu hören, die passiert sind um Sie herum hören werden. Das ist schön, weil es oft einfacher, sich zu konzentrieren, wenn es nur einen Ton. Es kann auch der Prozess stärker und tiefer.

Wenn Sie neu in den Prozess der Meditation oder bewusst hören sind, ist dies der beste Weg, es zu tun zu gewöhnen. Es wird schwierig sein, Ihre Meinung zu bekommen, um auf nur eine Sache zu konzentrieren. Gedanken und Gefühle werden oft gehen, um in die Quere kommen, so dass es schwer zu auf die Dinge, die direkt vor Ihnen konzentrieren. Aber denken Sie, wie viel Kontrolle Sie über Ihre Emotionen und Gefühle haben, wenn Sie in der Lage, sie mit dem Einsatz von bewusst zuhören zu kontrollieren.

### **Übung # 4**

Wenn die Glocken sind nicht ganz Ihr Ding, und Sie feststellen, dass sie abzulenken Sie, ist es immer gut zu einer anderen Methode oder Klänge, die helfen können, zu verwenden. Vielleicht suchen Sie sich

Ihr Lieblingslied oder ein klassisches Lied. Klassische Lieder sind in der Regel die besten, weil sie eine Menge verschiedener Instrumente und Klänge, die Sie selbst in umhüllen, und sie sind leicht an den Ohren, so dass Sie sich nicht ablenken.

Schalten Sie den Song Ihrer Wahl und nur um es zu hören. Sie sollten auf die verschiedenen Melodien zu hören und nehmen zur Kenntnis, wenn sich etwas ändert. Hören Sie sich die verschiedenen Instrumente und sehen, ob Ihre Favoriten sind unter ihnen. Es gibt so viel, dass Sie genießen können, wenn es um Musik geht: Texte, Instrumente, Melodien, und mehr.

Eingedenk Zuhören ist eine wichtige Sache, die Sie sollten lernen, wie man zu tun und dass Sie mit einigen Ihrer Übungen zu kombinieren, wenn Sie versuchen, mehr bewusst werden. Es gibt so viel, was los ist um Sie herum, dass nur Ihre Ohren sind in der Lage, auf abzuholen. Mit vollen Terminkalender und alle Geräusche bombardieren uns, ist es leicht, die Geräusche zu ignorieren und nicht achten auf sie. Diese Übungen helfen, lernen, wie man die Aufmerksamkeit auf zumindest einige dieser Laute zu zahlen, so dass Sie mehr bewusst, was los ist in der Umgebung können Sie zu werden.

#### **Kapitel 4: Eingedenk Gehen**

Walking ist eine große Aktivität, die Sie, um aus dem Haus zu bekommen zu tun, etwas Spaß zu haben, zu etwas Bewegung und sogar etwas an Gewicht verlieren, wenn Sie möchten. Viele Menschen versuchen, in mehr zu Fuß, um ihr Leben wegen all der positiven gesundheitlichen Vorteile hinzuzufügen. Aber wussten Sie, dass Sie auch die Achtsamkeit in Ihre Routine zu Fuß bringen es besser zu machen?

Eine Menge von den gleichen Prinzipien gehen, um ins Spiel kommen, wenn Sie Ihren achtsam zu Fuß tun. In dieser Aktivität werden Sie einfach nur gehen, um Ihre Meinung auf dem Akt des Gehens zu konzentrieren, auch wenn es so eine einfache Sache zu verstehen. Während dieses Prozesses, Sie gehen zu lernen, wie Sie

Ihr Bewusstsein in die Bewegung des Körpers zu bringen, wie Sie zu Fuß sind. Es gibt so viel, dass in jedem Schritt, die ergriffen wird, dass es einfach ist, einen Weg, um Ihre Energie zu verbringen konzentriert sich auf alles zu finden gilt.

Wie Sie zu Fuß sind, sollten Sie sich auf, wie der Boden fühlt oder wie Sie atmen, zu konzentrieren. Sind Ihre Schritte flotten oder langsamer? Ist Ihre Atmung auf Augenhöhe mit dem Training oder werden Sie abholen eine schwerere Geschwindigkeit für Ergebnisse müssen?

Sie können auch die Zeit, sich auf die Dinge, die passiert sind um Sie herum, wie Vögel fliegen, Hunde spielen, oder etwas anderes konzentrieren zu nehmen.

Mit dieser Übung, werden Sie nicht brauchen, um eine Menge Zeit ohne auf die Dinge, die passiert sind, um dich zu verbringen; in der Tat, werden Sie in der Lage, auf einige von ihnen zu konzentrieren, wie Sie sind, um mehr aus der Erfahrung zu Fuß.

Eines der besten Dinge über diese Art von Achtsamkeit ist, dass Sie in der Lage, es zu einem Zeitpunkt kündigen, egal, wo Sie sind zu tun. Mit einigen der anderen Techniken, die Sie gehen zu müssen, allein zu sein und im Voraus planen ein wenig. Mit diesem einen, können Sie es tun, wann immer. Das ist, warum gibt es so viele Menschen, die die Walking-Technik nutzen möchten, wenn sie zuerst ausprobieren Achtsamkeit.

## **Kapitel 5:**

### **Weitere Achtsamkeitsübungen**

Neben einigen der Übungen, die in den vorherigen Kapiteln aufgeführt worden sind, hier sind ein paar mehr, dass Sie, um Achtsamkeit wirklich in Ihr Leben zu bringen Tryout können. Probieren Sie ein paar zu sehen, wie sie für Ihre Bedürfnisse zu arbeiten.

## One Minute Mindfulness

Die erste Übung, die wir uns anschauen, ist das 1 Minute Achtsamkeit. Dies ist eine, die Sie in der Lage, zu jeder Zeit des Tages zu tun, und da es nicht sehr lange dauern, werden Sie sich keine Gedanken über die Aufhebung viel Zeit in Ihrem Terminkalender zu kümmern. Sie können Ihre Uhr verwenden oder einen schnellen Timer, um zu helfen, zu verfolgen, wie viel Zeit Sie brauchen, um auf diese zu verbringen, so dass Sie sich voll auf den Sport zu konzentrieren halten.

Während der 60 Sekunden von dieser Aktivität, müssen Sie all Ihre Aufmerksamkeit auf Ihre Atmung zu konzentrieren. Sie sollten nicht denken, über etwas anderes, zahlen keine Aufmerksamkeit auf etwas anderes, oder sich um andere Dinge, die passiert sind. Das einzige, was in Ihrem Universum während dieser Minute sein sollte, ist die Atmung. Während eine Minute möglicherweise nicht klingen wie es ist, dass lang einer Zeit, kann es auf jeden Fall das Gefühl, dass es ewig dauert, wenn Sie am Anfang. Sie können Sie die Augen offen für diese zu verlassen und atmen Sie die Weise, die Sie normalerweise tun; nichts hat, um diese Übung zu ändern. Sie müssen bereit sein, Ihren Geist zu fangen, wenn es versucht, weg zu wandern, was es wird, und halten Sie sie zurückzubringen, wo es sein muss. Sie werden feststellen, dass die Fokussierung Ihre Konzentration wie diese am Anfang wird schwierig sein, aber je mehr Sie es tun, desto leichter wird es.

Zwar ist dies nicht eine, die gehen, um viel Zeit und so viel Mühe zu nehmen, ist es meist ein wirklich mächtiges, wenn Sie tatsächlich die Zeit nehmen, um es richtig zu machen. Es kann manchmal die Menschen eine lange Zeit für diese Übung, bevor sie in der Lage, um es nur für die einzelne Minute zu tun. Die gute Nachricht für Sie ist, dass, wenn es schwierig ist, können Sie erkennen, dass viele andere Menschen sind durch die gleiche Sache geht, und dass, wenn Sie immer wieder versuchen, wird es um so viel einfacher geworden.

Dies ist eine Übung, ein paar Mal durch den Tag zu tun, vor allem, wenn Ihr Geist ist weg läuft und Sie nicht in der Lage konzentrierte sich auf die Aufgabe, die bei der Hand ist, um zu bleiben.

Sie werden in der Lage sein, um die Klarheit und des Friedens, die Sie wollen, und bald die Dinge wieder auf dem richtigen Weg zu sein. Im Laufe einiger Zeit und mit etwas Übung können Sie wählen, um die Menge der Zeit, für die Sie tun, diese Technik, so dass es funktioniert

am besten für Sie zu verlängern, aber am Anfang ist die Minute werde hart genug für Sie zu vervollständigen.

### Bewusste Beobachtung

Auch wenn Sie beobachten die Dinge, werden Sie mit irgendeiner Form von Achtsamkeit, um Ihnen zu helfen. Diese Übung wird Ihnen helfen, mit Hilfe der Praxis der Beobachtung zu helfen, halten Sie Ihren Geist scharf.

Um zu beginnen, sollten Sie abholen einige Objekt, das gerade liegen um; das Objekt, das Sie wählen, ist wirklich nicht so wichtig, so holen die erste Sache, die Sie finden können. Sie sollten das Objekt in den Händen halten und lassen Sie Ihre volle Aufmerksamkeit, um in das Objekt absorbiert zu werden. Beobachten Sie das Objekt, aber nicht die Zeit, darüber nachzudenken oder zu beurteilen, oder studieren, sie in irgendeiner Weise zu nehmen. Schauen Sie es sich an und beobachten Sie, was es ist.

Während dieser Übung werden Sie beginnen, um einen höheren Sinn des Neuen fühlen.

Bewusste Beobachtung wurde bekannt, dass die Menschen fühlen sich wacher. Sie beginnen zu bemerken, wie der Geist ist in der Lage, schnell zu lösen alle ihre Gedanken über die Zukunft oder die Vergangenheit und wie sie so viel anders als in diesem Moment

fühlt. Dies kann auch als eine Form der Meditation, und viele Menschen werden es zu behandeln, auf diese Weise.

Dies kann auch mit den Ohren in Form von Achtsamkeit hören wie das, was in einem früheren Kapitel besprochen durchgeführt werden. Sie können die Methode, die Sie am besten funktioniert für Ihre Bedürfnisse auswählen.

## **Berührungspunkte**

Dies ist eine Übung, das geht zu helfen, die kleinen Dinge, die in Ihrem Leben zu schätzen, weil es kann Ihnen helfen, das Tempo von dem, was um Sie herum verlangsamen. Sie werden lernen, wie man ein reines Bewusstsein haben und werden auch in der Lage, im gegenwärtigen Moment für ein bisschen auszuruhen.

Wenn Sie bereit sind, diese Übung zu tun sind, können Sie sich hinsetzen und darüber nachdenken, etwas, das mehr als einmal für die Sie jeden Tag passiert ist. Es sollte etwas, das Sie für selbstverständlich halten, so etwas wie die Öffnung einer Tür oder zu Fuß durch den Flur zu sein. Wir werden mit dem Öffnen der Tür zu gehen. Denken Sie an die Wirkung von dem Öffnen der Tür und lassen Sie sich fühlen, wie es geschieht. Spüren Sie den Türgriff in der Hand, wie es ist, den Regler drehen sich fühlt, und wie schwer die Tür, wenn Sie darauf zu ziehen.

Während Sie über all das denken, denken Sie an die Bewegungen und die Körperteile, die Sie diese Dinge tun zu lassen. Seien Sie dankbar für die Hände, so dass Sie, dies zu tun, die Füße, die Sie an die Tür kam, und das Gehirn, dass Ihr Körper erzählt, wie die verschiedenen Dinge zu tun. Ohne diese Dinge, würden Sie nie in der Lage, eine Aufgabe so einfach wie das Öffnen der Tür zu tun.

Die Hinweise, die Sie für diese Übung müssen nicht nur physischen enthalten. Sie könnten über die negativen Gedanken, die Sie im Laufe des Tages haben könnte denken. Nehmen Sie einen Moment, um über die Gedanken zu denken und dann freigeben, bevor sie mehr Einfluss auf Ihr Leben haben. Sie können über das Essen

riecht denken und sich einen Moment Zeit, dankbar zu sein, dass Sie etwas zu Essen, die Sie essen können.

Es spielt keine Rolle, welche Cue Sie verwenden. Sie sollten eine, die gehen, um mit Ihnen in Resonanz und machen es einfacher, auf die richtige Weise denken, zu wählen. Sie müssen nicht, um auf Autopilot zu bleiben die ganze Zeit. Mit dieser Wertschätzung und Methode des Denkens über einfache Maßnahmen kann wirklich fühlen Sie sich besser und helfen Ihnen, aus dem Trott, alles zu tun die gleiche Weise jeden Tag zu bekommen.

### **Kommt in Fives**

Das ist ein lustiges Spiel, das Sie in Bezug auf die Dinge, die bereits in Ihrem Leben denken lässt. Sie sollten ein paar Minuten dauern, um mindestens fünf Dinge, die in den Tag vorhanden sind, bemerken. Diese müssen Dinge, die Sie in der Regel nicht bemerken oder dass Sie die Zeit zu schätzen, nehmen Sie nicht zu sein. Sie können auch Dinge, die man sehen, fühlen, riechen oder hören.

Es gibt eine Menge Dinge, die Sie für diese Übung in Betracht ziehen. Zum Beispiel können Sie die Wände, die in Ihrem Haus finden konnte, hören alle Vögel auf Ihrer Festplatte, um zu arbeiten, fühlen Sie sich wie Ihre Kleidung fühlen sich auf der Haut, oder riechen ein paar Blumen, die im Park sind. Dies sind Dinge, die Sie in der Regel nicht gehen, um zu bemerken.

Nehmen Sie sich Zeit lassen Sie Ihren Geist, um die Möglichkeiten, Einfluss, und frage mich, diese Dinge zu erkunden. Lassen Sie Ihren Geist zu öffnen und sich wach zu der Welt als auch die volle Erfahrung, die mit zu bemerken, die Umwelt geht.

Wenn Sie in der Lage, stärker für die Person, die du bist geworden sind, die Dinge, die um dich herum sind, und auch die Dinge, die Sie tun, werden Sie beginnen zu sehen, dass alles, was in Ihrer Umgebung hat einen Zweck und ist angeschlossen.



Versuchen Sie diese Übung ein paar Mal pro Woche zu tun, wenn nicht mehr, so dass Sie beginnen können, um mehr Dinge, die passiert sind, um Sie zu schätzen wissen. Es ist möglich, diesen Raum-für-Raum in Ihrem Haus zu tun, bei der Arbeit, in der Kirche, im Auto oder an jedem anderen Ort, wo man Zeit verbringen. Das wird es einfacher zu starten schätzen die Dinge, die gehen in Ihrem Leben, so dass Sie in der Lage zu fühlen, mehr bewusst und mit Ihrem Leben verbunden sind.

## **Ten Second Count**

Dies ist eine Mischung zwischen der Achtsamkeit, die Sie suchen, und ein Weg, um Konzentration zu üben, und es ähnlich wie bei der ersten Übung diskutiert ist. In dieser Übung wirst du auf die Augen schließen und bis zehn zählen zu konzentrieren. Wenn Sie feststellen, dass Ihre Konzentration wandert ab, werden Sie nur starten wieder am Anfang mit der Nummer eins.

Viele Leute finden, dass es sich um eine Übung, die sie in der Lage ein bisschen besser als die erste, zu tun. Dies ist aufgrund der Tatsache, dass sie tatsächlich etwas konkreter zu konzentrieren, anstatt zu versuchen, und achten Sie auf die Atmung zu haben. Der Geist ist nicht so wahrscheinlich, wandern aus.

## Körperempfindungen

Für diese Übung können Sie einen ruhigen Ort, wo man in Ruhe für mindestens fünf oder zehn Minuten sitzen zu finden sollte. Sie gehen zu wollen, still zu sitzen und beachten Sie die verschiedene Empfindungen wie ein Jucken, das sollten Sie sich die Zeit nehmen, um zu denken, eher als sofort zu kratzen. Starten Sie von Ihrem Kopf und beachten Sie die Empfindungen gibt, und langsam machen Sie Ihren Weg nach unten, um Ihre Füße und Zehen.

## Emotion Naming

Es gibt eine Menge von Emotionen, die Sie könnten in Ihrem Leben erleben werden. Es ist leicht, lassen Sie sie in die Quere kommen

und Einfluss auf die Art, wie Sie denken und handeln.

Aber das ist nicht der Weg, um fundierte Entscheidungen zu treffen und die Kontrolle über das ganze Leben sein. Für diese Übung sollten Sie alle Ihre Emotionen, die Sie in diesem Moment nach vorne kommen fühlen lassen und schauen sie ohne Urteil. Sie können dann in aller Ruhe zu nennen von den Emotionen, die Sie fühlen, erkennen sie, und dann lassen sie gehen.

Versuchen Sie, Ihren Geist auf die Übung, bei der Hand ist zu halten. Es kann schwierig sein, weil Sie vielleicht lassen Sie andere Gedanken und Gefühle in die Quere kommen. Aber Sie

müssen in der Lage, auf die Empfindungen, die Sie zu tun haben, um richtig zu verwenden, die Technik der Achtsamkeit und beginnen zu realisieren all die kleinen Dinge, die in Ihrem Leben konzentrieren.

### Urge Surfing

Dies ist eine gute Übung, um zu tun, wenn Sie mit einer Suchtpersönlichkeit zu tun oder Sie über eine Sucht, die Sie zu tun haben werden wollen. Sie werden in der Lage, besser mit den Heißhunger, dass Sie haben zu bewältigen, und dann lassen Sie sie durch Sie weitergeben.

Beachten Sie, wie der Körper ist das Gefühl, wenn die Begierde in den Körper gelangt. Anstatt zu wollen für die Sehnsüchte, dich zu verlassen, darüber nachzudenken, wie sie bald abklingen.

### Mindfulness Cues

Für diese besondere Übung werden Sie in der Lage, Ihre Aufmerksamkeit auf die Atmung, die Sie tun, wenn bestimmte Signale zeigen sich in Ihrer Umgebung zu konzentrieren. Ein Beispiel hierfür wäre, wenn ein Telefon klingelt, sollten Sie einige Aufmerksamkeit auf Ihre Atmung in der Gegenwart zu bringen. Sie müssen nicht auf Ihre Atmung zu ändern, nur Kenntnis von der

Möglichkeit, dass Sie atmen können und sehen, ob es etwas gibt, off oder verschieden davon.

Sie können einen Cue, die gehen, um für Sie zu arbeiten, wie in einem Spiegel wird zusammen wählen, berühren Sie Ihre Hände, oder, wenn Sie hören Vögel singen vor Ihrem Fenster. Es spielt keine Rolle, was der Cue ist, solange Sie sich die Zeit, dass die Cue erkennen und verbringen Sie ein wenig Zeit, wenn ich denke über sie zu nehmen.

Der Grund, dass Sie diese Hinweise, um eine Achtsamkeit Übung wie dieser zu tun benutzen würde ist, dass sie eine großartige Möglichkeit, um Sie aus dem Autopiloten, dass das Leben oft setzen Sie in zu bekommen. Es ist leicht, durchs Leben zu gehen, ohne viel zu halten zu ändern und ohne zu bemerken, dass sich die Dinge um Sie herum vorgeht. Wenn Sie Übungen wie dieser zu tun, wird es einfacher, mit dem Leben zu halten, erkennen, wie groß es ist, und sein im Moment.

## **Andere Mindfulness Optionen**

Es gibt eine Menge anderer Dinge, die Sie tun können, um aufmerksam zu sein in Ihrem täglichen Leben. Je mehr Sie in der Lage, diese Art von Technik zu üben, auch wenn Sie in der Lage, sie für ein paar Minuten jedes Mal tun, nur sind, desto mehr wirst du Derzeit worriess zu werden, und mit der Welt verbunden. Einige der Ideen, die Sie, um mehr bewusst versuchen können, gehören:

Achten Sie, wie Sie Ihre Füße zu bewegen, während man sich den Shop immer Lebensmittel sind. Das wird Ihnen zu erlauben, die verschiedenen Möglichkeiten, die Sie bewegen, während Sie tun verschiedenen Aktivitäten zu sehen. Sie sind sicher, in einer anderen Art und Weise zu gehen, wenn Sie shoppen im Vergleich zu, wenn Sie rund um das Büro gehen, tut eine Training oder beeilen, um irgendwohin zu gelangen.

Beachten Sie das Gefühl von Ihrem Stuhl, während Sie auf die Eingabe eines Dokuments arbeiten. Wahrscheinlichkeiten sind, Sie

nie wirklich, dass viel über den Stuhl, dass Sie im Sitzen gedacht.

Wenn man durch eine Tür kann eine bewusst Übung. Sie können über das Gefühl und die Arbeit, die in offene zieht die Tür geht zu denken. Sie können auf die Aufgabe, die getan werden muss, während Sie durch die Tür gehen zu konzentrieren. Es gibt viele Möglichkeiten, wie Sie von diesem aufmerksam sein kann.

Schalten Sie um Ihre Schuhe. Sie haben in der Regel einen Schuh, dass Sie sich zum ersten jeden Tag anziehen. Nehmen Sie sich Zeit, eines Tages auf der gegenüberliegenden Schuh erste Stelle zu setzen. Sie werden überrascht sein, wie viel Unterschied diese einfache Geste macht.

Stellen Sie keine Zucker im Tee. Das klingt irgendwie albern, aber wenn Sie auf die Verwirklichung Zucker im Tee verwendet werden, wird es einen Unterschied in Ihre Routine zu machen. Sie können den anderen Weg auch gehen; wenn Sie nicht in der Regel Zucker nach dem Tee, fügen Sie einige in dieser Zeit. Sie können dies mit Ihrem täglichen Tasse Kaffee auch. Diese Übung wird Ihnen helfen, zu Mustern

lernen und zu verstehen, wie schwierig es sein wird, um sie zu brechen. Sie wollen nicht unbedingt um das Muster, die Sie verwendet werden, zu ändern; Sie wollen einfach nur etwas mehr Flexibilität in Ihrem Leben zu entwickeln.

Atmen Sie bewusst, wenn Sie Zeit haben. Dies kann jederzeit sein - wenn Sie warten auf ein Treffen, in der Schlange in einem Geschäft, oder warten auf Ihrem Computer zu starten. Es spielt keine Rolle, wenn, nur versuchen, ein wenig Zeit jeden Tag zu verbringen Atmung in einer Weise, dass man darüber nachdenkt, macht.

Reinigen Sie das Haus. Reinigung Ihres Hauses ist die perfekte Zeit, um auf achtsam zu konzentrieren. Denken Sie an all die Bereiche Ihres Hauses, während Sie reinigt sie und bestimmen, was sie so besonders und wichtig in Ihrem Leben macht.

Denken Sie über die Elemente, die Sie Aufnahme sind, und finden Sie heraus, ob sie etwas für Sie bedeuten.

Führe ein Tagebuch. Dies ist eine gute Möglichkeit für Sie, um die Zeit, um über Ihre Gedanken zu denken und finden Sie heraus, wenn sie wertvoll sind zu nehmen.

Das Ziel ist nicht, um das nächste Stück Literatur zu machen. Es ist mehr, um die Dinge, die passiert sind, um Sie zu beobachten und wie sie fühlen Sie sich. Es spielt keine Rolle, wenn es beginnt sich wiederholende in den Prozess zu fühlen. Dies ist etwas, das Sie erwarten können, und die Zeitschrift wird nur gehen, um die Art und Weise, die Sie sehen und fühlen sich über die Dinge zu reflektieren.

Unsere Sachen. Nehmen Sie in tiefe Atemzüge und beachten Sie die Dinge, die um dich herum sind. Dies wurde für die anderen Übungen erwähnt worden, aber die Idee kann nicht genug betont werden. Sie sind nicht in der Lage sein in einer achtsamen Weise zu denken, wenn Sie nicht in der Lage zu erkennen und zu schätzen die guten Dinge, die passiert sind, in Ihrem Leben, vor allem die Dinge, die Sie in der Vergangenheit nicht bemerkt haben. Beachten Sie ein paar Dinge, die Sie in der Lage zu fühlen, dann bemerken, ein paar Dinge, die Sie in der Lage sind, zu hören und schließlich feststellen, ein paar Dinge, die Sie sehen können.

Einfach lächeln. Dies könnte wie etwas, das einfach erscheinen, aber es kann einen großen Unterschied in der Art und Weise Sie, was los ist in Ihrem Leben fühlen.

Immer, wenn Sie verärgert sind, frustriert oder ungeduldig, sollten Sie nur lächeln.

Das wird Sie zu beruhigen, mehr und machen es leichter zu erkennen, es ist nicht das Ende der Welt.

Dies sind nur ein paar der Achtsamkeit Übungen, die Sie verwenden können, um Ihren Geist steigen die Vergangenheit und Zukunft und zurück in die Gegenwart, so dass Sie genießen, was Sie im Leben

haben. Während es wird einige Zeit, um sich zu gewöhnen, es wird Ihr Leben so viel besser, wenn Sie dabei bleiben und machen es Arbeit für Sie machen.

## **Abschluss**

Es gibt eine Menge von Vorteilen, die mit einem Leben, das bewusst ist gekommen. Sie werden in der Lage, die kleinen Dinge, so viel mehr zu genießen und auch dazu beitragen, viele der gesundheitlichen Bedingungen, die Sie durchmachen, dass Sie nicht einmal erkennen, verbunden waren, haben. Dieses Buch soll Ihnen einige weitere Informationen über die Achtsamkeit Technik, was es auf sich hat, warum sollten Sie es betrachten, die verschiedenen Arten von Achtsamkeit und einige Übungen, die Sie, um zu bekommen Achtsamkeit, um herauszufinden, versuchen, zu geben, Sie.

Nachdem Sie dieses Buch gelesen haben, sollten Sie ein besseres Verständnis der körperlichen und geistigen Verwendungen Achtsamkeit. Einige der Techniken diskutiert wurden Achtsamkeit beim Atmen, zu Fuß, und das Essen, von denen ihr alle in tune, um Ihre Empfindungen und Umgebung. Ordnungsgemäße Verwendung dieser Techniken können auf ein glücklicher, gesünder, mehr erfülltes Leben zu führen. Sie können die in diesem Buch enthaltenen Informationen verwenden, die Dinge für selbstverständlich halten, zu stoppen und zu lernen, wie auch die kleinsten Details des Alltags zu schätzen wissen.

Fermentation für Anfänger

*32 wenig bekannte, gesunde fermentierte Lebensmittel Rezepte voll von Probiotika, Enzyme, Vitamine und Mineralien, für ein längeres und gesünderes Leben*

*Ella Marie*

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Abschluss

## **Einführung**

Obwohl es viele Ressourcen auf Vergärung von Lebensmitteln zu Hause, oft werden Sie nicht in der Lage, um eine echte Anfängerleitfaden zu finden sein. Das ist, wo dieses Buch

einzigartig. Es beantwortet und erklärt alle whos, was ist, wheres, whens, whys, und Warum zu Hause zu fermentieren, dass ein Anfänger fragen konnte.

Dieses Buch gibt die Geschichte der Gärung, diskutiert die gesundheitlichen Vorteile von es, enthält einen Crash-Kurs in der Mikrobiologie, und bietet einen Vergleich zwischen allgemein verwendete Methoden der Bestandserhaltung im Laufe der Geschichte. Es gibt zusätzliche Informationen zu den Techniken, Ausrüstung und Bestandteile für die Fermentation erforderlichen sowie wo sie zu finden.

Die mitgelieferten Rezepte decken ein breites Spektrum für den beginnenden Fermenter, und sie sind in logische Gruppen für eine einfache Referenz getrennt. Dies ist jedoch keineswegs eine erschöpfende Liste! Aber, es ist ein guter Ort, um anfangen zu üben die Fähigkeiten, die Sie benötigen. Darüber hinaus will niemand eine Menge Zeit und Geld machen Lebensmittel, die sie nicht am Ende mag verbringen. Also, die vorgesehenen Rezepte nicht spezialisierte Ausrüstung und exotischen Zutaten erfordern. Sie wurden mit einem echten Anfänger im Verstand gewählt.

Ein großer Aspekt der gärenden Ihr eigenes Essen ist, dass viele der "Spezialität" Zutaten Nebenprodukte der anderen Gärungen sind! Sonst sind sie sehr leicht zu erwerben und sind leicht verfügbar.

Ob Sie sich entscheiden, ein Weltklasse, zu Hause Fermenter werden oder einfach, um einen gesünderen Lebensstil haben, ist dies das Buch für Sie. Vor allem, wenn Sie keine Ahnung, wo ich anfangen oder was zu tun ist, wird dieses Buch als Leitfaden für die Entwicklung von Fähigkeiten und den Erwerb von ein paar Spezialmaterialien handeln. Es wird auch dazu beitragen, dass Sie Ihre Kreativität, so dass Sie experimentieren und optimieren Rezepturen eigene Geschmack. Geschmack ist was Essen geht sowieso!

Beim Kauf aus dem Laden, wie gesund das Essen ist wirklich?  
Lesen Sie die Etiketten. Sie



würden einen Dokortitel in Chemie müssen, um alle Zusatzstoffe in unseren Lebensmitteln zu identifizieren. Diese Chemikalien sind im Großen und Ganzen, giftig und krebserregend, und sie tun böse Dinge, um unseren Körper!

Durch Fermentation einige Ihrer eigenen Lebensmittel, die Ihnen helfen können zu heilen Ihren Körper. Sie wissen genau, was Sie essen, auch ohne den PhD in Chemie. Und in dieser verrückten Welt der gekauften Lebensmittel, die tatsächlich erhält alle empfohlenen Tagesbedarf an etwas? Dieses Buch wird Ihnen auf einem Pfad gesetzt zu einem gesünderen Sie!

## **Kapitel 1:**

### **Fermentation im Laufe der Geschichte -**

#### **An Ancient Way of Life**

Vor der Erläuterung, wie der Prozess der Gärung kam, um von den alten Leuten bekannt sein, lassen Sie uns diskutieren, was es ist. Es gibt lange Erklärungen und Definitionen in den Bereich der Biochemie, sondern einfach ausgedrückt, ist der Fermentation der chemische Abbau von komplexen Nahrungsmoleküle in einfachere Substanzen, die durch die natürlichen Prozesse von Mikroorganismen, wie Bakterien, Schimmel und Hefen. Dieser Prozess verbessert die Nährwert und Veränderungen zu probieren. Zwar gibt es viele verschiedene Möglichkeiten, um die Fermentation zu erreichen, umfasst das Endergebnis immer Konservierungssäuren oder Alkohol.

Also, wie war dieser Prozess entdeckt? Es wird angenommen, dass die Fermentation zunächst durch Unfall - wahrscheinlich jemand Salzzusatz zu Lebensmitteln, die für bestimmte Mikroorganismen wachsen und das Ausgangsmaterial zu ändern in eine neue Lebensmittel erlaubt. Menschen wurden gärende Lebensmittel seit der Jungsteinzeit (vor ca. 6000 Jahren). Sie wurden bekannt, hob Brot, Bier, Käse und Wein zu machen, auch wenn die Wissenschaft hinter dem Prozess war ein völliges Rätsel. Einige Kulturen

zugeschrieben diese fantastische Transformation auf göttliche Intervention. Beispielsweise gaben die Ägypter Lob an Osiris auf ihre Fähigkeit zum Bierbrauen und die Griechen gefeiert Dionysos als Gott des Weines (unter anderem). In frühen japanischen Kulturen gab es Heiligtümer, das viele der sochu und Miso Brauereien. Diese geheimnisvolle Prozess beigetreten andere bekannte Techniken, wie Trocknen, Räuchern, und das Einfrieren als Mittel zur Konservierung von Lebensmitteln. Es war der Anfang der Chinesen, die Formen in Lebensmittel eingebracht.

Fermentation nicht wirklich viel gewinnen wissenschaftlichen Erkenntnisse, bis die Ende des 15. Jahrhunderts, als ein holländischer Kaufmann, Anton van Leeuwenhoek, erfand das zusammengesetzte Mikroskop in 1675. Er berichtete, dass er winzige, bewegliche Organismen, die er als "Tierchen", die, heute wissen wir, wie einzelligen Protozoen. Dann, im Jahre 1680, bemerkte er Hefe, aber dachte, dass sie tot ist, etwas rundlichen Dinge waren. Bisher hatte keine

Verbindung zwischen Hefe und der dann bekannten Prozess der Gärung hergestellt. Das Geheimnis blieb für weitere 150 Jahre.

In den späten 1700 und Anfang 1800, gab es eine massive Wiederbelebung des Interesses an der mikroskopischen Welt. Während Lavoisier und Guy-Lussac entdeckte eine chemische Reaktion (in Gegenwart von Hefe), die Zucker in Alkohol und Kohlendioxid umgewandelt, die Rolle der Hefe wurde nicht gründlich bis zur Mitte der 1800er Jahre zu verstehen, wenn Louis Pasteur schlüssig gezeigt, dass Fermentation wurde durch lebende Organismen verursacht . Pasteur bewies, dass Bakterien verursacht Milch verderben. Er schuf damit den Prozess der Pasteurisierung, die die Bakterien, die Verderb verursachen tötet, um die Sicherheit der Französisch Weinindustrie zu verbessern. Er ebenfalls korrekt gezeigt, dass bestimmte Arten von Mikroorganismen erzeugt verschiedene Arten von Fermentationen, die zu verschiedenen Endprodukten führten.

Gleichzeitig wurden die Wissenschaftler, die die Verdauung. Sie erkannten, dass es Substanzen, die große Mengen von Stärke in Zucker umwandeln könnte. Diese Stoffe schließlich wurde bekannt als "Enzyme." Enzyme als Katalysatoren in natürlichen Prozessen und Reaktionen und zur Beschleunigung der Ergebnisse.

In Ostasien gewonnen die große wissenschaftliche Kenntnisse im Westen nicht bekannt. Gären wurde vorwiegend mit Formen getan, um Koji zu erstellen - die Basis für viele der Lebensmittel mit dem Fernen Osten verbunden: Sojasauce, Miso, Soja-Nuggets, Sake, sochu (Geister) und Reisessig. Natto, ein gemeinsames fermentierte Lebensmittel in Japan und vielen anderen asiatischen Ländern (genannt verschiedenen Namen in den Ländern), ist eigentlich aus bakterielle Fermentation hergestellt. Apropos Form, viele Käsesorten aus Form Gärungen wie Blau (auch buchstabiert bleu), Brie und Gorgonzola gemacht. Es ist interessant festzustellen, daß die Form Gärungen in Asien wurden in einem positiven Licht zu sehen, während die Form Gärungen im Westen verwendet wird (wie bei der Käseherstellung) wurden als negative angesehen. Es scheint, es ist ein Verweilen, nervtötenden Zusammenhang zwischen Form und böse Dinge wie verschimmelt Brot und verdorbene Milch!

Ursprünge Einige fermentierter Lebensmittel

Essen Ungefähre Jahr der Einführung Region

Pilze 4000 v.Chr China

Sojasauce 3000 v.Chr China, Korea, Japan

Wein 3000 v.Chr Nordafrika, Europa

fermentierte Milch 3000 v.Chr Mittleren Osten

Käse 2000 v.Chr Mittleren Osten

Bier 2000 v.Chr Nordafrika, China

Brot 1500 v.Chr Ägypten, Europa

fermentierten Fleisch 1500 v.Chr Mittleren Osten

Sauerteigbrot 1000 v.Chr Europa

Fischsauce 1000 v.Chr Südostasien, Nordafrika

eingelegtes Gemüse 1000 v.Chr China, Europa

Tee 200 BC China

Obwohl Gärung schon seit Jahrhunderten, haben viele Kulturen ihre eigene Küche um ein paar entscheidende fermentierten Lebensmitteln entwickelt. Unten ist eine Liste mit einigen Beispielen:

Australien: Vegemite

Mitteleuropa: Sauerkraut

Skandinavien: Rollmops

Japan: Miso

Korea: Kimchi

Indien: Joghurt und Chutney

Mittelmeer: Oliven und Wurstwaren

Asien: tarama (gebeizt Roe)

USA: Essiggurken und Sauerteigbrot

## **Kapitel 2:**

### **Wie Fermentation Glückliche Bodies**

#### **erstellen**

Um zu verstehen, warum essen fermentierte Lebensmittel von Vorteil ist, müssen wir verstehen, wie sie unseren Körper beeinflussen. Es gibt viel Gerede in diesen Tagen über Mikroben und Bakterien - wie einige von ihnen sind gut, andere hingegen nicht. Die Wahrheit ist, dass der menschliche Körper hat sich über Millionen von Jahren in der Gegenwart von Mikroben entwickelt und hat damit, entwickelt eine harmonische Beziehung mit ihnen. In der Tat gibt es ca. 10 Billionen Zellen in den menschlichen Körper, aber unser Körper Host 10fache Menge an Bakterienzellen!

Mikroben besiedeln fast jeden Teil unseres Körpers, mit Ausnahme von Muskeln, Gehirn und Blut. Sie sind überall zu finden. Zwar mag es gruselig klingen zu all diesen Organismen auf uns und in uns, ohne Mikroben, könnten wir nicht leben! Sie helfen unseren Körper mit vielen Funktionen, die erforderlich sind, um das Leben zu erhalten: Sie liefern uns Vitamine und Mineralstoffe; sie schaffen ein Umfeld, unfreundlich zu schädlichen Mikroben durch im wesentlichen in Beschlag alle Nährstoffe oder Veränderung der Umwelt; Sie regeln die Funktionen unserer Verdauungstrakt, und helfen, unser Immunsystem zu stärken.

Das Immunsystem ist eine der kompliziertesten Systeme Triggern Antworten, Chemikalien und Signale in unserem Körper. Wir werden ständig von Mikroben auf der Suche nach einem neuen Wirt zu vermehren und zu erobern bombardiert. Sie greifen aus der Luft, unsere Nahrung und unser Wasser. Sie sind sehr opportunistisch und wird sich zu etablieren überall können sie eine geeignete Umgebung zu finden. Aus diesem Grund wirken unsere freundlichen Mikroben als Hindernisse für die schädlichen Mikroben. Fast alle Mikroben lieben Schleimhäuten (wie Nasennebenhöhlen, Darm und Mund) und unsere Haut. Aus diesem Grund haben wir Milliarden von guten Bakterien in dieser am häufigsten auftretenden Grenzübergangsstellen - um schädliche Bakterien fernzuhalten.

Da dieses Buch konzentriert sich auf Lebensmittel, sollten wir die wichtigen Mikroflora des

Darms zu diskutieren. Unser Darm Gastgeber die umfangreichsten Populationen von Mikroben in den Körper. Sie sind in vier Gruppen, die kurz erörtert werden gebrochen. Doch dienen die Darmflora als mehr als Wachtposten, sie in unserem täglichen Leben spielt auch sehr wichtige Rolle.

Wir denken oft, dass die Nährstoffe in den Lebensmitteln, die wir essen, werden sofort abgebaut und, nachdem sie von Magensäure aufgelöst absorbiert. Dieser Glaube ist nicht ganz richtig.

Sobald der Schlamm stark saurer Mageninhalt in den Dünndarm bewegt, die Bakterien, dorthin zu gehen, um zu arbeiten. Sie verbrauchen die saure Brei, und ihre Nebenprodukte ist - die eigentlichen Formen der Nährstoffe unser Körper benötigt - die absorbiert werden. Als der Schlamm durch den Dünndarm bewegt, steigt der pH-Wert und weniger sauer. Dies schafft eine andere Umgebung für andere Mikroben, um ihre Arbeit durchzuführen. Es ist diese hoch spezialisierte (und synchronisiert) Prozess, der die Nährstoffe, die unser Körper braucht produziert.

Aber gut Mikroben andere Dinge tun, auch. Einige Herstellung Vitamine (wie der B-Komplex), die wir nicht auf andere Weise zu erhalten. Sie schützen die Darmschleimhaut von irgend eindringende schädliche Mikroben. Einige sekretieren antivirale und entzündungshemmende Substanzen, die unser Immunsystem Reaktionen zu unterstützen. Sie gefährliche Chemikalien, wie Nitrite zu neutralisieren, von Lebensmitteln. Und einige sogar zeichnen das Kalzium aus Milchprodukten.

Wie bereits erwähnt, sind die vier Haupttypen von Darmflora Bifidobakterien, Lactobacillus, eingenommen Mikroben und Pilze. Die ersten beiden Gruppen sind unerlässlich für eine gute Gesundheit, während die Einnahme Mikroben sind oft schädlich. Und der Pilze, wie Hefe und Schimmel können vorteilhaft oder nachteilig sein, je nach ihrer Anzahl und Stämmen.

Bifidobakterien besteht aus etwa dreißig Arten ausgiebig im Darm (wie auch an anderen Orten) gefunden. Sie helfen pathologischen

(gesundheitsschädlich) Bakterien zu verhindern besiedeln den Darm. Sie haben auch zu regulieren und stärken das Immunsystem. Viele fermentierten Lebensmitteln sind in Bifidobakterien reich, wie Kefir und Joghurt, Sauerkraut, und der Getränke Kombucha.

Lactobacilli sind in jedem Schleimhaut zu finden und sind ebenfalls sehr weit verbreitet in den

Dünndarm. Sie produzieren Milchsäure, und aus diesem Grund, einige Stämme besiedeln die Vagina, sie den pH-Wert niedrig (sauer) zu halten, um eine unfreundliche Umgebung für schädlich und virulenten Mikroben erstellen. Aber, Laktobazillen mehr als nur zu produzieren Säure. Im Darm, produzieren sie antiseptische Substanzen, die das Vorhandensein von schädlichen Mikroben zu begrenzen. Sie produzieren auch Proteine, die in der Immunantwort bei, dass sie suchen, und ausländische Mikroben zerstören beteiligt sind. Viele fermentierten Lebensmitteln enthalten Laktobazillen.

Eingenommen Mikroben können eine beliebige Anzahl von schädlichen Bakterien aus der Umwelt oder von ordnungsgemäß gekocht oder eingelagerten Lebensmittel sind. Bei Personen mit gesunden Populationen von Mikroflora können diese Krankheitserreger nicht auf diese Zahlen zu erhöhen, um eine Bedrohung darstellen. Jedoch bei Personen mit Immunschwäche oder schlechte Mikroflora, diese fiesen Mikroben-Kolonien zu etablieren und zu schweren gesundheitlichen Problemen.

Viele Pilze sind in Ordnung in ausgewogenen Mengen. Sie werden überall in der Natur gefunden. Einige Hefestämme bekannt, Gesundheitsrisiken, aber andere sind von Vorteil, wie die Stämme, die Nahrungsmittel zu fermentieren. Formen sind auch Pilze, und sie wohnen oft für Lebensmittel und Pflanzen. Einige Formen sind bekannt für verderben Lebensmittel, während andere, wie Penicillium vorteilhaft für ihre antibakterielle Eigenschaften. Einige Käsesorten erhalten ihren Geschmack aus nützlichen Formen. Einige Formen produzieren auch die Chemikalien, die verwendet werden können, um Brot zu backen.

Nachdem Sie nun wissen, was in Ihrem Darm vorhanden ist, lassen Sie uns einen Blick darauf, was das Gleichgewicht stören. Eine der größten Herausforderungen für unsere natürliche Systeme kommen aus einer Erfindung soll dazu beitragen: Antibiotika. Antibiotika sind nicht selektiv, und sie werden keine empfindlichen Mikroben zu töten. Wenn Sie nehmen Amoxicillin für eine Sinus-Infektion, wird die gleiche Antibiotikum auch Ihre Darmflora, die Ihre internen Ökosysteme aus dem Gleichgewicht wird zu töten. Haben Sie jemals bemerkt, die eine Magenverstimmung, Gas, und / oder Durchfall, wenn Sie Antibiotika einnehmen? Ratet mal, was

- Ihre Darmflora aus dem Gleichgewicht! Das Beste, was Sie tun können, um Ihren Körper mit

"guten" Bakterien durch den Verzehr von Lebensmitteln, die reich an Bifidobakterien und Laktobazillen versorgen. Dadurch werden alle opportunistischen und schädliche Bakterien aus blühend, zusätzlich zu machen besser Bauch fühlen zu verhindern!

Eine unsachgemäße Mikroflora Gleichgewicht kann auch dazu führen, Vitamin-und Mineralstoffmangel, beeinflussen die Vitamine A, B, C und D, essenzielle Fettsäuren, Magnesium, Zink und Kalzium, um nur einige zu nennen. Fermentierten Lebensmitteln bietet nicht nur nützlichen Mikroben, aber es ist auch reich an Nährstoffen und Mineralien, die unser Körper gesund zu funktionieren müssen.

### **Kapitel 3:**

#### **Schrauben und Muttern auf Fermentation -**

#### **Wie es misst bis zu traditionellen Formen der**

#### **Lebensmittelkonservierung**

Wie bereits erwähnt, fermentierten Lebensmitteln vor langer Zeit in die Reihen der Lebensmittelkonservierung Techniken. Wir wissen, dass der Fermentation gibt es schon seit Jahrhunderten und war,



dass es auch zum Würzen von Lebensmitteln verwendet werden, lange bevor ihre Konsumenten zu verstehen, wie es funktioniert. Nun, dann wie kommt es zu diesen anderen Methoden zu vergleichen? Schauen wir uns die Unterschiede zwischen den einzelnen Verfahren.

Die älteste bekannte Konservierungsmethode ist das Trocknen. Es wird geschätzt, dass die Praxis der Trockenkörnern gibt es schon seit mindestens 10.000 Jahren!

Üblicherweise mit Trocknung verbunden ist, die Technik der Aussalzen. Salzen zieht im Grunde aus Wasser von Obst, Getreide, Fisch und Fleisch. Die Zutaten sind einfach und leicht zugänglich: Salz, Wärme und frische Luft. Gemeinsam sind die ältesten bekannten Verfahren zur Konservierung von Lebensmitteln.

Beizen oder Konservierung in einer Säure von einer Art, hat es schon seit Jahrhunderten, auch.

Dieses Verfahren verwendet Säuren, wie Zitronensäure (aus Zitrusfrüchten) oder Essigsäure (Essig), dass auch zu bewahren. Eines der besten Beispiele für Beizen Gurken!

Canning bewahrt Lebensmittel durch Erhitzen auf Mikroben zu töten und dann Versiegeln der Inhalt in einem Deckelglas. Es wird oft mit Salz und Säuren verwendet werden, um ihre Erhaltung Macht zu stärken. Dieses Verfahren wird seit etwa 200 Jahren verwendet.

Refrigeration wurde verwendet, bevor Elektrizität wurde leicht zugänglich. Menschen schneiden riesige Eisbrocken aus gefrorene Seen und schickte sie an wärmeren Standorten um Speisen kalt

zu halten. Sobald Strom wurde unveränderlich und zuverlässig, begannen die Menschen Einfrieren von Lebensmitteln. Menschen wurden Einfrieren von Lebensmitteln für etwa 100

Jahren.

Schließlich einige der neuesten und industriellen Methoden der Konservierung von Lebensmitteln verwenden ultraviolettes (UV) Licht, Strahlung oder hohen Druck. Dies sind keine Methoden, die Sie zu Hause tun können, aber viele im Laden gekauften Lebensmittelprodukte auf diese Weise behandelt.

Offensichtlich gibt es viele verschiedene Möglichkeiten, um Nahrungsmittel zu konservieren.

Fermentation verwendet Mikroben gegen Säuren und andere Nebenprodukte, die wiederum, die Erhaltung der Lebensmittel erstellen. In Abhängigkeit von dem gewünschten Ergebnis können viele verschiedene Arten von Bakterien, Hefen und Schimmelpilzen verwendet werden. Wir bereits erwähnt, wie Mikroben können Nährstoffe hinzuzufügen und zu entwickeln, die Textur und Aromen in Lebensmitteln, sondern sie können auch die Zusammensetzung von toxischen oder bittere Nahrungsmittel in etwas sicherer und schmackhafter zu ändern.

Zum Beispiel kommt Schokolade aus dem fleischige Frucht des Kakaobaums. Nur nach der Gärung dauert es ähneln der Form von Schokolade, die wir zu erkennen. Cassava, eine tropische Melone, ist giftig, wenn sie roh, ebenso wie Sojabohnen. Fermentation verändert beides in leckere, leicht verdauliche Speisen!

## **Kapitel 4:**

### **Das Sammeln und Verwenden der**

#### **Werkzeuge des Handels**

#### **Ausrüstung:**

Einige engagierte Heim Fermentern erwerben viele verschiedene Arten von Material und Werkzeug für ihre Arbeit zu nutzen. Aber es muss nicht so kompliziert zu sein. Viele von uns haben bereits die notwendige Ausrüstung in unserer eigenen Küche!

Zum Schneiden, Reinigen, Zerkleinern und Gitter: Große Siebe (sie leichter zu reinigen), Edelstahl-Schüsseln, eines 8-Zoll oder 10-Zoll-Kochmesser, einem Gemüseschäler, ein Kasten Reibe und einem hölzernen Schneideblock sind alle zu empfehlen. Wenn Sie sich dabei eine Menge Hack oder Schreddern, wäre ein Lebensmittel-Prozessor eine kluge Investition. Auch kann eine Saftpresse in praktisch, wenn Sie Gemüsesäfte wie.

Zum Kochen: Töpfe mit abgerundeten und glatten Böden reinigen besser als die mit Graten und scharfen Kanten. Ein 10-Liter Suppentopf ist die kleinste Größe zur Erwärmung große Chargen von Flüssigkeiten wie Milch empfohlen. Es kann auch ein Entwässerungsmittel nützlich für das Kochen einige fermentierte Lebensmittel bei niedrigen Temperaturen.

Für die Vergärung: Glasgläser mit Deckel am besten funktionieren. Einmachgläser funktionieren gut für die Vergärung die meisten Lebensmittel. Ein Pickl-jar Es hat eine Luftschleuse, die den Druck auf ganze Gemüse, wie Gurken, ständig in die Flüssigkeit eingetaucht zu halten erstellt.

Für das Brauen vergorenen Flüssigkeiten (wie Apfelwein oder Bier): Es gibt einige Spezialgebiet Einzelteile erforderlich. Large 1-Liter-Kannen (Ballons) mit Deckeln und Siphon-Geräte kann zu Hause-Brauhäusern oder auf Internetseiten.

### **Zutaten:**

Es gibt viele Möglichkeiten in Bezug auf die Rohstoffe für Fermentationen. Einige grundlegende Faustregeln sind: frischesten am besten ist, desto reiner, desto besser, und zur Vermeidung von GVO. Aber wie funktioniert ein Geschäft für diese Dinge?

Wie für Produkte, Milchprodukte und Fleisch, kaufen Sie die frischesten Sie finden können. Zum lokalen Erzeugern und Bauernmärkte, um die besten Produkte zu finden - oder wachsen Sie es selbst! Kaufen Sie Bio-Produkte ist besonders wichtig, wenn Sie die Rinde oder Haut essen wollen; wenn die bestimmte Produkte

neigt dazu, große Mengen von Pflanzenschutzmitteln (wie Äpfel, Kohl, Sellerie, und Paprika) zufließen; oder wenn die Leute, die werden das fertige Produkt dem Essen wird sehr jung sind oder ältere Menschen, oder haben Immunsystem geschwächt.

Ein weiterer wichtiger Aspekt ist Wasser. Ja, Wasser. Wie bereits erwähnt, je reiner das bessere.

Viele Gemeinden fügen Chemikalien (wie Chlor und flouridefluoride), um Bakterien abzutöten und um die Zähne zu stärken. Sie wollen nicht, entweder von diesen vorhanden in Ihrem Fermentations! Aber kann es andere unangenehme Schadstoffe in Ihrem Wasser wie Dünger, Pflanzenschutzmittel, gelöste Mineralien, VOCs (flüchtige organische Verbindungen wie Benzol), Schwermetalle und sogar Protozoen sein! Am besten ist es, entweder gereinigtes Wasser oder Umkehrosmose-Filter verwenden, um diese Verschmutzung Probleme anzugehen.

Ein weiterer wesentlicher Faktor, um die Fermentation ist Salz. Im Allgemeinen teilweise raffiniertes Meersalz funktioniert sehr gut. Meersalz enthält Spurenelemente, die in den Nährstoffgehalt des fertigen Produkts eingearbeitet wird. Allerdings, wenn Sie machen eine große Menge an Salzlösung, die nicht direkt verbraucht werden wird, dann regelmäßige Salz ausreichend. Achtung: Verwenden Sie nur reines Salz ohne weitere Zusätze, wie Jod oder andere Chemikalien, um Klumpenbildung zu verhindern. Koscheres Salz ist eine gute Wahl, aber achten Sie darauf, das Etikett zu lesen.

### **Basic Process:**

Dies ist ein einfaches Durchgangs des Fermentationsprozesses. Diese Liste ist keineswegs erschöpfend - es ist nur für die Ihnen eine Vorstellung davon, was passiert, in welchem Stadium und was auf dem Weg zu prüfen, zu geben. Dies sind die grundlegenden Schritte: Der erste Schritt ist, um die Lebensmittelbestandteile vorzubereiten. Stellen Sie sicher, dass Kohlenhydrate vorhanden sind, entweder in Ihrem Nahrungsmittel (wie Obst, Gemüse, Säfte und Milchprodukte) oder separat zugegeben. Wenn es keine

Kohlenhydrate vorhanden sind (wie beispielsweise in Fleisch), muss Zucker hinzugefügt werden: Es ist, was die Mikroorganismen verbraucht, während sie mit der Nahrung zu interagieren.

Als nächstes entscheiden, welche Mikroben die Sie verwenden möchten. Es gibt viele Wege, um Mikroben zu erhalten:

Viele Lebensmittel haben bereits Mikroben auf der Oberfläche, vor allem Kohl und Kreuzblütler.

Sie können Nebenprodukte aus früheren Gärungen wie Joghurt, Sauerkrautsaft, Molke usw. verwenden. Viele Male, werden Sie wollen, um eine Substanz, die ähnlich wie der Fermentation Sie versuchen, zu wählen (zB verwenden Joghurt, eine neue Charge anlegen Joghurt).

Sie können auch gekauft Mikroben speziell für diesen Zweck verkauft. Sie werden üblicherweise in Umschlägen verkauft.

Obwohl Mikroben hat ausgezeichnete Arbeit geleistet, müssen Sie, um sie durch Zugabe von Salz zu stärken. Salz schafft Flüssigkeiten und erzeugt ein Umfeld, dass viele schädliche Mikroben (die, die Sie nicht wollen) finden unerträglich.

Beachten Sie, wenn Sie Ihre Gärung der Luft ausgesetzt oder nicht? Dies hängt von den Mikroben und die Arten von Fermentationen du tust. Sauerkraut wird der Schutz vor der Luft (eine anaerobe Reaktion, also ohne Sauerstoff), aber Essig erfordert an der Luft (einer aeroben Reaktion, dh mit Sauerstoff).

Sie benötigen einen ruhigen, relativ dunklen Raum, um Ihre Gärung zu speichern.

Sonnenlicht ist in der Regel nicht freundlich zu Mikroben oder Hefe. Der Raum muss auch auf eine geeignete Temperatur für die Fermentation und die Mikroben beteiligt sind. Kühlen, trockenen Bereichen wie Kellern funktionieren gut für die Speicherung von fermentierten Lebensmitteln.

Last but not least, müssen Sie Zeit. Fermentation nicht sofort geschehen. Die erforderliche Zeit kann von 2-3 Tagen bis zu mehreren Monaten variieren.

Nun, da Sie die Grundlagen haben, sind Sie bereit zu beginnen gärenden Ihr eigenes Essen. Im nächsten Abschnitt werden Sie alles von Grundrezepten, wie Kochsalzlösung, um komplexe Rezepturen, wie Ginger Ale zu finden!

Glückliche gärenden!

## **Kapitel 5:**

### **Grundrezepte**

#### **Molke**

Whey ist die Grundlage für viele Rezepte und ist sehr einfach zu machen.

Ausrüstung:

- Schüssel
- Gaze
- Sieb

Zutaten:

- 1 Liter Joghurt, Kefir oder andere fermentierte Milchprodukt. Wenn Sie im Laden gekauften Joghurt verwenden, stellen Sie sicher, dass es mit Vollmilch gemacht!

Verfahren:

Legen Sie die Gaze in dem Sieb und setzen Sie ihn über die Schüssel. Setzen Sie den Joghurt

oder Milchprodukt auf dem Käsetuch und lassen Sie die Flüssigkeitstropfen in die Schüssel für ein paar Stunden. Dann binden Sie die Gaze und lassen Sie es über Nacht tropfen auf den Tresen.

Am Morgen sollte das Unternehmen Quark im Sieb ähnlich wie Frischkäse und kann als solche verwendet werden. Die Flüssigkeit im Sumpf ist Molke.

Bewahren Sie die Molke in einem dicht verschlossenen Gefäß im Kühlschrank bis zu ein paar Wochen. Entsorgen Sie alle Form, die in ihm wachsen kann. Sie können auch einfrieren für ein paar Monate, aber nicht unbegrenzt - die Mikroben wird schließlich sterben, wenn eingefroren zu lang.

ERTRAG: 2 Tassen

## **Grund Brine**

Brine ist im Grunde Salzwasser. Es ist ein notwendiger Bestandteil in vielen Fermentations Rezepte. Es lagert unbegrenzt, solange es in einem luftdichten Behälter in den Kühlschrank ist.

Wenn Sie die Kochsalzlösung sofort sind, lösen sich das Salz in etwa 3 Tassen Wasser und fügen Sie den Rest des Wassers, wenn alle das Salz gelöst. Wenn Sie machen es vor der Zeit zur Hand haben, dann folgen Sie den nachstehenden Anweisungen.

Zutaten:

- 9 Esslöffel grobes Meersalz oder 6 Esslöffel feines Meersalz
- 2 Liter gefiltertes oder gereinigtes Wasser

Verfahren:

In einer Schüssel, rühren Sie die Salz und Wasser, bis alle das Salz gelöst. Legen Sie in einem luftdichten Glasbehälter und im Kühlschrank aufbewahrt, bis sie benötigt.

ERTRAG: 2 Liter

## **Grund Sauerkraut**

Sauerkraut ist ein leicht fermentierte Gemüse mit Laktobazillen und Nährstoffen belastet. Er übersetzt aus dem Deutschen als "Sauerkraut." Kohl gärt einfach und schmeckt! Darüber hinaus wird der Saft in vielen Rezepten verwendet, so speichern Sie sie, wenn die Gärung abgeschlossen ist.

Zutaten:

- 4 Köpfe Kohl, rot oder grün oder beides, geschreddert oder gehackt (nach Ihren Wünschen)
- ¼ Tasse feines Meersalz, unterteilt
- Grundkochsalzlösung (Rezept oben) nach Bedarf

Verfahren:

In einer großen Schüssel, fügen Sie den Kohl, eine Handvoll oder 2 zu einem Zeitpunkt. Fügen Sie einen Teil des Salzes und massieren Sie das Salz in der Kohl. Fügen Sie weitere diese und Massieren Sie die Mischung, bis das ganze Kraut ist gut gesalzen. Lassen Sie ein wenig Salz aus, um in das Gefäß hinzuzufügen.

Starten Sie stopfte die gesalzen Kohl Mischung in einem Glas mit einem breiten Mund. Massage und quetschen den Kohl nach unten, wie Sie es in das Gefäß hinzuzufügen. Flüssigkeit beginnt sickert aus dem Kohl. Wenn alle der Kohl wurde in das Gefäß hinzugefügt worden ist, streuen die restlichen Salz über den es. Wenn die Flüssigkeit nicht den Kohl vollständig abdecken, fügen Sie die Grundsole um es zu bedecken. Drücken Sie die Kohl sich ein letztes Mal und wiegen Sie

ihn mit etwas Schweres auf den Kohl untergetaucht zu halten. Die Flüssigkeit sollte mindestens 1 Zoll unter dem Deckel des Glases



sein, um eine Expansion zu ermöglichen. Decken Sie das Glas mit einem sauberen Tuch.

Legen Sie das Glas in einem warmen, dunklen Ort und lassen Sie ihn für etwa 7-10 Tage, Prüfen Sie in regelmäßigen Abständen. Stellen Sie sicher, der Kohl bleibt taucht: wenn es nicht, fügen Sie mehr Kochsalzlösung. Wenn Schimmel wächst auf der Oberfläche, entfernen Sie es.

Schmecken Sie den Kohl in regelmäßigen Abständen, und wenn man mit dem Geschmack zufrieden sind, versiegeln Sie den Inhalt mit dem Deckel und speichern sie in den Kühlschrank stellen.

ERTRAG: 1 Gallone

## **Joghurt**

Dieses Rezept ist, um Joghurt von Grund auf neu zu machen und ist ein wenig detaillierter.

Dafür benötigen Sie einen "Inkubator." Keine Panik: eine isolierte Mittagessen Container funktioniert prima. Die Grundidee ist, um die Milch zu erhitzen, um alle Bakterien innerhalb töten und lassen Sie ihn abkühlen, wenn die bevorzugte Bakterien hinzugefügt wurden. Dies ermöglicht es dem Fermentationsprozess geschehen.

Ausrüstung:

- Glas Einmachgläser, ein Quart-Größe oder 2 Jugend-Größe Gläser funktionieren gut
- Extra Glas heißes Wasser
- Lebensmittel-Thermometer

Zutaten:

- 6 Esslöffel Joghurt, als Starterkultur (siehe Hinweise in der Molke Rezept)

- 1 Liter minus 6 Esslöffel Vollmilch

Verfahren:

Messen Sie den Joghurt und legen Sie sie in das Einmachglas (oder teilen Sie es gleichmäßig auf die Pint Gläser). Erhitzen Sie die Milch in einem Topf, bis es 180F (80 ° C) erreicht. Entfernen Sie es von der Hitze und lassen Sie es auf etwa 110F (45 ° C) abkühlen. (Wenn Sie nicht warten möchten, können Sie den Topf mit der heißen Milch in ein Bad mit Eiswasser legen ein schneller abkühlen.) Wenn die Milch ist die richtige Temperatur, gießen Sie sie in den Gläsern mit dem Joghurt, so dass etwa ein Zoll an der Oberseite. Legen Sie die Deckel auf die Gläser und kräftig schütteln, um die Milch und Joghurt gut mischen.

Stellen Sie die Gläser von Milch / Joghurt-Mischung in den Inkubator und schließen Sie es.

Wenn Sie eine isolierte Lunchbox sind, setzen heißem Leitungswasser in 1 oder 2 Gläser mit Deckel und legen Sie sie zwischen den Joghurt Gläser. Schließen Sie die Lunchbox.

Nach etwa 12 bis 24 Stunden, wird Ihr Joghurt bereit sein. Es wird in den Kühlschrank für ca. 2

Wochen zu speichern. Wenn die Flüssigkeit beginnt zu trennen, es ist in Ordnung - nur gut mischen, bevor Sie dienen. Die Flüssigkeit ist die Molke.

Dienen als-ist, oder fügen Sie alle Zutaten wie Obst, Müsli, oder Chutney für einige Pep.

## **Kefir**

Kefir ist ein Milchprodukt, das dünner als Joghurt ist und dient als Basis für viele Getränke. Es gibt zwei Arten von Kefir: Milch und Wasser. Wenn das Getränk auf Milchbasis, dann verwenden Sie die

Milch-Version. Wenn Sie einen fruchtigen Saft oder etwas Nicht-Milch möchten, verwenden Sie das Wasser-Version.

Kefir ist ungewöhnlich, weil es "Körner", die viele Male gekauft und wiederverwendet werden können erfordert. Viele Naturkostläden und Websites verkaufen Kefir Körner. Diese Körner aus Bakterien und Hefe in einem Milchmaterial. Jedes Mal, wenn Sie sie benutzen, erhalten sie ein wenig größer. Nach dem Fermentieren, nur Belastung aus der Körner und speichern Sie sie zur Wiederverwendung.

Ausrüstung:

- 1 Quart-Größe jar oder andere, kleinere,
- Feinmaschiges Sieb
- Lebensmittel-Thermometer (optional)

Zutaten:

- 1 Liter Milch
- 1 bis 2 EL Milch Kefir Körner

Verfahren:

Wenn Sie in Ihrer Milch besorgt über Verschmutzung sind, erhitzen Sie es in einen Topf geben, über 180F (80 ° C) und lassen Sie ihn wieder auf Raumtemperatur abkühlen.

Fügen Sie die Milch, um Einmachglas, oder teilen Sie es gleichmäßig, wenn mit kleineren Dosen. Fügen Sie die Kefirkörner wieder gleichmäßig, wenn Sie mehrere Dosen aufgeteilt.

Setzen Sie den Deckel (n) auf dem Glas (n) kräftig schütteln, um die Milch und Kefir Körner zu mischen.

Halten Sie die Gläser bei Raumtemperatur für 12 bis 24 Stunden. Sie können die Gläser ab und zu schütteln, wenn man darüber nachdenkt, aber es wird ohne regelmäßige Schütteln so gut funktionieren.

Bevor Sie die Mischung belasten, schütteln Sie sie erneut. Dies ermöglicht es Ihnen, zwischen Milchfett zu unterscheiden (wenn es verklumpt) und die Körner Kefir. Belasten Sie den Inhalt und setzen Sie die Flüssigkeit in Gläsern. Wenn Sie den Kefir in den Kühlschrank (mit Deckel, natürlich) zu platzieren, es monatelang halten können. Wenn Sie es auf die Theke zu verlassen, es wochenlang halten kann, aber wenn es um Foul und hefig Geschmack beginnt, werfen Sie es weg. Es beginnt zu schmecken schrecklich, bevor es schädlich wird.

Die Kefir Körner kann in gereinigter oder gefiltertes Wasser gespült und in einem mit Deckel Glas gereinigtes Wasser im Kühlschrank aufbewahrt, bis Sie bereit, sie wieder zu verwenden werden.

ERTRAG: 1 Quart

## **Kapitel 6:**

### **Gemüse, Obst, Verteilungen, und Gewürze**

#### **Eingelegte Rüben und Rüben**

Diese schmackhafte Kombination mit Probiotika und Nährstoffen belastet. Es passt gut zu jeder gegrillt oder gebacken Fleischgericht als Neben. Der Schlüssel zu diesem Rezept ist alles auf die gleiche Größe und Dicke zu halten, um ungerade Texturen und Geschmacksrichtungen zu vermeiden.

Zutaten:

- 2 bis 3 mittel Rüben, geschält und in ¼ "sticks Scheiben geschnitten

- 3 bis 4 mittel Rüben, geschält und von den Grüns getrennt und in  $\frac{1}{4}$  "Streifen geschnitten
- Ein Zoll langes Stück geschält, frischem Ingwer, in Stifte schneiden

- Lebensfreude von 1 Orange
- 2 Esslöffel Senfkorn, oder 1 Lorbeerblatt
- 1 Tasse Molke (siehe Kapitel 5)
- Grundkochsalzlösung (siehe Kapitel 5) nach Bedarf

Verfahren:

Mischen Sie Rüben, Rüben, Ingwer, Orangenschale, und Senfkörner in einer großen Schüssel.

Fügen Sie Mischung auf Glas (n) und Squash nach unten. In der Molke, um die Gemüsemischung eintauchen. Wenn mehr Flüssigkeit benötigt wird, fügen Sole, um sicherzustellen, alles Gemüse eingetaucht sind.

Beschweren sie das Gemüse mit einer kleinen Platte oder einer Tasche von Wasser. Legen Sie das Glas (s) in einem kühlen, dunklen Ort in der Küche, und lassen Sie sie für 3 bis 7 Tage gären. Von Zeit zu Zeit zu überprüfen, um sicherzustellen, dass die Salzlösung deckt das Gemüse: fügen Sie mehr Kochsalzlösung, wenn nötig.

Sobald das Gemüse fertig sind, setzen auf dem Deckel und im Kühlschrank aufbewahren.

ERTRAG: 1 Quart

### **Kimchi mit Radieschen**

Diese Signatur Korean Slaw ist würzig und süß. Es kann auf Eier, Reis, Sandwiches hinzugefügt werden, oder als Beilage gegessen.

Zutaten:

- 2 Köpfe Napa Kohl, geviertelt

- Grundkochsalzlösung (siehe Kapitel 5)
- 2 Daikon Radieschen, in Scheiben geschnitten und in Stifte geschält
- 6 Frühlingszwiebeln, in Scheiben geschnitten
- 1 asiatische Birne, geschält und in Scheiben geschnitten  
Streichhölzer
- 5 Karotten, geschält und in Scheiben geschnitten Streichhölzer
- 2 "Stück Ingwer, geschält und fein gehackt
- 12 mittel Größen Zehen (oder 1 Kopf) Zehen, gehackt
- ¼ Tasse Fisch-Sauce
- ½ Tasse Chilipaste (oder mehr oder weniger je nach Geschmack)
- ¼ Tasse feines Meersalz

Verfahren:

Waschen Sie die Kohlblätter in Wasser einweichen und sie über Nacht in ausreichend Salzlösung vollständig zu bedecken. Wenn die Blätter eingeweicht, entfernen Sie sie aus dem Wasser und entsorgen Sie die Kochsalzlösung.

Fügen Sie den Kohl, Radieschen, Birnen, Karotten, Frühlingszwiebeln, Ingwer, Knoblauch, Fischsauce und Chilipaste, um eine große Schüssel. Fügen Sie das Salz und massieren Sie die Mischung gut, bis alle Gemüse mit Salz überzogen. Stopfen Sie die Mischung, mit vollen Händen, in eine große Gärung jar und Squash etwa nach jeder Zugabe. Wie das Gemüse komprimiert sind, wird Flüssigkeit aus ihnen heraus zu sickern. Wenn die Flüssigkeit nicht vollständig bedecken das Gemüse, fügen Sole, bis das Gemüse eingetaucht sind. Sicherstellen, dass die Flüssigkeit mindestens einen Zoll von dem Deckel, um Raum für Expansion zu ermöglichen.

Beschweren sie das Gemüse mit einem Teller oder Tasche von Wasser, um sie eingetaucht zu lassen. Deckel mit einem Handtuch.

Legen Sie das Glas in einem warmen, dunklen Ort in der Küche und lassen Sie es 5 bis 7 Tagen gären. Überprüfen Sie ab und zu, um sicherzustellen, das Gemüse immer noch unter Wasser.

Falls nicht, fügen Sie mehr Kochsalzlösung, wie gebraucht. Wenn Sie mit dem Geschmack zufrieden sind, schließen Sie das Glas dicht mit dem Deckel und lagern in der Vorratsraum, Keller oder Keller. Kimchi wird auf unbestimmte Zeit zu halten und wird auch weiterhin zu gären.

ERTRAG: 1 Quart

### **Knoblauch Dillgurken**

Diese knackige Gurken in Geschmack zu verbessern nur wie die Zeit vergeht. Sie sind mit Antioxidantien geladen.

Zutaten:

- 8 bis 10 organische oder Einlegegurken
- 1 EL gehackte, frischem Dill
- 8 bis 10 Knoblauchzehen, geschält
- 1 EL Senfkörner
- 1 Esslöffel feines Meersalz
- ¼ Tasse Molke (siehe Kapitel 5)
- 1 ½ Tassen Grundkochsalzlösung (siehe Kapitel 5)

Verfahren:



Waschen Sie die Gurken. Teilen Sie die Gurken in der Mitte und teilen sie unter 2 2-Liter gärenden Gläser. Mischen Sie die Dill, Knoblauch und Senf in eine Schüssel geben. Teilen Sie die Mischung in zwei Hälften. Wie Sie die Würzmischung über die Gurken gießen, fügen Sie die

Hälfte des Salzes in jedes Glas. Teilen Sie die Molke und Kochsalzlösung gleichmäßig. Fügen Sie die Molke auf den Gläsern und fügen Sie dann die Sole. Die Gurken sollte ein ungefähr Zoll unter der Salzlösung eingetaucht werden. Setzen Sie den Deckel auf die Gläser und dicht schließen. Stellen Sie die Gläser in einem ruhigen Ort, um bei Raumtemperatur für 5 bis 10

Tagen gären. Probieren Sie die Gurken gelegentlich, bis sie, wie Sie möchten. Setzen Sie den Deckel wieder auf den Gläsern und in den Kühlschrank stellen. Die Gurken werden in den Kühlschrank für mehrere Monate zu halten.

Ausbeute: ca. 2 Liter

### **Blackberry Apple-Sauerkraut**

Da dieses Rezept fügt Obst Kohl, erstellt es eine süße Kraut mit Nährstoffen und Geschmack geladen. Servieren Sie ihn über Joghurt oder mit Salaten.

Zutaten:

- ½ kleine Kohl, zerkleinert
- 1 Apfel, geschält, entkernt und fein gehackt
- Saft von 1 Orange, einschließlich ein wenig von der Zellstoff
- ½ Tasse Brombeeren
- 1 Teelöffel feines Meersalz
- 1 Tasse Walnüsse, gehackt

- 1 Teelöffel zerbröckelte Zimtstangen
- ¼ Tasse Molke (siehe Kapitel 5)

Verfahren:

Setzen Sie den Kohl in eine große Schüssel und streuen mit dem Salz. Auf den Kohl, Äpfel

hinzufügen, Orangensaft, Brombeeren, Walnüsse und Zimt. Mischen Sie die Zutaten gut. Stuff das Gemisch in einen 1-Liter-gärenden jar, Quetschen nach unten, wie Sie gehen. Gießen der Molke über die Mischung. Wenn mehr Flüssigkeit benötigt wird, um die Mischung tauchen, verwenden gereinigtes oder gefiltertes Wasser zu decken. Stellen Sie sicher, die Flüssigkeit bleibt ein Zoll unter dem Rand des Glases, um eine Expansion zu ermöglichen. Dicht schließen Sie die Gläser mit den Deckeln und lassen bei Raumtemperatur für 5 bis 6 Tage. Lagern Sie das Kraut in den Kühlschrank; wird es für ein paar Wochen zu halten.

ERTRAG: 1 Quart

### **Tasty Pfirsich und Mango-Chutney**

Pfirsiche und Mangos beide bieten viele Nährstoffe und einer würzigen süßen Geschmack, die passt gut zu Fisch, Schweinefleisch oder Rindfleisch.

Zutaten:

- 4 reife Mangos, geschält, entkernt und grob gehackt
- 8 bis 10 Pfirsiche, geschält, entkernt und in Viertel schneiden
- 1 Tasse Rosinen
- 2 Tassen Pekannüsse, gehackt
- 2 Teelöffel feines Meersalz

- Saft von 4 Zitronen
- ¼ Tasse frischer Ingwer, gerieben
- 2 Chilischoten, entkernt und gehackt
- 2 Esslöffel gemahlener Zimt
- ¼ Tasse Molke (siehe Kapitel 5)
- Grundkochsalzlösung (siehe Kapitel 5) nach Bedarf

Verfahren:

Legen Sie die Mangos, Pfirsiche, Rosinen, Pekannüsse, Salz, Zitronensaft, Ingwer, Chilischoten und Zimt in eine große Schüssel geben und gut mischen. Setzen Sie die Mischung in einem Fermentationsgefäß und nach unten drücken, bis es weniger als 1 Zoll unter dem Behälterdeckel.

Fügen Sie die Molke. Wenn die Flüssigkeiten nicht die Mischung abdecken, fügen Sole, wie gebraucht. Belasten Sie den Inhalt mit einer Platte oder Tasche von Wasser, um die Frucht unter der Flüssigkeit zu halten. Cover mit einem sauberen Tuch.

Legen Sie das Glas in einem dunklen Fleck in der Küche und lassen Sie es für 2 bis 4 Tage bei Raumtemperatur gären. Sole hinzufügen wie nötig, um sicherzustellen, bleibt Mischung getaucht. Wenn Sie den Geschmack mögen, auf den Deckel setzen und speichern sie in den Kühlschrank stellen.

Ausbeute: ca. 1 Liter

### **Spinat Hummus**

Spinat enthält Vitamin A, die kritisch für die Integrität der Schleimhaut, sondern ist auch ein wichtiger Bestandteil einiger weißen Blutkörperchen, die Infektionen bekämpfen aktiv. Es kann als

Brotaufstrich, Dip verwendet werden, oder nach unten ausgedünnt, um einen Salat-Dressing zu machen.

Zutaten:

- 2 Tassen getrocknet oder in Dosen Kichererbsen, ab gespült und abgetropft
- 2 Esslöffel Apfelessig
- 2 Esslöffel Molken (siehe Kapitel 5)
- 1 Tasse frischen Spinat, grob gehackt
- 3 Knoblauchzehen
- 6 EL kaltgepresstes Olivenöl
- ¼ Tasse frisch gepressten Zitronensaft
- Eine Prise Cayennepfeffer
- 1 TL gemahlener Kreuzkümmel (falls gewünscht)
- 2 bis 3 Esslöffel rohe Tahini
- ½ Teelöffel feines Meersalz

Verfahren:

Fügen Sie die Kichererbsen in eine Schüssel geben und genießen sie in Wasser und Apfelessig für 12 Stunden oder bis die Bohnen sprossen. Die Bohnen abgießen. Legen Sie die Bohnen, Molke, Spinat, Knoblauch, Olivenöl, Zitronensaft, Cayennepfeffer, und Kreuzkümmel in einer Küchenmaschine und glatt rühren. Fügen Sie den Tahini und Salz und gut mischen. Lagern Sie das Hummus in den Kühlschrank und kalt servieren.

Ausbeute: ca. 2 ½ Tassen

## **Hummus Kichererbse**

Das gleiche wie oben, außer Rezept, um den Spinat weglassen. Möglicherweise müssen Sie die Flüssigkeiten einstellen müssen, um für den fehlenden Spinat Konto.

## **Pico de Gallo**

Zutaten:

- 6 mittelgroße Tomaten, geschält, entkernt und gehackt
- 1 große Zwiebel, gehackt
- ½ Bund Koriander, gehackt
- 6 Knoblauchzehen, gehackt
- Peperoni nach Geschmack (jalapenojalapeño, Habanero, etc.)
- 1 ½ Tassen Sauerkrautsaft (siehe Kapitel 5)
- Salz und Pfeffer nach Geschmack

Verfahren:

Fügen Sie Tomaten, Zwiebel, Koriander, Knoblauch und Peperoni in eine große Schüssel geben und gut mischen. Salz und Pfeffer für den Geschmack. Stopfen die Mischung in einen gärenden Glas geben und mit dem Sauerkrautsaft, bis die Mischung vollständig bedeckt ist. Achten Sie darauf, 1 zwischen der Flüssigkeit und dem Deckel für die Expansion zu verlassen ". Schließen Sie den Deckel fest und lassen Sie es auf dem Zähler für 3 bis 5 Tage. Kühlen Sie, wenn Sie fertig, und es wird in den Kühlschrank für ein paar Wochen zu halten.

Ausbeute: ca. 1 Liter

## **Tomaten-Ketchup**

Dieses Rezept kann durch Zugabe von Paprika Flocken, Cayenne oder auch geräuchertem Paprika aufgepeppt werden.

Zutaten:

- 3 Tassen Tomatenpaste
- 2 Teelöffel feines Meersalz
- ¼ Tasse Worcestershire-Sauce
- ½ Tasse Apfelessig
- 6 Esslöffel herzhaften Roh-Honig (wie Klee) oder organischen Ahornsirup
- ¼ Tasse Molke (siehe Kapitel 5)

Verfahren:

Mischen Sie alles in eine Schüssel geben, um sicherzustellen, der Honig und Salz vollständig gelöst sind. In der Mischung auf eine Weithals gärenden Glas und Abdeckung mit einer gesicherten Stück Gaze. Lassen Sie die Mischung sitzen mindestens 8 Stunden (oder über Nacht) bei Raumtemperatur. Entfernen Sie die Gaze und den Deckel fest zu schließen. Bewahren Sie es im Kühlschrank für 2 Tage vor dem Servieren. Es wird für ca. 2 Monate zu halten.

ERTRAG: 1 Quart

## **Mayonnaise**

Diese Version ist nicht so dick wie im Laden gekauften Produkte, aber das Rezept kann nach Ihrem persönlichen Geschmack, indem die Mengen von Senf oder Zugabe anderer Zutaten wie Chipotle Pulver, Currypulver, oder Kräuter optimiert werden.

Zutaten:

- 2 große ganze Eier, Raumtemperatur
- 2 Eigelb, Raumtemperatur
- ¼ Teelöffel feines Meersalz
- 2 TL Dijon-Senf (kann Dijon-Senf, nächste Rezept verwenden)
- 3 Esslöffel Zitronensaft, frisch gepresst
- 2 Esslöffel Molken (siehe Kapitel 5)
- 1 ½ bis 2 Tassen extra-natives Olivenöl

Verfahren:

Mischen Sie Eier, Eigelb und Salz in einer Küchenmaschine. Senf, Zitronensaft und Molke und Mischung hinzufügen, bis verbunden. Während Mischen, langsam das Olivenöl, um eine

Emulsion zu machen.

Setzen Sie die Mischung in ein Glas geben und mit dem Deckel. Lassen Sie es bei Raumtemperatur stehen für 6 Stunden, und dann wird der Platz im Kühlschrank.

Es wird für 4 bis 6 Wochen im Kühlschrank aufbewahren.

Ausbeute: ca. 3 Tassen

## **Dijon Senf**

Zutaten:

- ¾ Tasse Senfpulver (mild wird bevorzugt)
- 1 Teelöffel feines Meersalz
- ⅛ Teelöffel Knoblauchpulver

- 2 Teelöffel Roh-Honig
- ½ Tasse gefiltertes oder gereinigtes Wasser
- 1 Esslöffel Whey (siehe Kapitel 5)
- 2 Esslöffel Apfelessig

Verfahren:

In einer kleinen Schüssel wischen Sie zusammen das Senf, Salz und Knoblauch. Fügen Sie den Honig, Wasser und Kochsalzlösung. Schneebesen gut zu mischen. Setzen Sie die Mischung in einem Glas, Abdeckung fest, und lassen Sie es für 3 Tage bei Raumtemperatur gären. Der Senf wird dicker, so fügen Sie mehr Wasser oder Sole nach 1 Tag, um eine Konsistenz Sie mögen.

Setzen Sie die Mischung in den Kühlschrank und lassen Sie es für weitere 3 Tage, bevor Sie sitzen. Es wird für bis zu 2 Monate im Kühlschrank aufbewahren.

Ausbeute: ca. 1 ½ Tassen

## **Kapitel 7:**

### **Getreide, Bohnen und Nüsse**

#### **Fermentierte Linsen**

Zutaten:

- 1 Tasse getrocknete Linsen
- 2 Tassen gefiltertes Wasser, erwärmt
- 2 Esslöffel Molken (siehe Kapitel 5)
- 1 Esslöffel Essig, oder der Saft von 1 Zitrone kleine



- 1 Teelöffel feines Meersalz
- 1 EL gemahlener Koriander
- 1 EL gemahlener Kreuzkümmel

Verfahren:

Wählen Sie durch die Linsen und entsorgen Sie alle, die nicht richtig angezeigt. Setzen Sie sie in eine Schüssel geben, das gefilterte Wasser und Molke, und umrühren. Fügen Sie den Essig oder Zitronensaft und wieder umrühren. Decken Sie die Schüssel mit einem sauberen Tuch und lassen Sie stehen ungestört für 24 Stunden an einem kühlen Ort. Nach 12 Stunden wird das Wasser

ablassen, spülen, und fügen Sie mehr Wasser. Legen Sie die Linsen wieder in den ruhigen Ort, um weiterhin gärenden für die restlichen 12 Stunden.

Setzen Sie die Linsen in einen Topf geben und mit Salz und genügend gefiltertes Wasser, um die Linsen durch ein paar Zoll decken. Bei mittlerer Hitze, holen Sie die Linsen zum Kochen bringen. Abdeckung und Hitze auf Tief und simmer verringern, dabei gelegentlich umrühren, 20

bis 30 Minuten, oder bis die Linsen weich sind. Lassen Sie die Linsen und fügen Sie den Koriander und Kreuzkümmel.

ERTRAG: 2 ½ Tassen

### **Sprouted Brown Rice**

Gekeimt brauner Reis hat eine enorme Menge von Nährstoffen durch die Keimung. Aber, wenn Sie lassen Sie den Reis mehr sprießen als 12 Stunden, spülen Sie es, und das Wasser wechseln.

Ebenso lassen Sie sich nicht die Triebe wachsen länger als ⅛ th Zoll - bekommen sie bitter.

Auch, wenn nicht innerhalb einer Woche oder zwei gegessen, wird der Reis sich bitter.

Zutaten:

- 1 ½ Tassen unverarbeitete Vollkorn brauner Reis
- 3 Tassen gefiltertes Wasser
- 1 Esslöffel brauner Reis Essig
- 1 EL Zucker
- 2 Teelöffel feines Meersalz

Verfahren:

Setzen Sie den Reis in ein Sieb und spülen Sie unter fließendem Wasser für 1 bis 2 Minuten. Den Reis in eine Schüssel oder Vergärung von Glas mit genügend warmem Wasser von 2 Zoll decken. Weichen Sie den Reis für 12 Stunden. Gießen Sie den Reis in ein feines Sieb und gut ausspülen. Entsorgen Sie die ursprüngliche Wasser und spülen Sie den Behälter. Den Reis zurück in die Schüssel oder Glas geben und mit einem sauberen Tuch. Stellen Sie den Behälter in einem kühlen, dunklen Ort.

Rühren Sie den Reis mit einem Holzlöffel zweimal täglich für 2 Tage. Der Reis wird beginnen zu sprießen. Spülen Sie den Reis wieder und legen Sie sie auf einem Sieb oder einem Sieb abtropfen lassen. Lagern Sie den Reis in den Kühlschrank für 1 bis 2 Wochen.

Zum Kochen bringen 3 Tassen gefiltertes Wasser zum Kochen bringen, den Reis, Deckel, und kochen Sie, bis getan. Sprouted Reis kocht schneller als regelmäßige Reis. In der Zwischenzeit, wischen Sie den Essig, Zucker und Salz zusammen. Werfen Sie diese Mischung mit dem Reis servieren.

Ausbeute: ca. 3 Tassen

## High Protein Pinto-Bohnen

Für Menschen, die eine fleischlose und Soja lose Alternative zum Protein möchten, diese Bohnen passen das Ticket. Sie sind mit Proteinen und Ballaststoffen geladen.

Zutaten:

- 2 Tassen getrocknete Pinto-Bohnen
- 1 große Zwiebel, gehackt
- 3 Knoblauchzehen, gehackt
- 1 Teelöffel feines Meersalz
- ¼ Tasse Molke (siehe Kapitel 5)
- ½ bis 1 Tasse Grundkochsalzlösung (siehe Kapitel 5)

Verfahren:

Legen Sie die Bohnen in eine große Schüssel geben und mit gefiltertem Wasser für 24 Stunden einweichen, das Wasser wechseln nach 12 Stunden. Wenn die Bohnen für 24 Stunden eingeweicht, abtropfen lassen und entsorgen Sie das Wasser. Fügen Sie die Bohnen, decken mit gefiltertem Wasser und kochen in einem Topf bei mittlerer Hitze, bis die Bohnen weich sind. Die Bohnen abgießen und abkühlen lassen.

In einer großen Schüssel, fügen Sie die Bohnen, Zwiebeln, Knoblauch, Salz und Molke und gut umrühren, um zu mischen. Gießen Sie die Mischung in einen 1-Liter-gärenden jar. Genug In der Sole, um vollständig zu bedecken die Bohnen, wobei aber etwa 1 Zoll Raum in das Glas der Expansion unterzubringen. Schließen Sie den Deckel fest und setzen Sie das Glas in einem dunklen Teil der Küche für 3 Tage. Legen Sie die Bohnen im Kühlschrank lagern und innerhalb von 2 Monaten.

ERTRAG: 4 ½ Tassen

## **Müsliriegel**

Zutaten:

- 1 Tasse Stahl-Schnitt oder Haferflocken
- 1 Tasse Datteln, entsteint und gehackt
- 1 Tasse Molke (siehe Kapitel 5)
- ½ Tasse brauner Reis Mehl, plus mehr zum Bestäuben Sie die Pfanne
- ½ Tasse ungesüßten Kokosraspeln
- ½ Tasse gehackte Mandeln
- 3 Esslöffel Sesamsamen
- ½ Eßlöffel feines Meersalz
- 1 Esslöffel gemahlener Zimt
- 1 Tasse Zucker-freien Erdnussbutter
- ½ Tasse Ahornsirup

Verfahren:

Grind die Hafer in ein grobes Mehl in einem Mixer oder einer Küchenmaschine. In einer großen Schüssel mischen Hafermehl, Termine, Molke, brauner Reis Mehl, Kokos, Mandeln und Sesam.

Mit Salz und Zimt und gut mischen. Decken Sie mit einem sauberen Tuch und lassen Sie sich für 6 bis 8 Stunden.

Den Backofen auf 75F (24c). Es kann so hoch eingestellt werden, wie 100F (38 ° C). Wenn Ihr Backofen

nicht

über

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verwenden

Sie

ein

Nahrungsmittelentwässerungsmittel - sie ermöglichen es Ihnen, eine bestimmte Temperatur eingestellt. Fügen Sie die Erdnussbutter und Ahornsirup. Gut umrühren.

Staub ein 9x13-Zoll-Pfanne mit etwas braunem Reismehl. Verbreiten Sie die Hafer Mischung gleichmäßig in die Pfanne und Drücken in die Ecken. Backen Sie das Gemisch für 8 bis 10

Stunden, oder bis zum Müsli ist die Konsistenz, das Sie bevorzugen - zäh und knackig.

Schneiden Sie die Stangen in Quadrate und sofort essen oder setzen Sie sie in den Kühlschrank stellen. Die Kühlstäbe werden für mehrere Monate zu halten.

ERTRAG: 12 bis 16 bar

**Grundsauerteigbrot**

Obwohl dieses Brot ist ein Grundnahrungsmittel Speisekammer, kann das Rezept durch Zugabe von Früchten, Kräutern, Nüssen, Gewürzen oder verändert werden. Der Sauerteig in der Rezeptur verwendet, finden Sie im Abschnitt Ressourcen in Kapitel 11 zu finden.

Zutaten:

- 1 Tasse Sauerteig
- 1 Tasse warmes gefiltertes Wasser
- 1 EL Roh-Honig (optional)
- 1 Teelöffel feines Meersalz
- 3 Tassen Vollkorn oder Dinkelmehl, gesiebt
- ½ Tasse Petersilie, fein gehackt (optional)

Verfahren:

In eine Schüssel geben, den Sauerteig, Wasser, Honig, Salz, Mehl, und Petersilie. Verbinden sich zu einem glatten Teig zu machen. Den Teig auf einer leicht bemehlten Oberfläche und kneten für 3 Minuten. Form in einem ovalen Laib von Hand und legen Sie sie auf ein gefettetes Backblech.

Deckel und ließ Anstieg für 1 bis 2 Stunden oder bis verdoppelt.

Den Backofen auf 400F (200 ° C). Spritz den Teig mit Wasser. Mit einem sehr scharfen Messer, schneiden Sie ein "X" in die Oberseite des Teiges, etwa ¼ bis ½ Zoll tief. Backen Sie für 30 bis 40 Minuten oder bis die Kruste goldbraun ist und fest. Die Innentemperatur des Brotes sollte 200

° F (90 ° C) sein, wie durch Einsetzen eines Thermometers in den Boden, so dass Sie Ihre Laib nicht mangle weiß überprüft!

ERTRAG: 1 Laib

## **Geröstete Nussbutter**

Obwohl meine persönlichen Favoriten sind Mandeln und Erdnüsse, wird jede Mutter zu arbeiten.

Die Rezepte können mit Kräutern, Gewürzen und Honig optimiert werden. Sie können als Spreads und als Zusätze zu Pasta, Suppen, Eintöpfe, Hafermehl verwendet werden, oder in eine Sauce.

Zutaten:

- 2 Tassen rohe Nüsse: kann Mandeln, Erdnüsse, Cashew-Kerne, Walnüsse, Pistazien oder sein
- 5 ½ Teelöffel feines Meersalz
- Gefiltertes Wasser
- 1/3 Tasse Kokosöl
- 2 Esslöffel Roh-Honig

Verfahren:

Legen Sie die Nüsse in eine Schüssel geben und 4 ½ Teelöffel Salz. Gut mischen. Deckel mit gefiltertem Wasser und tränken für 6 Stunden.

Lassen Sie die Nüsse, trocken tupfen mit Küchenpapier und breitete sie auf ein Backblech 30

Minuten, um zu trocknen. In einer Pfanne bei mittlerer Hitze, legen Sie eine einzelne Schicht aus Nüssen und Toast für etwa 10 Minuten, dabei gelegentlich umrühren. Wenn die Muttern weiter

getrocknet und beginnen zu karamellisieren, entfernen Sie sie von der Hitze. Wiederholen, bis alle Muttern geröstet werden.

Setzen Sie die gerösteten Nüssen in einer Küchenmaschine mit Kokosöl, Honig und 1 Teelöffel Salz. Zu mischen, um die gewünschte Konsistenz - glatte Ausbreitung oder klumpige Paste.

Teilen Sie die Mischung in zwei Halb Pint Gläser. Decken Sie die Öffnungen der Gläser mit Gaze und sicher. Lassen Sie die Gläser bei Raumtemperatur für 6 Stunden. Entfernen Sie die Gaze und fügen Sie die Lieder gut anliegend.

Kühlen Sie die Butter. Beim Servieren, lassen Sie die Butter auf Raumtemperatur für 20

Minuten, bevor Sie. Die Butter wird in den Kühlschrank für 3 Wochen oder länger zu halten.

ERTRAG: 2 Tassen

## **Kapitel 8:**

### **Milchprodukte und Fisch**

#### **Sauerrahm**

Zutaten:

- 1 oder 2 Esslöffel Bio-Schmand
- 2 Esslöffel Molken (siehe Kapitel 5)
- 2 Tassen Creme, vorzugsweise von Gras gefütterte Kühe

Verfahren:

Verrühren saurer Sahne und Molke. Fügen Sie die saure Sahne-Gemisch in die Sahne in einem 1-Liter-gärenden Jar und kräftig schütteln, um gut zu mischen. Decken Sie das Glas mit Gaze und sicher. Lassen Sie das Glas bei Raumtemperatur für 12 bis 24 Stunden. Es wird wie ein dicker Joghurt einzurichten. Deckel mit Deckel und lassen im Kühlschrank sitzen 6 Stunden vor der



Verwendung. Es wird in den Kühlschrank für mehrere Wochen halten.

ERTRAG: 2 Tassen

## **Papaya Eis**

Dieses Rezept kann mit verschiedenen Früchten oder Fruchtkombinationen je nach Geschmack verändert werden. Es erfordert eine Eismaschine, aber.

Zutaten:

- 1 Tasse Papaya, geschält und gehackt
- 2 Eier
- $\frac{3}{4}$  Tasse Rohrzucker oder  $\frac{1}{4}$  Tasse Roh-Honig
- 2 Tassen Milch Kefir (siehe Kapitel 5) oder Vollmilch
- 1 Tasse Sahne
- 2 Teelöffel Vanille-Extrakt

Verfahren:

Fügen Sie die Papaya, Eier und Zucker in einen Mixer geben und gut verrühren. Fügen Sie den Kefir, Sahne und Vanille und Mischung gut.

Zeigen Sie den Inhalt in einer Eismaschine und folgen Sie den Anweisungen für die Maschine.

ERTRAG: 1 Quart

## **Berry Sorbet**

Zutaten:

- 2 Tassen frischen oder gefrorenen gemischten Beeren (Erdbeere, Himbeere, Brombeere, Heidelbeere oder)
- 3 Esslöffel Milch
- 2/3 Tasse Roh-Honig
- 2 Tassen Joghurt (siehe Kapitel 5)
- 1 ½ Esslöffel Vanilleextrakt

Verfahren:

Wenn Sie gefrorene Beeren, auftauen und halten den Saft. Mash die Beeren mit einer Gabel oder Püree in einen Mixer geben. In einer Schüssel die Milch und Honig. Fügen Sie die zerdrückten Beeren auf die Milchmischung und Mischung gut. Fügen Sie den Joghurt und Vanille und gut umrühren. Zeigen Mischung in einer Eismaschine und folgen Sie den Anweisungen des Herstellers für die Maschine.

ERTRAG: 1 Quart

### **Griechische Tzatziki Sauce**

Dieses herrliche Sauce kann auf Sandwiches als Dip verwendet werden, auf Salate und.

Zutaten:

- 1 Tasse Joghurt (siehe Kapitel 5)
- 1 Gurke, geschält und grob gehackt
- 2 Esslöffel kaltgepresstes Olivenöl
- Schale und Saft von ½ einer Zitrone (Freude zuerst, dann den Saft auspressen)
- 2 Knoblauchzehen

- 2 Esslöffel frische Minze, gehackt
- 1 Esslöffel frischer Dill, gehackt oder ½ Esslöffel getrocknete Dill
- ½ Teelöffel feines Meersalz
- Eine Prise Cayennepfeffer

Verfahren:

Zeigen Gaze in einem Sieb als Futter. Legen Sie die gesäumt Sieb über einer Schüssel. Gießen Sie den Joghurt in die Gaze und binden Sie die Ecken. Lassen Sie es für 2 bis 4 Stunden abtropfen. Kratzen Sie den verdickten Joghurt und speichern Sie die Molke für die zukünftige Verwendung.

In Joghurt, Gurken, Olivenöl, Zitronenschale und Saft, Knoblauch, Minze, Dill, Salz und Cayennepfeffer in einer Küchenmaschine und Mischung gut. Legen Sie die Sauce in eine Schüssel geben und im Kühlschrank für mehrere Stunden vor dem Servieren, damit die Aromen verschmelzen.

ERTRAG: 1 ½ Tassen

### **Lachs mit Honig und Ingwer**

Zutaten:

- 1 EL Roh-Honig
- 1 Teelöffel frischer Ingwer, gehackt
- 1 Teelöffel Pfefferkörner
- 2 oder 3 Frühlingszwiebeln, gehackt
- ¼ Tasse von Molke (siehe Kapitel 5)
- ¼ Tasse Grundkochsalzlösung (siehe Kapitel 5)

- £ 1 Lachsfilet (Wildfang ist besser als bewirtschaftet)
- 2 Scheiben Zitrone
- 2 Esslöffel frischer Dill, gehackt
- 2 Lorbeerblätter

Verfahren:

Kombinieren Sie Schalotten, Honig, Ingwer, Molke, Pfefferkörner, und Kochsalzlösung in einer mittelgroßen Schüssel. Verpacken Sie die Zitrone, Fisch, sowie die Dill in eine 1-Liter-gärenden

jar. Dann stellen Sie sicher, um die Honigmischung über den Fisch gießen, so dass es vollständig eingetaucht ist. Lassen Sie 1 Zoll zwischen der Flüssigkeit und der Oberseite des Glases für die Erweiterung stattfinden soll. Fügen Sie die Lorbeerblätter, und legen Sie den Deckel auf den Topf und schließen alles dicht. Lassen bei Raumtemperatur für etwa 24 Stunden. Legen Sie das Glas in den Kühlschrank, wo wird es für bis zu 2 Wochen. Schließlich entfernen Sie den Lachs aus der Flüssigkeit vor dem Servieren.

ERTRAG: £ 1

## **Kapitel 9:**

### **Getränke**

#### **Karotten und Sellerie Kefir**

Zutaten:

- ¼ Tasse frischer Karottensaft
- ¼ Tasse frische Sellerie-Saft
- ¾ Tasse Wasser Kefir (siehe Kapitel 5)

- Eine Prise Cayennepfeffer (optional)

Verfahren:

Geben Sie alle Zutaten in einen Mixer geben und glatt rühren.  
Chillen vor dem Servieren.

ERTRAG: 1 Portion (1 ¼ Tassen)

### **Vollkorn Tonic**

Diese erfrischendes Getränk kann mit allen Vollkornprodukte hergestellt werden. Es ist leicht mit einem süßen und zitronigen Geschmack fizzy.

Zutaten:

- 1 Tasse Weizenbeeren oder andere Vollkorn (ganze Roggen, Hirse, Gerste, Hafer, Reis oder Buchweizen Körner)
- 1 Liter gefiltertes Wasser
- Einem Schuss Apfelessig

Verfahren:

Weichen Sie die Körner über Nacht im warmen, gefiltertes Wasser. Abtropfen lassen und spülen Sie die Körner gut. Legen Sie die Körner in eine Schale für sprießen. Lassen Sie die Körner sitzen für 2 bis 3 Tagen, Entleeren und Spülen der Körner jeden Tag, bis die sprießen. Die Körner gekeimt, wenn ein kleiner Schwanz erscheint. Einmal gekeimt, legen Sie die Körner in einer gärenden Glas geben und mit der 1 Liter gefiltertes Wasser. Fügen Sie den Schuss Apfelessig. Lassen Sie die Körner sitzen für 2 bis 3 Tage. Erwarten Sie etwas fizzing. Das Tonikum ist bereit, wenn die Körner riechen angenehm säuerlich und trübe ist die Flüssigkeit.

Entsorgen Sie die Körner, legen Sie die Flüssigkeit in einem dicht Deckelgefäß und in den Kühlschrank stellen. Es ist für bis zu 2

Wochen.

ERTRAG: 1 Quart

### **Lemon Lime Fizz**

Dieses Getränk ist sehr spritzig und erfrischend!

Zutaten:

- $\frac{3}{4}$  Tasse verdampft Zuckerrohrsaft oder Sucanat
- 2 Liter gefiltertes Wasser, aufgeteilt
- Saft von 5 Zitronen
- Saft von 5 Limetten
- 1 Tasse Molke (siehe Kapitel 5)

Verfahren:

In einem großen Topf bei mittlerer Hitze, löst den Zucker in 2 Tassen Wasser. Vom Herd nehmen und fügen Sie die verbleibenden  $1 \frac{1}{2}$  Liter kaltem Wasser. Gießen Sie das Zuckerwasser in einen 1-Liter-Krug. Damit es auf Raumtemperatur abkühlen. In beiden Säfte und die Molke.

Fügen Sie genug Wasser, um innerhalb von 1 Zoll von der Spitze der Krug zu füllen. Legen Sie auf dem Deckel und lassen Sie es bei Raumtemperatur zu sitzen für 2 bis 3 Tagen, oder bis die Süße hat nach Ihrem Geschmack reduziert. Setzen Sie das Glas in den Kühlschrank und Chill vollständig vor dem Servieren. Es wird auf unbestimmte Zeit zu halten, aber die Süße hat im Laufe der Zeit verringern.

ERTRAG: 2 Liter

### **Virgin Bloody Mary**

## Zutaten:

- 6 Roma Tomaten, in Viertel geschnitten
- ¼ mittelgroße Zwiebel
- ½ mittel Gurke, geschält
- ¼ Paprika, entkernt
- ½ Chilischote, entkernt
- 1 Knoblauchzehe
- Saft von ½ einer Zitrone
- ½ Eßlöffel feines Meersalz
- 3 Esslöffel Molken (siehe Kapitel 5)

## Verfahren:

Legen Sie die Tomaten, Zwiebeln, Gurken, Paprika, Chili und Knoblauch in eine Saftpresse und entsaften. Gießen Sie den Saft in einen 1-Liter-gärenden Glas mit einem breiten Mund. In den Topf, Zitronensaft, Salz und Molke. Schneebesen gut durchmischen. Stellen Sie sicher, es gibt mindestens ein Zoll zwischen der Flüssigkeit und oben auf dem Glas. Deckel mit dem Deckel

oder einer Luftschleuse. Lassen Sie es bei Raumtemperatur über Nacht sitzen, oder für 12

Stunden. Legen Sie das Glas in den Kühlschrank, um für 2 bis 3 Stunden zu sitzen. Mischen Sie wieder kurz vor dem Servieren. Es ist bis zu 2 Wochen zu halten, aber es ist am besten, wenn innerhalb weniger Tage verbraucht werden.

Dienen als Bloody Mary mit Sellerie und einem Hauch von schwarzem Pfeffer.

ERTRAG: 2 Tassen

## **Gingerale**

Der Trick, um sie eine kohlenensäurehaltige Getränke ist, es zu Flasche, während er noch gärenden, aber nicht zu schnell oder es wird zu viel Druck zu sein! Jede Charge wird sich anders verhalten, so erwarten einige Versuch und Irrtum mit diesem Getränk. Variationen dieses Getränks enthalten rootbeerroot Bier und Sarsaparilla! Aromen und Wurzeln können optimiert werden, um Ihrem Geschmack zu entsprechen.

Zutaten:

- 3 bis 4 Zoll Ingwerwurzel, geschält und gerieben
- 1 Gallonen gefiltertes Wasser
- 1 ½ Tassen Zucker
- ½ bis 1 Tasse Molke (siehe Kapitel 5)

Verfahren:

Setzen Sie den Ingwer und das Wasser in einem großen Suppentopf und zum Kochen bringen.

Weiterhin für ein paar Minuten kochen lassen. Dieses macht ein aromatisiertes Wasser oder ein

"Tee" der Arten. Entfernen Sie das Wasser von der Hitze und den Zucker hinzufügen. Rühren, bis alle sich der Zucker auflöst.

Lassen Sie die Flüssigkeit zu kühlen, um einen warmen Raum temperature. Add der Molke an den gesüßten Ingwerwasser. Gießen Sie das Wasser in einen 1-Liter-Krug (oder Glasballon).

Wenn es eine Luftschleuse, installieren Sie es. Wenn nicht, dann die Kappe den Krug. Es ist wichtig, um die Kappe zu öffnen oder



Schleuse ein paar Mal pro Tag für die ersten paar Tage, um "rülpsen" die Flasche und Gasdruck zu entlasten.

Halten Sie den Krug an einem kühlen Raumtemperatur für ein paar Tage. Es sollte Kohlensäure in ein paar Tagen erhalten. Nachdem die fizziness nachlässt in ein paar Tage, kann es Zeit, um Ihre Ingwer ale. Pour die Ginger Ale in kleinere Flaschen Flasche und lassen Sie ein wenig Platz an der Spitze zu sein. Lassen Sie diese kleinen Flaschen bei Raumtemperatur für ein paar Tage und dann legen Sie sie in den Kühlschrank oder irgendwo anders cool.

## **Kapitel 10:**

### **Great Ressourcen**

#### **Starterkulturen:**

Kulturen für Gesundheit

[www.culturesforhealth.com](http://www.culturesforhealth.com)

Spezialisiert auf Nicht-Milch-Starterkulturen, Kombucha Scoby ist, Milchprodukte und Wasser Kefir Körner, Natto Vorspeisen und Sauerteigstarter

Wilderness Familie Naturals

[www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com)

Spezialisiert auf Joghurt und Kefir-Kulturen, Lab zur Käseherstellung  
Nahrung und Erzeugnis-Sicherheit:

Environmental Working Group

[www.ewg.org/foodnews](http://www.ewg.org/foodnews)

Information über die Höhe der in Lebensmitteln Chemikalien

### **Abschluss**

Nachdem durch dieses Buch zu lesen, können Sie erhebliche Kenntnisse gewonnen haben, um Ihre allgemeine Gesundheit zu verbessern. Fermentation bietet so viele Vorteile, die fast zu gut scheint, um wahr zu sein. Aber es ist nicht - die Vorteile sind echt!

Dieses Buch hat Ihnen einige Hintergrundwissen auf, was tatsächlich passiert in Ihrem Körper.

Bewaffnet mit diesem Wissen können Sie Entscheidungen auf der Grundlage, was Sie brauchen und wollen. Und wenn Sie ein grundlegendes Verständnis haben, gibt es viel mehr gibt, um zu lernen - Wissen ist Macht. Dieses Buch hat Sie gezeigt, wie man einige versteckte Kräfte in den Nahrungsmitteln, die Sie sonst nicht bewusst zu nutzen.

Und durch das Experimentieren mit einige der Rezepte, werden Sie die Kompetenz und Vertrauen zu gewinnen, um komplexere Rezepte zu versuchen. Dieses Buch soll ein Sprungbrett in die Kunst des gärenden Nahrung. Die Rezepte wurden hier gemeint, einfach zu sein, erfordert etwas mehr als Geräte, die Sie wahrscheinlich schon.

Wie Sie durch das Lesen durch den Rezepten erkannt haben, ist der Fermentation sehr anpassungsfähig. Sie können eine beliebige Rezept nach Ihrem Geschmack durch Addieren oder Subtrahieren Zutaten passen zu machen. Diese Variabilität ist ein sicherer Weg, um Langeweile am Tisch zu vermeiden! Es gibt unendlich viele Möglichkeiten, auch mit den einfachsten Gärung Rezepte.

Dieses Buch wurde als eine Einführung in die Welt der Fermentation von zu Hause, in der Hoffnung geschrieben, dass Sie auch weiterhin neue Rezepte und neue Techniken zu entwickeln!

So, wie sie sagen, hinausgehen und gedeihen!

Weckglas Mahlzeiten

*388 Wenig bekannte,*

*Einfache, gesunde*

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Kapitel 7: Abendessen Rezepte

Kapitel 8: Nachtisch-Rezepte

Abschluss

## **Einführung**

Sind Sie auf der Suche nach neuen Ideen Mahlzeit? Haben Sie oft zu erreichen für verarbeitete oder Fast-Food, weil Sie nicht haben, etwas bereits vorbereitet haben? Obwohl niemand wird einen Zauberstab und machen, dass Essen zu erscheinen, Sie sollten nicht aufgeben!

Viele von uns sind im selben Boot - wir brauchen schnell Mahlzeiten. Mit etwas intelligente Organisation und prepping, jedoch können Sie erstaunliche Mahlzeiten, die nicht zeitaufwendig sind zu machen. Einmachglas Speisen und Desserts sind sehr viel häufiger zu. Dieses Verfahren kann eine aufregende Weise, Ihre Denkweise über das Erstellen von Mahlzeiten und nehmen Ihr Mittagessen zu arbeiten ändern.

Einmachglas Mahlzeiten aussehen und schmecken lecker, und sie kann genau das, was Sie schon immer gesucht haben. Viele Menschen haben bereits bestehenden Vorstellungen über Einmachglas Mahlzeiten - nämlich, dass sie nicht für viel Abwechslung zu ermöglichen. Dieser Glaube verhindert, dass sie von der Verfolgung erschüttert Mahlzeiten als Option.

Aber das könnte weiter von der Wahrheit nicht sein! Es gibt viele tolle Rezepte können Sie versuchen, Maurergläser. Was ist in der Spaß ist, dass man sie in irgendeiner Weise zu verändern, um Ihre Bedürfnisse und Vorlieben anpassen. Zum Beispiel, können Sie Zutaten, um den Salatrezepte hinzufügen oder wechseln Früchte in den Dessert-Rezepte, und das ist nur der Anfang.

Niemand will die gleiche Sache Tag für Tag zu essen, aber in der heutigen Welt, Komfort häufig übertrumpft alle anderen Überlegungen. Indem Einmachglas Mahlzeiten, ist es möglich, diese Vielfalt zu erreichen, während gleichzeitig über Lebensmittel, die gut für Sie sind. Wie Sie tolle Rezepte entdecken, werden Sie auch beginnen, sich wohl fühlen zu schaffen einige Ihrer eigenen.

Erstellen Einmachglas Mahlzeiten, die Ihre Familie lieben wird nur gehen, um Sie zu ermutigen, um fortzufahren. Sie können Ihre Mahlzeiten im Voraus planen und erhalten Sie alle Zutaten in einer organisierten Reise in den Laden. Anschließend können Sie sich besser fühlen, was Sie

essen und was Sie Ihrer Familie zu ernähren.

Sie werden auch zu stoppen schlechtes Gewissen über die schlechten Ernährungsgewohnheiten Sie in der Vergangenheit gemacht, wenn Sie in Eile waren. Mason Gläser sind Grab-and-go, sondern auch ermöglicht es Ihnen, die Zutaten innen zu sehen, so dass Sie wissen, dass Sie eine gesunde Wahl sind. Einige erschüttert Rezepten serviert werden, wie sie ist, während andere müssen nur aufgerüttelt werden, bevor Sie sie essen.

Essen gehen, während einfach und bequem, kann einen großen Aufwand, um die monatliche Budget hinzuzufügen. Von der Planung Ihrer Mahlzeiten und immer einige Maurergläser, Sie gehen zu senken, was Sie für Lebensmittel ausgeben. Und zur gleichen Zeit, werden Sie essen gesünder, fühlen sich zufrieden, und wird nicht verbringen jede Menge Zeit in der Küche Bis Sie fertig sind der Lektüre dieses E-Book, werden Sie viele Antworten und die Ermutigung zu beginnen haben. Sie werden verstehen, wie, um loszulegen, lernen die Best Practices und entdecken erstaunliche Rezepte.

Sie werden auch feststellen, dass Sie die Macht, um sie geschehen zu haben! Sie müssen nicht zu lieben, Zeit in der Küche, um Einmachglas Mahlzeiten zu machen. Sie müssen nicht zu besitzen einen endlosen Vorrat an Zutaten, auch nicht. In der Tat, einige der Rezepte, die Sie zu lesen, sind nur ein paar Zutaten.

Wenn Sie die Gelegenheit zu ergreifen besser und in einem rundum positiven Art und Weise zu essen wollen, ist es direkt vor Ihnen. Diese E-Buch wird Ihnen die Inspiration und das Vertrauen zu beginnen, Einmachglas Essen zu geben. Seien Sie bereit für jede Menge Komplemente von Ihrer Familie, Freunden und Kollegen, wenn Sie zu tun!

## **Kapitel 1**

### **Warum sind Weckglas**

#### **Mahlzeiten so beliebt?**

Wenn es etwas Neues passiert, nehmen die Leute merken. Sie wollen oft aus erster Hand erfahren, was all die Aufregung ist. Viele dieser neuen Dinge, aber nur zu vorbei Trends. Sie scheinen das Interesse der Verbraucher ebenso schnell, wie sie begann zu verlieren.

Dies scheint nicht der Fall bei Einmachglas Mahlzeiten. In der Tat sind sie wirklich Abholung in der Popularität. Sie funktionieren gut für

alle Altersgruppen, auch Familien, Studenten, Baby-Boomer, Rentner, und die in der Business-Kraft. Die Wahrheit ist, dass jeder zum Essen braucht.

Mit dem im Verstand, weckglas Mahlzeiten zu machen sehr viel Sinn. Sie erlauben eine bessere Kontrolle, was Sie essen. Wenn Ihr Leben ist rasant und beschäftigt, sind schlechte Essgewohnheiten sehr einfach zu entwickeln. Ausschneiden von verarbeiteten Lebensmitteln und Fast Food kann Ihnen helfen, senken viele dieser schlechten Gewohnheiten.

Sie finden auch, dass die meisten der Einmachglas Mahlzeiten enthalten Inhaltsstoffe, die gut für Sie sind. Sie haben viel Protein wie Huhn und mageres Fleisch. Dazu gehören auch viele Antioxidantien und machen Sie fühlen sich energiegeladen durch die frisches Obst und Gemüse, die sie enthalten.

Es gibt einige tolle Desserts, aber die Portionen sind kleiner, haben Sie nicht für ab und zu konsumieren sie schuldig zu fühlen. Plus, wenn Sie Ausschneiden Kalorien auf andere Weise gibt, Ihre Ernährung wird für jene gelegentlichen süßen Leckereien, die nicht in Gewichtszunahme oder gesundheitlichen Problemen führen können.

Die Zubereitung von Essen bequeme sowie optisch ansprechend ist wichtig. Wir wollen nicht, um Lebensmittel, die langweilig ist, mild, oder farblosen Tag für Tag zu essen. Mason Gläser bieten eine einfache, aber elegante Weg, um eine Vielzahl von Gerichten servieren. Sie sind auch

leicht zu waschen und nicht teuer zu kaufen.

Diese Mahlzeiten werden immer beliebter als Menschen kennen zu lernen und teilen Sie sie. Alle es dauern wird, ist das Essen ein - bei einem Mittagessen oder bei einem Freund zu Hause - Sie süchtig zu erhalten! Vielleicht haben Sie auch Einmachglas Mahlzeiten auf Pinterest gesehen haben und möchten, um sie auszuprobieren.

Seien wir ehrlich - wir alle müde von den gleichen alten Routine, wenn es um das Essen und die Mahlzeiten geht. Wir tun es oft Roboter, aber jetzt ist die Zeit, das zu ändern. Sie werden wieder freut sich auf das Mittagessen, wenn Sie sehen Ihre bunten Weckglas statt einer braunen Papiertüte, die ein stumpfen Sandwich.

Die Möglichkeiten sind endlos, wenn es um Maurergläser kommt: Sie können sie für Salate und andere Erkältungskrankheiten Lebensmittel zu verwenden; Sie können sie in den Ofen und backen Sie direkt in ihnen; Sie können sogar die Mikrowelle sie, wenn Sie in Eile sind. Die Tatsache, dass Glas ist zu 100% recycelbar nur noch auf das Positive. Zu wissen, dass Sie Ihren Beitrag an Abfällen in die Umwelt zu reduzieren, ist immer ein gutes Gefühl.

Mason Gläser auch zu speichern, zu. Sie brauchen nicht zu viele Töpfe und Pfannen zum Kochen und Tupperware-Behälter für die Speicherung verwenden. Glasmaurergläser bieten eine all-in-one-Lösung.

Colleges Schlafsäle mit Küchen sind oft mit Maurer-Gläser gefüllt. Diese Art von Kochen, hat sich sehr beliebt bei Studenten, weil es einfach und problemlos. Wenn besetzt - aber oft faul -

Jugendliche kann es Ihnen zu tun, so kannst.

Essen gesünder und zu wissen, was Sie in Ihren Körper setzen sind eine treibende Kraft hinter der Explosion von Einmachglas Mahlzeiten. Die Menschen werden endlich verstehen, die verarbeitet schnelle Lebensmittel sind nicht gut für den Geist oder den Körper.

Eine gesunde Wahl bedeutet nicht, Sie müssen Lebensmittel, die schlecht schmeckt essen oder hungern. Stattdessen können Sie Lebensmittel, die Sie bieten Nahrung und ansprechend aussehen, Sie essen. Natürlich gibt es Einmachglas Speisen und Desserts, die nicht die

gesündeste, so kümmern sich um diejenigen, die in Maßen zu essen!

Mit Maurer gläser, können Sie genau sehen, wie viel Essen Sie essen. Portion Control ist ein großes Problem in unserer heutigen Gesellschaft. Denken Sie darüber nach, wenn Sie auf den Platten in der Küche zu dienen. Die meisten von uns nicht messen die Menge der Nahrung, die wir stapeln auf einer Platte.

Denken Sie auch zu, wenn Sie vor Ort oder mit dem Auto bis zu einem Fenster zu gehen. Die meisten Fast-Food-Restaurants versuchen, Sie mit dem kostengünstig Upsizing den Seiten, wie Französisch frites oder ein alkoholfreies Getränk zu locken. Dies führt zu aufwendig weit mehr Kalorien als nötig oder gesund ist.

Die meisten hinsetzen Restaurants bieten Abschnitte, die sogar größer als das, was wir uns zu Hause zu dienen. Doch da wir uns für das Essen zu bezahlen, und wir sind die Atmosphäre genießen, neigen wir dazu, mehr, als wir gewohnt zu essen. Wenn Sie zeigen, hungern, können Sie sogar eine Vorspeise, auch.

Einmachglas Mahlzeiten, aber helfen, einfach und erfolgreich zu identifizieren, wie viel Essen Sie verbrauchen. Wie Sie Ihre Portionsgrößen unter Kontrolle ist eine der wichtigsten Möglichkeiten, die Kalorienaufnahme zu reduzieren und somit Gewicht zu verlieren.

Es ist auch ein Teil eines gesunden Lebensstils. Einfach nur bewusst über Portionsgrößen ist ein Aha-Erlebnis und einen Schritt in die richtige Richtung hin zu einer besseren, die allgemeine Gesundheit.

Während Sie Ihre eigenen Gründe für das Ausprobieren Einmachglas Mahlzeiten zu haben, hier sind die häufigsten Gründe, andere vorgeschlagen haben:

Mason Gläser sind spülmaschinenfest.

Sie können wiederverwendet werden.



Sie sind nicht schädlich für die Umwelt.

Lebensmittel nicht beflecken Gläsern.

Layered und bunten Maurergläser sind optisch ansprechend.

Sie sind einfach zu stapeln, verpacken, zu transportieren und zu schütteln.

Sie sind billig zu kaufen.

Mason Gläser im Kühlschrank, eingefroren gelagert werden, in der Mikrowelle gelegt oder in den Ofen.

Sie sind bequem.

Mason jar Mahlzeiten sind leicht zu re-Wärme.

Sie sind leicht zu verstauen.

Wie Sie versuchen, diese Rezepte und erstellen Sie Ihre Einmachglas Mahlzeiten, können Sie einige Ihrer eigenen Gründe zu dieser Liste hinzufügen!

## **Kapitel 2**

### **Anfangen**

Vielleicht haben Sie lieben die Idee, Einmachglas Mahlzeiten, aber fühlen sich skeptisch. Das letzte, was Sie wollen, ist ein lästiges Unterfangen in der Küche. Sie haben nicht zu verbringen viel Zeit und viel Geld, aber um diesen Mahlzeiten zu versuchen.

Sie können feststellen, haben Sie bereits einige der Elemente, die Sie rund um das Haus brauchen. Wenn nicht, wird es nicht zu viel Geld überhaupt kosten, um sie zu erhalten. Hier ist was Sie brauchen, um loszulegen:

Ein paar Maurergläser

Einige Rezepte zu versuchen

Eine Einkaufsliste

Zeit für die Planung

### **A Few Maurer-Gläser**

Kauf Maurer-Gläser in verschiedenen Größen ist sehr zu empfehlen. Sie werden feststellen, wie Sie für Rezepte, die die Größen der erforderlichen Dosen variieren aussehen. Während 4-Unzen-und 8-Unze-Gläser sind die gängigsten Größen, sie sind nicht die einzigen, die zu berücksichtigen. Und wenn die Gläser haben Sie nicht die richtige Größe, können Sie verringern oder erhöhen Sie die Zutaten proportional, aber stellen Sie sicher, Ihre Berechnungen richtig sind.

Kaufen Maurer gläser mit Deckel, so können Sie ganz einfach speichern Sie Ihre Reste. Dies ist auch wichtig für die Mahlzeiten wie Salate. Sie brauchen einen guten passenden Deckel, so dass Sie alle Zutaten, ohne ein Chaos aufzurütteln.

Sie können Fälle von Maurer gläser von vielen Händlern, die Sie bereits besuchen zu kaufen. Sie können auch in der Masse kaufen sie, wenn Sie eine Menge von ihnen zu erwerben möchten.

Fällen nicht sehr viel kosten, und Sie werden feststellen, dass sie zu kaufen als eine Menge ist je Stück weit weniger teuer als einzeln kaufen Sie die Gläser. Es gibt sogar einige Webseiten, wo Sie Maurer gläser mit Deckel zu kaufen und sie zu Ihnen nach Hause geliefert direkt.

Geben Sie für die, die kostenlose oder kostengünstige Verschiffen anzubieten. Mason Gläser kann schwer sein, so dass Sie nicht wollen, ein Vermögen für das Verschiffen zahlen. Bedenken Sie immer die Gesamtkosten der Produkt zuzüglich Versandkosten.

### **Einige Rezepte zum Ausprobieren**

Finden Sie ein paar Rezepte, die Sie würde zunächst gern versuchen. Wenn Sie erfolgreich mit ihnen sind, werden Sie aufgefordert, fortzusetzen und zu erweitern Ihr Repertoire werden. Wenn Sie nicht viel freie Zeit, die Sie für Rezepturen mit einer geringen Vorbereitungszeit und nur wenige Zutaten freuen.

Wenn Sie Interesse an Gewicht zu verlieren, oder das Essen besser sind, suchen Sie nach Rezepten, die Zutaten, die hochernährungs sind enthalten. Es gibt sogar Einmachglas Desserts, die viel Obst und Joghurt in ihnen haben. Sie werden Ihren süßen Zahn, ohne mit Zucker und Kalorien geladen befriedigen.

Sie können alle Rezepte Sie online zu finden. Es gibt Webseiten, die nicht nur zeigen Ihnen die Zutaten, sondern auch Schritt-für-Schritt-Fotos des Herstellungsverfahrens. Natürlich wird diese E-Buch, das Sie mit einigen Rezepten, um zu versuchen zu schaffen. Sobald Sie fertig sind die Erkundung diejenigen, wird es leicht zu suchen, einige Ihrer eigenen.

Pinterest ist ein sehr beliebter Ort für Einmachglas Rezepte. Wenn Sie nach einem bestimmten Rezept suchen, ist es die beste Website Suche nach ihr zu beginnen. Sie können durch Inhaltsstoffe, Nutzen für die Gesundheit oder sogar Vorbereitungszeit zu suchen.

### **Eine Einkaufsliste**

Nun, da Sie Ihre Rezepte haben, erhalten Sie Ihre Merkliste fertig. Zu wissen, was Sie brauchen, bevor Sie im Supermarkt ankommen ist sehr wichtig. Sie wird die Shopping-Prozess schneller, effizienter, und gründlich: Sie müssen nicht zu einem späteren Zeitpunkt für alle Zutaten, die Sie vergessen zurückzukehren, und Sie werden weniger wahrscheinlich durch ungesunde, kalorienreiche "Convenience" Lebensmittel abgelenkt werden können. Versuchen Sie, Elemente, die in der Saison sind, sowie zu finden. Dies kann Ihnen helfen, Kosten zu senken und erhöhen die Nährwerte.

Zum Beispiel können Sie Obst und Gemüse in Rezepten für was auch immer ist sofort verfügbar, frisch und günstig zu ersetzen. Viele

Zutaten können auch mit Lebensmitteln, die günstiger oder mehr nach Ihrem Geschmack sind wechself werden.

## **Zeit für die Planung**

Sie müssen sich Zeit für Kochen von Mahlzeiten sowieso zuzuteilen, also warum nicht etwas von dieser Zeit, Einmachglas zu schaffen? Zum Beispiel, wenn das Frühstück ist oft ein Streit in Ihrem Hause, können Sie die Vorbereitung der Nacht zuvor zu tun. Viele dieser tolle Rezept Optionen können Sie das Essen vor der Zeit, und kühlen Sie es bis zur Verwendung.

Selbst die Rezepte, die gebacken werden müssen, können im Voraus vorbereitet werden.

Speichern Sie sie einfach in den Kühlschrank stellen, bis Sie fast bereit zu essen. Dann den Backofen vorheizen und Pop sie in, während Sie mit Ihren anderen Aktivitäten fortzusetzen.

Die Maurer-Gläser ist bereit, wenn Sie sind. Dies gilt vor allem und hilfreich für warmes Frühstück. Es ist ein einfacher Plan, der minimal Zeit in Anspruch nimmt, so kann man den Tag mit großer Probe, nahrhafte Nahrung beginnen.

## **Kapitel 3**

### **Tipps zum Erstellen Ihr Weckglas**

#### **Mahlzeiten Erfolgreich**

Bevor Sie in die Schaffung Einmachglas Mahlzeiten tauchen rechts, sollten Sie sich bewusst sein, diese hilfreiche Tipps. Sie werden die Zeit in Vorbereitung und Reinigung zu reduzieren.

Sie werden auch Ihnen helfen, die beste Qualität der Ergebnisse zu erzielen.

#### **Schmierer**

Viele Nahrungsmittel können zu den Seiten Ihrer Maurergläser bleiben, wenn Sie nicht vorsichtig sind. Schmierer kann durch das Rezept empfohlen werden, und wenn ja, es ist ein Schritt, den Sie nicht überspringen sollte. Es kann schwierig sein, Ihre Hände auf den Boden der Maurer-Glas, um es zu schrubben sauber zu bekommen.

Verwenden Spray Kochspray ist die beste Option für das Schmierer Ihre Maurergläser. Es ist sehr einfach zu bedienen, auch wenn Sie größere Hände haben, denn Sie können einfach versuchen das Spray in den Mund des Glases. Dies bedeutet auch, dass Sie die Frustration kleben Essen bei der Reinigung zu vermeiden.

## **Reinigung**

Achten Sie darauf, die Maurer-Gläser sehr gut reinigen. Möglicherweise müssen Sie eine Flaschenbürste oder einem anderen Werkzeug, wenn man den Boden der Gläser nicht erreichen kann. Sie können auch legen Sie sie in der Spülmaschine reinigen und zu desinfizieren, die ihnen.

Es ist sehr wichtig, um sicherzustellen, dass die Maurer-Gläser sind absolut sauber. Andernfalls werden Keime Verweilen und Bakterien wachsen können.

Ein weiteres häufiges Problem ist nicht gründlich spülen, wenn Sie sie eigenhändig waschen. Die anhaltende Seife kann den Geschmack Ihrer nächste Rezept ruinieren, so spülen Sie sie gut.

Stellen Sie sich die Zeit nehmen, etwas Leckeres und dann statt Verkostung statt Seife zu machen - das ist ein Fehler, den Sie glücklicher sein würde ganz zu vermeiden.

## **Untersuchen**

Mason Gläser sind sehr langlebig, aber Sie müssen vorsichtig mit ihnen zu sein. Das Glas kann brechen oder Chip. Immer überprüfen Sie die Maurergläser, nachdem Sie sie zu waschen und, bevor Sie

sie weg. Überprüfen Sie die Handgriffe, so dass Sie nicht schneiden sich bei der Kommissionierung ein bis. Prüfen Sie rund um die Deckelbereich, auch, wie das ist ein gemeinsamer Ort für die Zerspannung auftreten.

Sollten Sie Probleme mit einem Weckglas bemerken, die nicht weiter verwenden. Stattdessen sollten sie mit der anderen Glasteile recycelt werden.

Zu helfen, Probleme mit Maurergläser zu reduzieren, kaufen diejenigen von guter Qualität. Sie werden nicht viel mehr kosten, aber die Qualität Unterschied kann beträchtlich sein. Passen Sie gut auf den Maurergläser, auch. Behandeln Sie sie vorsichtig, und nicht sie zusammen schlagen.

## **Handhabung**

Mason Gläser extrem heiß sein, wenn Sie sie aus dem Ofen nehmen. Achten Sie darauf, sie pfleglich zu behandeln, um schwere Verbrennungen zu vermeiden. Lassen Sie sie nicht zu kühlen, wenn Kinder oder Haustiere auf sie zugreifen können.

Auch wenn die Außenseite des Einmachglas nur warm, können die Lebensmittelinhalte in der es immer noch sehr heiß sein. Sie nicht in Eile sein, dass Lebensmittel auf ein Utensil und in den Mund zu setzen! Überprüfen Sie es immer an erster Stelle, so dass Sie Ihre Zunge nicht brennen.

## **Backen**

Es ist eine gute Idee, ein Backblech oder Backblech unterhalb der Maurer-Gläser stellen, bevor Sie in sie zu backen. Dadurch wird es viel einfacher, die heißen Gläser aus dem Ofen nehmen.

Wenn Sie sie in den Ofen schieben, aber tun Sie dies vorsichtig, damit sie nicht umkippen. Dies kann in einem großen Durcheinander führen, um aufzuräumen.

Einige Rezepte werden Ihnen sagen, ein paar Zoll von Wasser auf den Boden der Pfanne hinzuzufügen. Damit soll sichergestellt werden, dass die Inhaltsstoffe auf den Boden der Mauergläser brennen nicht. Achten Sie auf solche Tipps, wie sie können einen großen Unterschied in Ihrer resultierenden Mahlzeit.

## **Nach der Anfahrt**

Achten Sie auf die Zeit, um die Richtungen mit Einmachglas Lebensmitteln folgen zu nehmen.

Verwenden Sie die richtige Größe der Jar für das Einzelteil Sie machen. Sie können reduzieren oder erhöhen den Betrag der Gläser das Essen ist für aber sicherstellen, dass Sie die Mathematik richtig, so dass Sie die richtige Menge der Zutaten haben zu tun.

Wenn Sie sich nicht an die Anweisungen Ihres Einmachglas Mahlzeiten kann ein Flop. Sie können am Ende die Schaffung eines Chaos zu, indem Sie die Gläser über Füllung. Einige der Nahrungsmittelinzelteile werden während des Backens, so lesen, was das Rezept sagt, und man kann solche Bedenken zu vermeiden, zu erweitern.

Wenn Sie leicht einschüchtern, wenn es um etwas Neues auszuprobieren kommt, langsam anfangen. Verwenden Sie Rezepte, die nur 5 oder weniger Zutaten. Stellen Sie sicher, Sie möchten, was die Zutaten sind. Das letzte, was Sie wollen, ist weiter die Zeit und Mühe zu setzen und dann werfen Sie heraus, was Sie gerade gemacht haben.

## **Speicherung**

Das Rezept sollte auch sagen, wie lange können Sie die Einmachglas Mahlzeiten, nachdem Sie sie zu speichern. Typischerweise wird sie 3-5 Tage, aber dies hängt von der Art der Bestandteile.

Sicherstellen, dass die Einmachglas Lebensmittel sind mit Deckeln, die richtig passt und verbrauchen die Nahrung in einer angemessenen Weise auf ernährungsbedingte Krankheiten zu verhindern gesichert.

Wenn Sie oft Einmachglas Mahlzeiten, ist es eine gute Idee, sie sowohl mit den Inhalten und dem Verfallsdatum zu kennzeichnen. Verwenden Sie Etiketten, die gut haften, aber waschen Sie sich leicht in Wasser. Sie können auch mit einem trocken abwischbaren Marker kennzeichnen, so lange wie Sie die Informationen mit den Fingern nicht verschmieren nicht.

## **Spaß haben!**

Erstellen Einmachglas Mahlzeiten sollten Spaß, nicht stressig, Arbeit! Haben Sie eine gute Zeit zu experimentieren. Sie können entscheiden, dass Sie einige Ihrer eigenen Rezepte aus der anderen, die Sie gefunden haben, erstellen möchten. Oder vielleicht möchten Sie bestimmte Zutaten ersetzen, um nach Ihren eigenen Wünschen ein Rezept mehr machen.

Sie müssen nicht um Einmachglas Mahlzeiten auf eigene Faust, entweder zu machen. Sie können es eine Familie Aktivität zu machen. Beiseite ein oder zwei Stunden am Wochenende, wenn Sie alle teilnehmen können.

Sie können neue Rezepte versuchen, bereinigen zusammen und reden, wie Sie die Mahlzeiten zubereiten. Das wird der gesamte Prozess mehr Spaß, als auch sozial und gesund von Vorteil für die ganze Familie zu machen.

## **Kapitel 4**

### **Frühstück Rezepte**

Das Frühstück ist die wichtigste Mahlzeit des Tages, noch so viele Menschen lassen es aufgrund der morgendlichen Rush. Erstellen Sie diese erstaunlichen Einmachglas Frühstück Rezepte garantieren



Ihnen den Tag aussteigen, um einen guten Start. Einige von ihnen kann man sogar in der Nacht, bevor, die dem hektischen Morgen Rush, dass viele Haushalte Erfahrung zu beseitigen hilft!

Da das Essen ist in einem Einmachglas, können Sie auch Ihre Mahlzeit für unterwegs. Vielleicht haben Sie einen langen Weg in das Büro in den Morgen. Sie können Ihr Essen auf der Festplatte zu genießen. Sie können sogar in das Büro für das Konsumieren am Schreibtisch, während Sie durch Ihre E-Mails gehen und organisieren Sie Ihre täglichen Aufgaben.

## **Baked Eggs**

6 Maurergläser, die jeweils 4 Unzen

2 Teelöffel Bio-Olivenöl

1 Bio-Zwiebel, in Scheiben geschnitten

1 Tasse Bio-Spargel, gehackt

10 Freilandeier, geschlagen

1 Tasse Gras gefüttert Käse, gerieben

Ofen vorheizen auf 375 ° F. Das Öl in einer Pfanne und fügen Sie die Zwiebeln. Braten Sie sie für ein paar Minuten. Fügen Sie den Spargel und kochen für ca. 5 Minuten - bis es zart, aber immer noch knackig ist. Mit Salz und Pfeffer abschmecken.

Großzügig einfetten Maurergläser. Verwenden Sie Zangen, um die Gemüsemischung hinzuzufügen. Schlagen Sie die Eier gut und fügen Sie sie zu den Maurer-Gläser. Verteilen Sie den Käse auf die Oberseite. Mit einem Löffel die Gläser gut umrühren, damit der Käse vermischt sich in den Eiern und Gemüse.

Backen Sie für 20 bis 25 Minuten. Die Spitzen sollten goldbraun sein. Aus dem Ofen nehmen und abkühlen lassen. Sie können die Deckel hinzuzufügen und zu speichern, wenn die Gläser sind völlig

cool. Es ist auch möglich, genug Gläser für eine ganze Woche an Frühstück vorzubereiten. Jetzt bekommen Frühstück fertig in Eile ist nicht ein Problem.

## **Peaches & Cream Französisch Toast**

8 Maurergläser, die jeweils 4 Unzen

1 Tasse Bio-Mehl

1 Esslöffel Backpulver

3-Unzen-Box Instant Vanillepuddingpulver

3 Esslöffel Gras gefüttert Butter

1 Freilandhaltung Ei

½ Tasse halb und halb

16-Unzen können Hälften Pfirsich

8-Unze-Paket von organischen Frischkäse, weich

½ Tasse Kokoszucker

8 Stück Bio-Brot

Ofen vorheizen auf 350 ° F. Mischen Sie alle Zutaten mit Ausnahme der Pfirsiche und Brot in einer großen Schüssel für 2 Minuten bei mittlerer Geschwindigkeit. Legen Sie ein Stück Brot am

Boden jedes Einmachglas. Lassen Sie die Pfirsiche und fügen Sie ein paar Scheiben in jedes Glas. Den Teig über das Brot und Pfirsiche.

Backen Sie für 30 Minuten. Die Oberseite sollte sprudeln. Essen warm. Um die Zutaten aus dem Festhalten an den Maurer-Gläser verhindern, großzügig schmieren sie vor der Verwendung.

## **Banana Kiwi Frühstück Joghurt**

6 Maurergläser, die jeweils 4 Unzen

Granola:

1 Tasse Bio glutenfrei Hafer

½ Tasse Kokos, geschreddert

2 EL brauner Zucker Bio-

Eine Prise Zimt

3 Esslöffel Kokosöl

2 EL Roh-Honig

Joghurt:

2 Tassen organischen Vanille-Joghurt

2 Tassen Bio Erdbeer-Joghurt

1 Bio-Bananen, gehackt

2 Bio-Kiwis, gehackt

Mischen Sie alle Zutaten zusammen, um die Müsli-Mischung zu machen. In einer separaten Schüssel mischen Joghurt und Obst. Schicht die Müsli und Joghurt in der Maurer-Gläser.

Kühlschrank für ein paar Stunden vor dem Essen.

## **Banana Nut Bread**

8 Maurergläser, Jugend-Größe

2/3 Tasse Verkürzung

2 ½ Tassen Kokoszucker

4 Freilandeier

2 Tassen Bio-Bananen, püriert

1 Tasse Wasser

3 ½ Tassen organischen Allzweck-Mehl

½ TL Backpulver

2 Teelöffel Backpulver

1 Teelöffel Himalayasalz

1 TL Zimt

1 Teelöffel Nelken, gemahlen

1 Tasse Pekannüsse, gehackt

Ofen vorheizen auf 325 ° F. Fetten Sie die Seiten und Böden der Maurer-Gläser. In einer Schüssel, Sahne die Verkürzung und Salz, bis es flauschig. Fügen Sie die Bananen, Eier und Wasser. Gut mischen und zur Seite legen.

In einer anderen Misch Schüssel sieben Sie zusammen das Mehl, Backpulver, Backpulver, Nelken, Zimt und Salz. In der flüssigen Mischung der Trockenmischung und gut umrühren.

Fügen Sie die Muttern letzten. Füllen Sie jede jar ½ voll wie die Mischung wird, wie die Bananenbrot backt steigen.

Backen Sie für 45 Minuten oder bis das Bananenbrot goldbraun ist auf der Oberseite. Es sollte auch werden, ziehen weg von dem Glas, wie es strafft. Die Gläser verschlossen und im Kühlschrank aufbewahrt, nachdem sie für etwa eine Woche.

## **Breakfast Casserole**

6 Maurergläser, die jeweils 4 Unzen

6 Freilandeier

½ Tasse Bio-Milch

1 Dose Hörnchen Teig

1 Rolle Wurst, gekocht, zerbröckelte, abgetropft

1 Tasse Gras gefütterter Cheddar-Käse, zerfetzte

Legen Sie ein Hörnchen Teigstück fest an der Unterseite jedes Einmachglas. Kochen Sie die Wurst und Drain das gesamte Fett. Sie können auch dieses Frühstück Auflauf mit Speck statt Wurst, wenn Sie bevorzugen.

Mischen Sie die Eier und Milch zusammen. Gießen Sie gleichmäßig in die Maurergläser. Teilen Sie den Käse und fügen Sie an die Spitze der jedes Glas. Backen Sie bei 350 ° F für 20 Minuten.

## **Schinkenspeck mit Eiern**

6 Maurergläser, die jeweils 4 Unzen

6 Freilandeier

1 Tasse Gras gefütterter Käse, zerfetzte

1 £ nitratfreien Speck, gekocht, entwässert wird, zerbröckelt

Mischen Sie die Eier und Käse in eine Schüssel geben, dann gießen Sie in die Maurergläser.

Legen Sie jedes Einmachglas in die Mikrowelle für ca. 2 Minuten. Dadurch wird die Ei-Mischung zu aufblähen. Es wird jedoch schnell zu entleeren.

Mischen Sie in Käse und Speck. Sie können auch etwas frischer Spinat zu der Mischung hinzufügen, wenn Sie möchten.

### **Coco Banana Oatmeal**

\*\* Dieses Rezept ist für einen Einmachglas \*\*

¼ Tasse Bio-Haferflocken, ungekocht

1/3 Tasse Mandelmilch

14 Tasse Bio-Vanille-Joghurt

2 Esslöffel Chia-Samen

1 EL Kakao

½ Tasse Bio-Bananen, gehackt

Mischen Sie die Hafer, Joghurt, Mandelmilch und Chia-Samen in das Einmachglas. Setzen Sie den Deckel fest und gut schütteln. Fügen Sie den Kakao und gut umrühren. Fügen Sie die Bananen. Fügen Sie 1 Esslöffel gehackte Walnüsse und einen Esslöffel Honig zu diesem Rezept, falls gewünscht.

Es empfiehlt sich, diese Mischung in den Kühlschrank für mehrere Stunden vor dem Genuss zu lassen. Idealerweise machen es die Nacht vor und genießen Sie am Morgen. Achten Sie darauf, dieses Produkt innerhalb von 3 Tagen die es aufgrund der Milchbestandteile enthält es zu konsumieren.

### **Miniature Zimtrolls**

4 Maurergläser, die jeweils 4 Unzen

2 Tassen organischen Allzweck-Mehl, roh

2 Esslöffel Kokoszucker

¼ TL Backpulver

½ Teelöffel Himalayasalz

¼ Tasse Gras gefüttert Butter, in Stücke geschnitten

¾ Tasse Bio-Buttermilch

Mischen Sie alle trockenen Zutaten in einer großen Schüssel. Schneiden Sie in den Stücken von Butter und mischen in gut. Der Teig sollte krümelig ist. Fügen Sie die Buttermilch und mischen.

Der Teig sollte beginnen sich zu bilden. Fügen Sie etwas Mehl auf die Arbeitsplatte und kneten für 2 Minuten. Rollen Sie in ein großes Rechteck zu ¼ "dick.

¼ Tasse Gras gefüttert weiche Butter

1 Tasse brauner Zucker Bio-

1 TL Zimt

Mischen Sie die Zutaten gut und erstreckt sich auf das Rechteck Teig. Den Teig von Ihnen entfernt. In der Hälfte wieder in Drittel, in der Hälfte, und dann. Sie haben noch 12 große Scheiben schneiden.

Fetten Sie den Boden der Maurer-Gläser und legen Sie sie auf ein Backblech. In 3 der Scheiben zu jeder Einmachglas. Backen Sie bei 350 ° F für 18 Minuten. Die Spitzen sollten goldbraun sein. Lassen Sie sie vor dem Essen zu kühlen. Während sie Kühl sind, können Sie die Zuckerglasur zu machen.

2 Tassen Bio Puderzucker

¼ Tasse Bio-Sahne

1 EL Vanille

Wischen Sie die Zutaten in einer Schüssel mischen. Fügen Sie mehr Creme, wenn nötig, um die gewünschte Konsistenz zu erhalten. Löffel oben auf den Zimtschnecken.

## **Zimt Pfannkuchen**

6 Maurergläser, die jeweils 4 Unzen

6 Tassen Bio-Mehl, roh

1 Esslöffel Backpulver

3 Esslöffel Kokoszucker

2 Esslöffel Zimt

1 Esslöffel Himalaya-Salz

Mischen Sie alle Zutaten gut in eine Rührschüssel geben. Verwenden Sie einen Schneebesen, nicht einen elektrischen Mixer. Fügen Sie eine gleichmäßige Menge des Teigs zu jedem der 6

Maurergläser. Backen Sie bei 350 ° F für 10 Minuten.

## **Strawberry Banana Chewy Oats**

\*\* Zutaten sind pro Einmachglas \*\*

½ Tasse Bio-Haferflocken

½ Tasse organischen griechischen Joghurt

2/3 Tasse Bio-Milch

1 Esslöffel Chia-Samen

1 Bio-Bananen, gestampfte

2 Esslöffel Bio-Erdbeermarmelade



Alle Zutaten gut zusammen. Legen Sie in das Einmachglas und einen Deckel auf sie fest. Lassen Sie es über Nacht im Kühlschrank lagern.

## **Banana & Almond Smoothie**

**\*\* Zutaten sind pro Jugend-Größe Einmachglas \*\***

1 Tasse Mandelmilch

1 Esslöffel Bio-Mandel-Butter

1 Bio-Bananen

1 Esslöffel Leinsamen, gemahlen

Mischen Sie alle Zutaten und dann gießen Sie sie in das Einmachglas. Kühlschrank für ein paar Stunden vor dem Genuss. Kann in der Nacht zuvor gemacht für ein köstliches und nahrhaftes Smoothie am Morgen zu trinken.

## **Kapitel 5**

### **Mittagessen Rezepte**

Erste ein wohlschmeckendes Mittagessen, während Sie bei der Arbeit sind, oder gerade beschäftigt, rund um das Haus, ist wichtig. Andernfalls können Sie das Mittagessen zu überspringen oder zu greifen etwas, das nicht sehr nahrhaft. Hier sind einige gute Einmachglas Mittagessen Rezepte zu versuchen!

### **Sushi in einem Glas**

**\*\* Inhaltsstoffe sind für 1 Einmachglas \*\***

½ Tasse organischen kurzen Korn, brauner Reis, gekocht

1 Teelöffel Kokosnuss Zucker

2 Teelöffel Sojasauce

1 Nori Blatt, in ¼ "Stücke geschnitten

½ Tasse Mischung von organischen Gurken und Karotten,  
geschreddert

¼ Tasse Bio-Avocado, gewürfelt

1 EL Limettensaft

1 Esslöffel Ingwer, eingelegte

¼ Tasse Wasabipaste

In einem kleinen Topf erhitzen, Zucker und Sojasauce. Hitze, bis der  
Zucker aufgelöst hat.

Heizen Sie den braunen Reis und gießen Sie diese Mischung über  
die Oberseite von ihr, während sie noch warm.

Bestreichen Sie die Avocado mit Limettensaft, damit es nicht braun.  
Mischen Sie in den Rest des Gemüses mit der Avocado. Sie sind  
bereit zu starten Schichtung Ihre Zutaten. Platzieren Sie die Hälfte  
des Nori an der Unterseite und der Hälfte an der Spitze.

### **Mittelmeer Quinoa**

6 oder 8 Maurergläser, 4 Unzen oder größer je

1 Tasse Bio-rot oder weiß Quinoa, gespült

2 Tassen Wasser oder organischen Gemüsebrühe

½ Tasse Vinaigrette

2 Teelöffel ganze Korn Senf

3 Esslöffel Zitronensaft, frisch gepresst

1 EL Weißweinessig

2 Knoblauch organischen Zehen, fein gehackt

¼ Teelöffel zerkleinerte Paprika Flocken

½ Tasse Olivenöl, bevorzugt extra vergine

1 Gurke, gewürfelt

2 Tassen Vollkornmais

1 Pint organischen Kirschtomaten, halbiert

1 Bio-rote Zwiebel, in Scheiben geschnitten

½ Tasse Bio-Petersilie, fein gehackt

Kochen Sie die Quinoa und Wasser oder Brühe bei starker Hitze. Reduzieren Sie die Hitze köcheln lassen, sobald sie an einem vollen Blutgeschwür ist. Lassen Sie es für etwa 15 Minuten köcheln lassen, bis die Quinoa ist zart. Von Hitze und Abdeckung zu entfernen. Lassen Sie es für 5 Minuten sitzen. Mit einer Gabel Flaum. Die Quinoa kann am Vortag vorbereitet werden.

Mischen Sie alle Gemüsepflanzen zusammen. Dann mischen Sie in den restlichen Zutaten, einschließlich der Quinoa. Setzen Sie die Mischung großzügig in die Maurergläser. Es kann für bis zu 3 Tage, solange es gekühlt gelagert werden.

## **Corn Dogs**

12 Maurergläser, mindestens ½ Pint Größe

3 Tassen gelbes Maismehl, selbst steigenden

6 Freilandeier

1 ½ Tasse Bio-Milch

½ Tasse Bio-Schmand

¼ Tasse vegetablegrape Kernöl

¾ Tasse Kokoszucker

6 Bio Hot Dogs, halbiert

Ofen vorheizen auf 375 ° F. Mischen Sie alle Zutaten mit Ausnahme der Hot Dogs. Die Mischung sollte glatt sein. Großzügig fetten Boden und die Seiten der einzelnen Einmachglas.

Fügen Sie die Mischung gleichmäßig in jedes Glas.

Stehen Sie einen Hot Dog aufrecht in der Mitte des Teigs in jedem Einmachglas. 20 Minuten backen. Das Maisbrot sollte goldbraun sein. Lassen Sie sie vollständig abkühlen. Mit einem Messer, um das Maisbrot von den Seiten der Maurergläser lockern.

Sie können sofort oder im Kühlschrank zu essen, bis Sie bereit sind zu essen. Zu erhitzen, den Deckel abnehmen und Mikrowelle für 45 Sekunden bis 1 Minute. Sie können es allein oder mit Senf und Ketchup genießen. Chili und Käse können Sie für zusätzliche Aromen zugesetzt werden, auch.

### **Layered Burritos**

4 große Maurergläser

1 Tasse Bio-Quinoa, gekocht

1 ½ Tassen organische schwarze Bohnen

4 Tassen organischen Kopfsalat, gehackt

1 Tasse Bio-Grünkohl, gehackt

1 Tasse Sonnenblumen Tüllen

2 Tassen organischen Salsa

1 Tasse Bio griechischen Joghurt, plain

Kochen Quinoa und lassen Sie ihn abkühlen. Fügen Sie ¼ Tasse auf den Boden jedes Einmachglas. Fügen Sie die schwarzen Bohnen, Kopfsalat, Grünkohl, Salsa, Joghurt, Sprossen und dann in dieser Reihenfolge. Achten Sie darauf, einige Zimeter an der Spitze verlassen. Gut schütteln vor dem Essen. Machen Burritos aus der Mischung oder essen mit Tortillas auf der Seite.

## **Kapitel 6**

### **Salat-Rezepte**

Eine gesunde Salat ist eine großartige Möglichkeit, um auf dem richtigen Weg mit Ihren Gewichtsverlust Bemühungen oder Ihre gesunde Ernährung Ziele bleiben. Diese Einmachglas Salate werden Sie von Geld in den Automaten oder gehen an den lokalen Drive-Thru, etwas für das Mittagessen zu packen zu stoppen.

Eine der häufigsten Fragen, die Menschen haben, wenn es um Einmachglas Salate kommt, ist, wie zu beschichten die Zutaten gut. Die meisten Rezepte sagen, um den Verband an der Unterseite des Glases gestellt. So stellen Sie sicher, um Platz an der Spitze zu verlassen, so dass Sie es überall zu schütteln, bevor Sie es essen. Packen Sie nicht das Einmachglas so voll, dass es sich nicht bewegt, wenn Sie es schütteln.

Ein weiteres gemeinsames Anliegen ist die Kopfsalat wird verwelken. Da jedoch viele dieser Rezepte, auch nach sitzen in den Gläsern für ein paar Tage, das Kopfsalat muss nicht welk sein.

Es kann knackig und lecker bleiben. Das Geheimnis zu machen, dass das passiert ist, Maurergläser mit guter enden Deckeln zu bekommen. Eine luftdichte Abdichtung wird das Risiko von solchen Problemen zu reduzieren.

# **Türkei**

## **Kapitel 7**

### **Abendessen Rezepte**

Nach einem anstrengenden Tag der Arbeit, das letzte, was Sie tun möchten, ist zu planen und kochen Abendessen. Nicht versucht, um Pizza zu bestellen oder Burger auf dem Weg von einem Drive-thru-Fenster greifen Hause werden. Stattdessen diese perfekte Einmachglas Abendessen!

#### **Hähnchen-Cordon-Bleu**

6 Maurergläser, die jeweils 6 Unzen

6 Hähnchenbrust

1 Esslöffel Salz

½ TL schwarzer Pfeffer

6 Scheiben Schinken

6 Scheiben Schweizer Käse

½ Tasse Butter, geschmolzen, ungesalzene

2 Tassen Brotkrumen

Ofen vorheizen auf 375 ° F. Salz und Pfeffer Huhn. Legen Sie jedes Stück in der Butter und dann in Paniermehl bedecken. Fetten Sie die Unterseite jedes Einmachglas, bevor Sie das Huhn.

Legen Sie ein Stück Schinken und Käse auf der jeweils Stück Huhn.

Backen Sie für ungefähr 40 Minuten. Überprüfen Sie sie nach 20 Minuten und wenn sie scheinen immer zu auf der Oberseite durchgeführt werden, können Sie die oben mit Folie abdecken.

Entfernen Sie die Folie für die letzten 5 Minuten Kochzeit.

### **Tex-Mex Shrimp**

2 Bio-Tomaten, gehackt

½ Tasse Bio-Zwiebel, gehackt

¼ Tasse organischen jalapenosjalapeños, gehackt

¼ Tasse Zitronensaft

1 £ Garnelen, gekocht und geschält

2 Bio-Avocados, in Scheiben geschnitten

2 Tassen organischen Salat, geschreddert

1 Tasse Bio-Tortilla-Chips, zerbröckelt

Mischen Sie alle Zutaten mit Ausnahme der Kopfsalat, Garnelen und Chips. Eine Schicht Salat auf dem Boden des Einmachglas. Fügen Sie eine großzügige Menge der gemischten Zutaten.

Fügen Sie eine Schicht von Garnelen und dann mehrere der gemischten Zutaten. In der Chips an die Spitze.

### **Mini Chicken Pot Pies**

8 Maurergläser, die jeweils 4 Unzen

2 Pakete gekühlten Tortenboden

1/3 Tasse Gras gefüttert Butter

1/3 organischen Allzweck-Mehl

½ Tasse Bio-Zwiebel, gehackt

1 Teelöffel Himalayasalz

½ Teelöffel Pfeffer

2 Tassen organischen Hühnerbrühe, niedrige Natrium-

½ Tasse Bio-Milch

3 Tassen Bio-Huhn, gekocht und zerkleinert

1 16-Unzen können Karotten, abgetropft

1 16-Unzen können Erbsen, abgetropft

Ofen vorheizen auf 425 ° F. Die Tortekrusten sollte in jedes 4/4 geschnitten werden. Zeigen 1

Quartal in den Boden jedes Glas. Die Butter in einer Pfanne und fügen Sie die Zwiebeln. Braten Sie sie für ein paar Minuten. Fügen Sie das Salz, Pfeffer und Mehl, gut mischen. Fügen Sie die Brühe und Milch langsam und weiter rühren. Die Mischung wird zu verdicken.

Bringen Sie die Mischung zum Kochen bringen und dann bis mittel die Hitze reduzieren. Das Gemüse und Wärme für ein paar Minuten. Fügen Sie das Huhn und lassen Sie es heiß. Die Masse in die Gläser, sie fast Füllung an die Spitze.

Stellen Sie ein weiteres Viertel der Tortenboden an der Spitze jedes Glas. Wenn möglich, stellen Sie ein Gittermuster mit dünnen Streifen der Kruste. Dies schafft Lüftungsöffnungen durch den Teig während die Gläser kochen. Backen Sie für 15 Minuten oder bis der Teig oben goldbraun ist.

## **Pizza**

6 Maurergläser, die jeweils 4 Unzen

1 Packung Bio-Pizza-Teig



1 16-Unzen jar organischen Pizza-Sauce

2 Tassen Gras gefütterte Mozzarella

Wunsch Toppings wie Peperoni, Speck, Gemüse (nitratfrei / organisch)

Ofen vorheizen auf 375 ° F. Vorbereitung Pizzateig nach den Anweisungen auf der Verpackung.

Cook und Drain keine Fleisch. Schneiden Sie alle Gemüse, die Sie verwenden möchten.

Den Teig auf dem Boden jedes Einmachglas, etwa 1 Zoll dick. Backen Sie für 15 bis 20

Minuten. Der Teig sollte knusprig und braun sein. In Schichten von Sauce, Toppings und Käse.

Wiederholen Sie, bis Sie an der Spitze des Einmachglas sind fast. Dann fügen Sie mehr Teig auf der Oberseite des Einmachglas.

Stellen Sie die Gläser in einer Backform mit etwa 2 Zoll Wasser. Dadurch wird die untere Schicht der Kruste aus der Verbrennung zu verhindern. Backen sie für etwa 15 Minuten. Die oberen Kruste sollte goldbraun sein

**Lasagne**

12 Maurergläser, die jeweils 8 Unzen

3 Tassen breiten Eiernudeln

1 £ Ricotta

1 Tasse Parmesan

2 Tassen Mozzarella-Käse

3 Tassen organischen Marinara-Soße

2 Tassen Gras gefüttert Rindfleisch oder Massewurst

Kochen und bereiten die Nudeln nach den Anweisungen auf der Verpackung. Abtropfen lassen und es ihnen ermöglichen, in den Topf bei schwacher Hitze bleiben. Fügen Sie 2 Tassen des Sauce. In einer Schüssel mischen Sie die anderen Zutaten außer dem Parmesankäse. Fügen Sie diese Mischung auf die Nudeln und Sauce und gut umrühren.

Löffel die Mischung in gut gefettete Maurergläser. Top sie mit der anderen Tasse Sauce. Streuen Sie den Parmesan-Käse auf der Oberseite. Backen Sie bei 350 ° F für etwa 30 Minuten.

### **Shepherds Pie**

6 Maurergläser, die jeweils 6 Unzen

Richtfest:

3 Tassen organischen goldene Kartoffeln, gekocht und püriert

3 Tassen organischen Grünkohl, gehackt

1 Stange Lauch, in dünne Scheiben geschnitten

1 Tasse Bio-Milch

2 Esslöffel Gras gefüttert Butter

1 Teelöffel Himalayasalz

½ TL Muskatnuss

Füllung:

1 £ Wurst, gekocht und zerbröckelte

2 EL Olivenöl

½ Tasse Guinness

1 Bio-Zwiebel, gehackt

2 Bio-Knoblauchzehen, fein gehackt

1 Tasse Bio-Sellerie, gehackt

1 Tasse Bio-Karotten, gehackt

1 Tasse Bio-Weisskohl, gehackt

2 Esslöffel Bio-Mehl

2 TL Worcestershire-Sauce

½ Tasse Bio Gemüsebrühe, niedrige Natrium-

1 Tasse Erbsen, abgetropft

Richtfest:

1 Tasse weißen Cheddar-Käse, zerfetzte

Heizen Sie Ihren Backofen auf 400 ° F. Bereiten Sie die Kartoffeln und legte sie beiseite, um abzukühlen. In einem kleinen Topf, mischen Sie die Muskatnuss, Salz, Butter, Lauch, Kohl, und Milch.

Gut umrühren und lassen Sie sie für etwa 10 Minuten köcheln lassen. Fügen Sie die

Kartoffeln zu dieser Mischung. Hitze für ein paar Minuten, und dann lassen Sie es abkühlen, während der Vorbereitung der Füllung.

Erhitzen Sie 1 EL Olivenöl und fügen Sie die Wurst. Kochen, bis braun und dann lassen Sie das Fett. Fügen Sie die anderen Esslöffel Olivenöl und Gemüse. Sauté sie für etwa 10 Minuten, bis sie weich sind. Fügen Sie das Mehl und gut umrühren.

Fügen Sie den Guinness und Worcestershire. Lassen Sie Mischung zu erhitzen, bis sie dick und Blasenbildung. Fügen Sie die Wurst und Erbsen und weiter kochen, bis alles gut vermischt und erhitzt. Füllt die Krüge und legen Sie sie auf ein Backblech. Backen Sie bei 400 ° F für 20

Minuten. Fügen Sie den Käse an die Spitze und lassen Sie es für ein paar Minuten vor dem Servieren zu schmelzen.

## **Kapitel 8**

### **Nachtisch-Rezepte**

Es gibt viele leckere Dessert-Rezepte, die Sie im Maurer-Gläser machen, auch. Sie können ein Spaßzusatz zu Ihrer Mahlzeit für die Familie sein. Sie können auch eine spektakuläre Art und Weise zu zeigen, ein Dessert für einen besonderen Anlass ist.

#### **Apple-Crumble Plätzchen**

6 Maurergläser, die jeweils 4 Unzen

½ Tasse Bio-Leinsamen

1 Esslöffel Bio-Ahornsirup

3 Tassen organischen glutenfreie Haferflocken

- 1 Tasse Mandelmehl
- 1 TL Backpulver
- 1 Teelöffel Backpulver
- 1 TL Zimt
- 1 Teelöffel Himalayasalz
- ½ Tasse kaltgepresstes organisch roh Kokosöl
- ½ Tasse Kokoszucker
- 2 Teelöffel Chiasamen, Boden
- 1 Teelöffel Vanille
- 2 Tassen Bio-Äpfel, gewürfelt
- 1 Tasse Walnüsse, optional

Mischen Sie die Leinsamen und Ahornsirup in einer kleinen Schüssel. Fügen die Muttern und die Mischung auf ein Backblech in den Ofen für 10 Minuten bei 170 ° F. In eine große Schüssel, fügen Sie den Zimt, Salz, Backpulver, Hafer, und Backpulver. Kombinieren Sie auch.

In einem weiteren Mischen Schüssel das Kokosöl mit dem Zucker. In den Flachs-Mix, steviaugar, und Vanille. Langsam die trockenen feuchten Zutaten in die Rührschüssel mit den trockenen Zutaten. Gut umrühren fügen Sie dann die Äpfel.

Ofen vorheizen auf 350 ° F. Zeigen 1 Zoll von Wasser auf dem Boden einer Kuchenform und fügen Sie die Maurer-Gläser zu diesem pan dann. Die Masse in die Gläser und kochen für ca. 35

bis 40 Minuten. Die Kekse sollten fest und ziehen weg von dem Glas, wenn sie fertig sind können.

## **Banana Kiwi Frühstück Joghurt**

6 Maurergläser, die jeweils 4 Unzen

Granola:

1 Tasse Haferflocken

½ Tasse Kokos, geschreddert

2 EL brauner Zucker

Eine Prise Zimt

3 EL Pflanzenöl

2 Esslöffel Honig

Joghurt:

2 Tassen Vanille-Joghurt

2 Tassen Erdbeer-Joghurt

1 Banane, gehackt

2 Kiwi, gehackt

Mischen Sie alle Zutaten zusammen, um die Müsli-Mischung zu machen. In einer separaten Schüssel mischen Joghurt und Obst. Schicht die Müsli und Joghurt in der Maurer-Gläser.

Kühlschrank für ein paar Stunden vor dem Essen.

## **Banana Nut Bread**

8 Maurergläser, Jugend-Größe

2/3 Tasse Verkürzung

2 ½ Tassen Zucker

4 Eier

2 Tassen Bananen, Kartoffelpüree

1 Tasse Wasser

3 ½ Tassen Allzweck-Mehl

½ TL Backpulver

2 Teelöffel Backpulver

1 Teelöffel Salz

1 TL Zimt

1 Teelöffel Nelken, gemahlen

1 Tasse Pekannüsse, gehackt

Ofen vorheizen auf 325 ° F. Fetten Sie die Seiten und Böden der Maurer-Gläser. In einer Schüssel, Sahne die Verkürzung und Salz, bis es flauschig. Fügen Sie die Bananen, Eier und Wasser. Gut mischen und zur Seite legen.

In einer anderen Misch Schüssel sieben Sie zusammen das Mehl, Backpulver, Backpulver, Nelken, Zimt und Salz. In der flüssigen Mischung der Trockenmischung und gut umrühren.

Fügen Sie die Muttern letzten. Füllen Sie jede jar ½ voll wie die Mischung wird, wie die Bananenbrot backt steigen.

Backen Sie für 45 Minuten oder bis das Bananenbrot goldbraun ist auf der Oberseite. Es sollte auch werden, ziehen weg von dem Glas, wie es strafft. Die Gläser verschlossen und im Kühlschrank aufbewahrt, nachdem sie für etwa eine Woche.

## **Blueberry Crisp**

6 Maurergläser, die jeweils 4 Unzen

5 Tassen Bio-Heidelbeeren, frisch

¼ Tasse Maisstärke

½ Tasse Kokoszucker

Füllung:

½ Tasse Kokoszucker

½ Tasse brauner Zucker Bio-

½ Tasse Bio-Allzweckmehl

1 Teelöffel Himalayasalz

½ Tasse glutenfreie Haferflocken

¼ Tasse Gras gefüttert Butter

1 TL Zimt

In einem Topf, kombinieren die Blaubeeren, Maisstärke und ½ Tasse Zucker bei mittlerer Hitze.

Die Blaubeeren wird weich und man kann sie zerdrücken, wie sie kochen. Die Mischung wird durchgeführt, wenn es dick und Blasenbildung. Vom Herd nehmen und lassen Sie es eingestellt.

In einer Schüssel, kombinieren die restlichen Zutaten. Füllen Sie die Maurergläser 2/3 voll mit den Blaubeeren. Verwenden Sie die restlichen 1/3 des Glases für die Füllung Mischung. Fügen Sie ein bisschen mehr Blueberry mix nach oben, wenn Sie Zimmer.



Legen Sie die Maurer-Gläser auf ein Backblech und backen Sie bei 350 ° F für etwa 20 bis 25

Minuten. Lassen Sie sie für 30 Minuten vor dem Essen zu kühlen.

## **Irish Whiskey-Kuchen**

10 MaurerGläser, die jeweils 8 Unzen

Kuchen:

2 Tasse Bio-Allzweckmehl

2 Esslöffel Backpulver

1 Teelöffel Himalayasalz

2 Tassen Kaffee aus biologischem Anbau, starke gebrühten

¼ Tasse Irish Whiskey

1 Tasse Gras gefüttert Butter, ungesalzen, in kleine Stücke schneiden 1 TL Zimt

1 Tasse Kakao-Pulver, ungesüßt

2 Tassen Kokoszucker

3 Freilandeier

1 Teelöffel Vanille

Ofen vorheizen auf 325 ° F. Wischen Sie das Salz, Backpulver, und auch Mehl in eine Rührschüssel geben. In einem Topf, fügen Sie den Kaffee, Butter, Zimt, Kakao-Pulver, und Whisky. Gut umrühren und bei mittlerer Hitze und mischen, bis die Butter vollständig geschmolzen ist. Vom Herd nehmen und mischen in der Zucker. Den Teig in eine große Schüssel geben und abkühlen lassen.

In einer anderen Schüssel wischen Sie die Vanille und Eier. Fügen Sie es zu der nassen Mischung. Fügen Sie die Mehlmischung und Schneebesen gut. Die Mischung wird dünn, aber es wird später zu verdicken. Nicht mehr Mehl hinzufügen, nicht!

Legen Sie die Maurer-Gläser auf ein Backblech und füllen jeden  $\frac{1}{2}$  voll mit dem Teig. Backen Sie für 45 bis 55 Minuten, je nach Ofen Variationen.

### **Red Velvet Cupcakes**

12 Maurer-Gläser mit je 4 Unzen

Cupcakes:

1 Tasse Kuchen Mehl

2 Esslöffel Kakaopulver, ungesüßt

1 Teelöffel Himalayasalz

$\frac{2}{3}$  Tassen vegetablecoconut Öl

1 Tasse Kokoszucker

1 Freilandhaltung Ei

1 Teelöffel Vanille

4 Tropfen rote Lebensmittelfarbe (Rüben abgeleitet)

$\frac{1}{2}$  Tasse Bio-Buttermilch

1 Teelöffel Backpulver

1 Teelöffel Essig whitewhite

Frischkäsezuckerglasur:

8 Unzen Bio-Frischkäse, weich

3 Esslöffel Gras gefütterte weiche Butter

3 Tassen Puderzucker, gesiebt

2 Teelöffel Vanille-

Ofen vorheizen auf 350 ° F. Sieben Sie das Kuchenmehl, Salz, und Kakaopulver in eine Rührschüssel geben. Fügen Sie das Ei und Öl und gut mischen. Fügen Sie die Vanille und Lebensmittelfarbe. Fügen Sie die Buttermilch, aber nicht über Mischung. Fügen Sie das Backpulver und dann den Essig, Mischen nach jeder.

Teilen Sie den Teig in den 12 Maurer-Gläser. Sie füllen sie nicht mehr als 2/3 voll. Backen Sie für 20 bis 24 Minuten. Während sie das Backen sind Ihre Frischkäse Zuckerguss. Die Butter und Frischkäse gut. In dem Puderzucker ein wenig in einer Zeit und gut mischen. Fügen Sie die Vanille.

Nachdem die kleinen Kuchen fertig sind, mit einem Messer zu schneiden in der Mitte eines jeden. Gießen Sie Ihren Zuckerglasur in die Öffnung, damit das Sahnehäubchen wird die Unterseite des Einmachglas zu erreichen. Sie werden einige der köstlichen Zuckerglasur mit jedem Bissen dieser erstaunlichen roten Samt Kuchen zu bekommen.

### **No-Bake-Zitrone-Käsekuchen**

12 Maurergläser, die jeweils 8 Unzen

Lemon Schicht:

Nur 7 Freilandeier, Eigelb

2 Freilandeier, ganze

1 ¼ Tasse Kokoszucker

½ Tasse Zitronensaft, frisch

¼ Tasse Zitronenschale

Eine Prise Himalayasalz

4 Esslöffel Gras gefütterter Butter

3 Teelöffel Bio-Sahne

Wischen Sie alle Eier gut und legen Sie sie in einen Topf geben. Fügen Sie den Zucker, Zitronensaft, Zitronenschale, Butter und Salz. Schneebesen gut, während es erhitzt. Es wird etwa 10 Minuten dauern, um zu verdicken. Rühren Sie häufig, um sie aus der Verbrennung auf dem Boden zu verhindern. Gießen Sie die Mischung durch ein Sieb und dann die Sahne. Schneebesen

gut. Bedecken Sie und kühlen Sie mindestens 2 Stunden.

Cheesecake Schicht:

1 Tasse Bio-Sahne

½ Tasse Kokoszucker

32 Unzen Bio-Frischkäse, weich

Mix Sahne und Zucker zusammen auf hohem, bis steife Spitzen erzeugt werden. Reduzieren Sie den Mixer auf niedrige Drehzahl und fügen Sie den Frischkäse. Weiter zu mischen, bis es glatt ist.

Graham-Cracker-Schicht:

15 Graham Crackers

6 Esslöffel Gras gefütterter Butter, geschmolzen

Mischen Sie die Graham Cracker, so dass sie fein gemahlen werden. Gut mischen mit der geschmolzenen Butter.

Drücken Sie die Keks-Mischung in der Unterseite jedes Einmachglas. Fügen Sie den Käsekuchen-Mischung. Die Zitronenschicht. Lassen Sie das Dessert für ein paar Stunden vor dem Servieren kalt stellen. Top mit Schlagsahne, falls gewünscht.

## **Kokoscreme und Tropical Rum Trifle**

6 Maurergläser, die jeweils 4 Unzen

Kokosnuss Creme:

1 Tasse Kokoszucker

¼ Tasse Maisstärke

1 Tasse Bio-Milch

14 Unzen Kokosmilch, ungesüßt

Nur 4 Freilandeier, Eigelb

Kleinigkeit:

4 Tassen organischen Mango, Ananas und Erdbeeren, geschnitten und gut gemischt ¼ Tasse Kokoszucker

¼ Tasse Rum

3 Tassen Kokoscreme

1 £ Kuchen, in Stücke geschnitten

½ Tasse Kokos, geschreddert

1 Tasse Macadamianüsse, gehackt

Schneebeesen beide Arten von Milch, Eier, Maisstärke und Zucker in einem Topf bei mittlerer Hitze. Kochen Sie für ca. 5 Minuten unter

Rühren oft, um Klumpen zu verhindern. Gießen Sie die Mischung durch ein Sieb und im Kühlschrank mindestens 2 Stunden.

Mischen Sie die Früchte mit dem Zucker und Rum. Lassen Sie es für 30 Minuten sitzen. Stamm aber halten Sie die Flüssigkeit. Gießen Sie die Flüssigkeit über die Kuchenstücke. In Stücke des Kuchens zu den Maurer-Gläser. In Obst und anschließend eine Schicht des Kokoscreme. Chill für mindestens 2 Stunden vor dem Servieren.

### **Mehl-weniger Schokoladenkuchen**

12 Maurer gläser, die jeweils 8 Unzen

7 Unzen bittersüße Backschokolade

½ Stick Gras gefütterte Butter, ungesalzene

1 Tasse Kokoszucker

4 Freilandeier, getrennt

¼ Tasse Puderzucker

Ofen vorheizen auf 350 ° F. Fetten Sie die Gläser auf den Seiten und der Unterseite. Mit Hilfe eines Doppel-Kessel, schmelzen Sie die Schokolade. Wenn es fast schmilzt die Butter hinzufügen. Weiter erwärmen, bis die Mischung glatt ist. Vom Herd nehmen und abkühlen lassen.

In einer Schüssel schlagen Sie das Eiweiß steif. In einer anderen Schüssel, fügen Sie das Eigelb und Zucker vermischen, bis sie cremig und dick sind. Langsam die geschmolzene Schokolade Mischung auf die Eigelbmasse. Falten Sie das Eiweiß in die Mischung.

Stellen Sie die Gläser auf ein Backblech und füllen Sie sie mit dem Kuchenteig. Füllen Sie nicht mehr als 1/3 voll. Backen Sie für 25 bis 30 Minuten. Sie werden getan, wenn die Oberseite des Kuchens

beginnt zu knacken. Aus dem Ofen nehmen und ihnen erlauben, Gläser voll cool. Staub die Spitzen mit dem Puderzucker.

### **Kirsch Crisp**

4 Maurergläser, die jeweils 8 Unzen

3 Tassen Kirschkuchenfüllung

½ Tasse Bio-Allzweckmehl

½ Tasse glutenfreie Haferflocken

1/3 Tasse brauner Zucker, verpackt

¼ Tasse Gras gefüttert Butter, geschmolzen

Ofen vorheizen auf 350 ° F. Legen Sie die Kuchenfüllung in den Boden der Maurer-Gläser. In einer großen Schüssel mischen Sie die anderen Zutaten gut. Die Masse auf der Oberseite der Kirschen in der Maurer-Gläser. Backen Sie für 20 bis 25 Minuten. Warm servieren mit Schlagsahne oder Eiscreme, falls gewünscht.

### **Mini Blackberry Pies**

6 Maurergläser, die jeweils 4 Unzen

4 Tassen Bio-Brombeeren, gefroren oder frisch

1 Tasse Kokoszucker

1 TL Zitronenschale

¼ TL Zimt

2 Esslöffel Bio-Mehl

2 Esslöffel Gras gefüttert Butter

1 Freilandhaltung Eier, geschlagen

1 Packung Kuchenteig

Mischen Sie die Heidelbeeren, Zucker, Zimt, Mehl und Zitronenschale. Wenn Sie gefrorene Blaubeeren verwenden, auftauen, bevor Sie beginnen. Füllen Sie die Maurer-Gläser mit der Mischung. Die Mischung wird sinken, wie es backt, also keine Sorge, wenn die Maurer gläser schauen zu voll.

Fügen Sie  $\frac{1}{4}$  Esslöffel Butter in jedes Glas. Den Teig in  $\frac{1}{4}$  "Streifen. Machen Sie eine Gitterplatte mit 4 Streifen eine Möglichkeit, 3 Streifen umge. Bürsten Sie das Gitter mit dem geschlagenen Ei und legen Sie auf dem Blackberry-Mischung

Backen Sie für 20 Minuten bei 375 °. Etwas abkühlen lassen und dann noch warm servieren. In Schlagsahne oder Eiscreme, falls gewünscht.

### **Schokoladen-Erdbeerparfait**

\*\* Dieses Rezept ist pro Einmachglas \*\*

1 Tasse Bio-Joghurt

$\frac{2}{3}$  Tasse glutenfreie Müsli

6 Bio-Erdbeeren, in Scheiben geschnitten

2 Unzen Schokolade, in Stücke gebrochen

In der Hälfte der Joghurt auf der Unterseite des Einmachglas. In der Hälfte der Müsli. In drei Erdbeeren und die Hälfte der Schokolade. Wiederholen Sie dies für eine zweite Schicht.

### **Abschluss**

Einmachglas mealsbreakfasts, Mittagessen, und Desserts sind ein Spaß und noble Weise, einige Aufregung zurück in Ihre Ernährung



zu bringen. Jetzt wissen Sie, was es braucht, und Sie einige erstaunliche Rezepte, um zu versuchen, das, was warten Sie noch? Sobald Sie versuchen mason jars it out, werden Sie nicht gehen Sie zurück zu Ihrem normalen Methoden der Zubereitung von Speisen wieder.

Es gibt so viele Vorteile für die Mahlzeiten in Maurergläser:

Weniger Essen wird verschwendet.

Portion Control ist einfacher und visuelle.

Die Gläser können Sie sehen, was innerhalb Ihrer Mahlzeit.

Die Farben und Schichten sind optisch ansprechend.

Mason Gläser halten den Kühlschrank sauberer und organisiert.

Gläser sind leichter zu reinigen als Kunststoffbehälter und sind weniger schädlich für die Umwelt

Versuch und Irrtum sind ein Teil einer Koch Abenteuer. Mit dem im Verstand, nicht schüchtern darum, Einmachglas Essen Optionen ausprobieren können. Sie lieben die Art, wie sie sich herausstellen. Suche nach Rezepten, die Zutaten, die Sie und Ihre Familie wirklich genießen.

Sie müssen nicht, um eine Menge Geld in den Maurergläser oder Lebensmittel, die Sie gesünder zu essen brauchen, zu investieren. Es wird Sie kosten viel weniger zu machen, Einmachglas Salate zum Mittagessen eingenommen haben, als zu einem Fast-Food-Platz gehen jeden Tag. Es wird auch wieder besser für Ihre Gesundheit sein.

Sie können sich Ihre ganze Familie freut sich auf Essen noch einmal mit Maurergläser. Sie gehen, um die Änderung zu genießen. Während der wärmeren Jahreszeit, umgehen die

Pappteller! Servieren Abendessen im Maurer-Gläser auf der hinteren Veranda. Sie können auch zu Abend essen im Haus, aber haben eine entspannende Dessert in der Familie Zimmer.

Einmachglas Mahlzeiten können auch eine tolle Möglichkeit, um zu helfen anderen. Vielleicht sind Sie jemand, der Operation hatte oder gerade ein Kind wissen. Nehmen sie das Abendessen ist eine gängige Praxis, aber unter ihnen Abendessen und Dessert in Maurergläser wird in Erinnerung bleiben!

Sie werden wirklich zu schätzen die besondere Mühe, die Sie gemacht haben, auch. Natürlich können Sie nicht haben, um ihnen zu sagen, wie schnell und einfach man zusammen zu stellen waren. Das kann Ihr Geheimnis zu sein!

Sie können auch kleiden sie sich für Geschenke für besondere Anlässe oder die Feiertage.

Menschen lieben es, Maurergläser mit Kakao-Mix oder den Zutaten gefüllt, um Cookies von Grund auf neu zu bekommen. Sie können bunten Bögen hinzuzufügen oder zu schmücken die Gläser. Es kann Spaß machen, damit Sie Ihre kreative Seite zu fließen, wie Sie sie treffen.

Geben sie als Geschenke können auch andere zu inspirieren, ausprobieren Einmachglas Mahlzeiten. Sobald sie essen, was Sie ihnen gegeben habe, sie reinigen und wieder verwenden die Gläser können. Vielleicht ist all die Motivation, die sie benötigen, um eines der Rezepte zu versuchen. Sobald sie das tun, werden sie süchtig, und es wird eine gemeinsame Venture in der Küche s sowie zu werden.

Es gibt wirklich unbegrenzte Möglichkeiten, wenn es um Lebensmittel in Maurergläser kommt ..

Dieses E-Book bietet Ihnen nur eine Probe, so dass Sie auf dem rechten Fuß kann loslegen. Seien Sie kreativ und kommen mit Ihren eigenen Ideen. Einmachglas Vorbereitung ist hier zu bleiben.

Es ist nur noch weiter entwickeln, und das ist etwas, was Sie wollen ein Teil davon zu sein.

Sie werden auch mit Sicherheit wissen, dass Ihre Familie werden einige dieser Rezepte lieben, und sie werden für sie immer und immer wieder zu fragen! Es wird kein Stöhnen mehr sein, dass sie es leid, essen die gleichen Lebensmittel, die Sie gerade letzte Woche gemacht werden. Es ist eine gewinnbringende Situation für alle.

Leptin ResistanceEPTIN WIDERSTAND

*The Ultimate Leptinresistenz Diaet für Weight Loss*

*Ella Marie*

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Abschluss

## **Einführung**

Was tun Sie, wenn Sie bereits für alle in Ihrem Leben übergewichtig sind? Sie haben gehänselt wurde, lächerlich gemacht, und für Ihre gigantisch Größe gequält, und Sie fühlen sich, als gäbe es nichts, was Sie dagegen tun können. Sie haben mehrfach versucht, etwas von dem Gewicht zu verlieren; Ihnen unzählige Diäten experimentiert haben und sogar in ein paar Trainingsprogramme in der Turnhalle eingeschrieben, aber leider nichts auf lange termrun funktionierte, weil Sie immer noch übergewichtig sind. Sie fühlen sich jetzt verzweifelt, weil Sie das Gefühl, nichts kann Ihre Notlage zu helfen. Sie glauben, dass es deine Schuld; Sie glauben, dass Ihre Gefräßigkeit hat Ihre Korpulenz verursacht werden, und Sie glauben, dass Sie für immer Fett. Was, wenn ich Ihnen sagte, dass vielleicht ist es nicht deine Schuld überhaupt? Was, wenn ich Ihnen sagte, dass vielleicht ein hormonelles Ungleichgewicht ist die Ursache für Ihr Übergewicht und damit ihr Leptin-beständig sein?

Dieses Hormon, das im Jahr 1994 entdeckt wurde, hat die Art und Weise viele Wissenschaftler und Experten gleichermaßen sehen Sie den Zustand der Fettleibigkeit revolutioniert. Anstatt auf diese Krankheit durch tadeln Linse sind die Wissenschaftler schließlich Blick auf Fettleibigkeit bei unvoreingenommen und realisieren, dass Leptin, oft als die Sättigungshormon genannt, kann an dieser schwächenden Krankheit ähnlich wie Insulin trägt zu Diabetes beitragen.

Lesen Sie weiter, wenn Sie endlich bereit, gehen alle Ihre Selbstmitleid und Selbsthass zu lassen sind; wenn Sie bereit sind, über Fettleibigkeit lernen und wirksame Schritte, um das Gewicht für immer zu verlieren, dann ist dies das Buch für Sie.

### **Das Wichtigste zuerst: Was ist Leptin?**

Zu verstehen, was Leptin ist und seine Funktion im Körper, wir müssen zurück in den Tag gehen. Wir müssen zurück zu der Zeit zu gehen, wenn die Menschheit wusste nichts über Landwirtschaft. Wir müssen zurück zu den Tagen, als wir Jäger und Sammler zu gehen.

Damals, als der Sommer war in, waren viele Früchte in der Saison und viele essbare Tiere wurden über das Laufen - wir haben ein Fest! Wir würden eine Menge von Lebensmitteln in der Vorbereitung für den Winter zu essen, weil in dieser Saison brachte nichts als Hunger. Im Winter hielt die Obstbäume produzieren ihre wunderbare Frucht und die meisten Tiere Winterschlaf, so gab es nicht viel zu essen zu gehen um. Dennoch mussten wir vorsichtig während unserer Sommerfeste, um nicht zu viel essen, weil, wenn wir haben zu sein, würden wir uns fett und übergewichtig war genauso schlecht in diesen Zeiten als verhungern, weil beide Bedingungen machte es schwieriger, in der natürlichen Umwelt zu überleben. Beide Bedingungen, Adipositas und Hunger, waren zwei Extreme zu vermeiden, und das Hormon Leptin wurde in unserem Körper produziert, um sicherzustellen, dass das empfindliche Gleichgewicht zwischen den beiden aufrechterhalten wurde. Es veranlasste uns, hungriger und essen, wenn unsere Fettreserven wurden verbraucht (dh, als wir begannen, zu verhungern), aber es zwang uns auch mit dem Essen aufzuhören, wenn unsere Fettreserven waren immer zu groß ist (dh, wenn wir waren zu setzen auf viel Gewicht) und grenzt auf der Linie von Fettleibigkeit.

Daher sagt Leptin den Hypothalamus von unserem Gehirn, wenn wir genug Energie in unserem Körper gespeichert. Wenn wir gespeicherten genug Energie, bedeutet das, dass wir nicht brauchen, um zusätzliche Lebensmittel zu essen für den Aufbau dieser Energiespeicher, es bedeutet, dass wir Kalorien in einem normalen Tempo zu brennen, und es bedeutet auch, dass wir in energie teure Prozesse eingreifen wie Schwangerschaft und Pubertät.

Die Energie wird in unserem Körper in Form von Fett gespeichert, so macht es Sinn, dass die Fettzellen sind diejenigen, die Leptin produzieren. Wie Sie sich vorstellen können, hat jeder von uns unsere eigenen spezifischen Energieschwellen, weil jeder Körper ist anders und jeder hat seine eigenen spezifischen Bedürfnisse hat.

Deshalb, wenn wir bei einem normalen Gewicht, unsere Fettzellen produzieren eine bestimmte

Menge an Leptin, und unser Gehirn (insbesondere unsere hypothalamuses) diesen Betrag als Schwelle registrieren - die normale und gesunde Menge produziert werden. Wenn wir anfangen, Gewicht zu verlieren, aber es bedeutet, dass wir weniger Fettzellen in unserem Körper und damit weniger Produzenten von Leptin haben. Mit weniger Leptin produziert, bedeutet das, dass wir unter unseren Schwelle und das Gehirn Mechanismen festgelegt zu haben, mit uns zu essen mehr Nahrungsmittel, jene Fettreserven aufzufüllen und haben uns mit weniger Energie, so dass weniger Fett wird verbrannt werden. Dies wird helfen, Hunger zu verhindern.

Auf die gleiche Weise, wenn wir essen zu viel zu essen, dann ist die Menge an Leptin in unserem Körper wird über dem Schwellenwert ist. Um Übergewicht zu vermeiden, wird unser Gehirn unser Appetit zu verringern und uns engagieren energiekostenintensiven Aktivitäten, so dass wir das Extra-Fett zu verlieren und wieder in die normale Gleichgewicht wieder.

Diese Konzepte können einfacher durch Beratung die Diagramme auf den folgenden Seiten zu verstehen.

Wenn wir Gewicht zu verlieren und gehen unter dem optimalen Gewicht / Schwellen Als wir an Gewicht und gehen Sie über unseren optimale Gewichts

Bei Menschen, die Leptin-resistent sind, passiert etwas anderes: Statt der Erfassung der Mengen von Leptin im Blut haben, sind ihre hypothalamuses "blind", um sie und die notwendigen Änderungen vornehmen, um den Appetit zu reduzieren und die körperliche Aktivität. Dies wird im nächsten Abschnitt erläutert.

**Was ist Leptin-Resistenz und wie es funktioniert**

Bevor wir in einer ausführlichen Erklärung, was Leptinresistenz wirklich gehen, lassen wir zusammen, was wir bisher gelernt haben:

Leptin ist das Hormon, das den Energieverbrauch in den Menschen steuert. Es erzählt die Hypothalamus des Gehirns, wenn wir genug Energie gespeichert, und das verursacht das Gehirn, um unseren Appetit zu verringern, bis wir wieder normal sind. Es erzählt auch den Hypothalamus des Gehirns, wenn wir zu wenig Energie, und unser Gehirn unser Appetit zu steigern und uns essen mehr, so dass wir unsere Energiespeicher wieder aufzufüllen.

Leptin wird von Fettzellen unseres Körpers produziert. Je mehr wir an Gewicht, die mehr Fettzellen haben wir, und damit die mehr Leptin wir produzieren. Je mehr wir uns, Gewicht zu verlieren, die weniger Fettzellen wir haben, und die weniger Leptin wir produzieren.

In Leptin beständigen Menschen, der Hypothalamus ihrer Gehirne "blind" auf die Menge an Leptin im Blut, so Leptin Lage ist, seine normale Wirkung auf den Hypothalamus, die daher nicht in der Lage ist, um zu erzeugen Änderungen an den Appetit und / oder Aktivität, um uns dazu bringen, das überschüssige Gewicht zu verlieren.

Ich bin sicher, dass Sie genau fragen, was ich meine, wenn ich sage, das Gehirn ist blind bist, und es ist Zeit, die ich dir sage. Unsere Körper sind mit Rezeptoren, die uns helfen, bestimmte Änderungen und Substanzen in unseren internen und externen Umwelt erkennen gefüllt. Es gibt einen Rezeptor für den Blutdruck, ein Rezeptor für den Blutzuckerspiegel und ein Rezeptor für Blutleptinspiegel. Während Leptin Widerstand, etwas, blockiert diese Blut Leptin-Rezeptoren und macht sie weniger empfänglich für den Reiz des Leptin. Daher sind die Leptin-Rezeptoren irrtümlich ans Gehirn, berichten von einer geringeren Menge an Leptin als tatsächlich im Blut vorhanden.

Die Leptin-Rezeptoren können so mangelhaft, dass die Menge an Leptin, die sie zurück an das Gehirn melden Sie ist vergleichbar mit der Menge, die gemeldet würden, wenn der Körper waren in Hunger-

Modus sein. Dies bewirkt, dass das Gehirn Mechanismen, um Hunger zu verhindern, setzt, weil, wie Sie bereits wissen, können Hunger eine der gefährlichsten Dinge, um den menschlichen Körper widerfahren sein. Dies ist genau das, was bei Menschen, die übergewichtig sind passiert. Sie haben große Mengen von Fettzellen in ihrem Körper, und diese Fettzellen produzieren übermäßige Mengen von Leptin, aber die Rezeptoren nicht Erkennen der richtigen Mengen von Leptin im Umlauf im Blut und berichten über eine fehlerhafte Abbildung zurück an das Gehirn. Daher werden die Leichen von Leptin-beständig übergewichtigen Menschen berichten, dass sie übergewichtig sind, aber das Gehirn ist der Auffassung, dass er am Verhungern.

Wenn das Gehirn empfängt diese niedrige Leptin Berichte der Leptin-Rezeptoren, sie verzweifelt versucht, die Person durch die Erhöhung der Appetit, so dass mehr Fett gespeichert werden kann, zu speichern, und es macht auch die Person, die weniger aktiv, so dass weniger Energie aufgewendet werden. Diese Aktion des Gehirns ist der genaue Grund, warum übergewichtige Menschen haben solche großen Appetit, und warum sie sind in der Regel so inaktiv und schläfrig zu. Es ist der verzweifelten Versuche ihre Gehirne ', sich von Hunger und letztlich zum Tod zu retten.

Übergewichtige Menschen, daher finde es sehr schwer, die Befehle ihres Gehirns, indem Sie auf Diäten oder Sport und in der Tat zu überschreiben, kann dies tatsächlich die Situation noch schlimmer. Denken Sie daran, dass das Gehirn sich einen fälschlicherweise niedrige Wert für die Menge an Leptin im Umlauf im Blut. Wenn eine übergewichtige Person beginnt zu trainieren oder gehen Sie auf eine Diät, werden sie tatsächlich mehr Fettzellen verursacht zu erschöpft sein, so dass eine noch geringere Menge an Leptin wird zurück an das Gehirn gemeldet! Das Gehirn, daher startet eine Panikattacke und setzt all seine Energie in die Wiedererlangung dieses verlorene Energie, dh Fett. Daher wird den Appetit der übergewichtigen Person zu verdoppeln, vielleicht sogar verdreifachen, wie das Gehirn versucht, die Person von dem, was sie glaubt, um die letzte Runde des Hungers, bis der Tod eintritt, zu speichern. Die Person wird auch



das Gefühl, mehr müde und schläfrig, und statt zu wollen ausüben, werden sie wie nur hinlegen und schlafen fühlen - das ist der Versuch des Gehirns, um den Körper zu bekommen, um weniger, so dass weniger Energie aufgewendet werden zu bewegen.

"Aber was dazu führen können, die Leptin-Rezeptoren, um so nicht mehr reagiert in erster

Linie?", Könnte man fragen; Nach allem, wenn sie nicht so fehlerhaften Meldungen an das Gehirn, niemand dieses Problem. Lesen Sie weiter zum nächsten Abschnitt, wo wir den Grund für diese nicht mehr reagiert Leptin-Rezeptoren zu erforschen.

### **Ursachen der Leptin-Resistenz**

Zu verstehen, was bewirkt, dass Leptin Widerstand, macht es Sinn, den Speicher eine Geschichte, die Sie möglicherweise vor einiger Zeit gehört haben, als Sie ein Kind waren nennen

- die Geschichte von dem Jungen, der Wolf schrie. Das erste Mal rief er Wolf, bekam er die Aufmerksamkeit von allen Dorfbewohnern, aber je mehr er fort, dies zu tun, desto weniger Aufmerksamkeit, die er von den Dorfbewohnern habe, bis eines Tages alle Dorfbewohner wurde völlig unempfänglich für seine Anrufe, weil sie gewöhnt um seine dummen Streiche.

Es ist ein ähnlicher Fall mit Leptin-Resistenz. Die Leptin-Rezeptoren sind so von so vielen Leptin-Moleküle, die sie überwältigt und herunterfahren, um sich selbst zu schützen bombardiert verwendet. Es ist wie der Körper schreit, "Leptin, Leptin, Leptin!", Aber die Rezeptoren haben mittlerweile so zu erfassen, daß hohe Menge an Leptin im Blut, die sie desensibilisiert werden und sich das Signal an das Gehirn nicht zu übertragen verwendet. Das Signal nicht an das Gehirn zu bekommen, es zu sagen, aufhören zu essen so viel, so dass das Problem der Leptin-Resistenz entwickelt. Daher hat eine übergewichtige und Leptin-beständig Person mehr und mehr Nahrung zu essen, um satt zu fühlen, und desto mehr Nahrung, die er oder sie isst, desto mehr Fett bekommen gespeichert und desto

mehr Leptin wird produziert, und die größere Menge von Leptin im Umlauf in das Blut wird noch mehr der Leptin-Rezeptoren führen, um ihre Empfindlichkeit zu verlieren. Wie Sie sich vorstellen können, bildet dies einen Teufelskreis von einem erhöhten Appetit und ständiger Hunger, erhöhter Gewichtszunahme durch mehr Fett Lagerung, und eine verminderte Empfindlichkeit gegenüber dem Hormon Leptin.

## **Diäten**

Es gibt andere Faktoren, die den Leptin-Rezeptoren im Körper beeinflussen kann. Diäten, die reich an Fetten und einfache Kohlenhydrate sind, können Sie die Leptin-Rezeptoren stark beeinflussen und behindern sie von ihrer Arbeit tun. Die westliche Ernährung mit Lebensmitteln, die von einfachen Zuckern (üblicherweise Saccharose und Fructose) und ungesunden Fetten gesüßt wurden, gefüllt. Sie wären überrascht, zu erkennen, dass auch Lebensmittel, die als gesund und gut für Sie mit großen Mengen an gesättigten Fetten, High Fructose Corn Sirup und andere gefährliche Süßungsmittel, die reich an Energie, aber arm an allem anderen sind angefüllt wurden, in Verkehr gebracht wurden.

Einem Saccharosemolekül besteht aus einem Molekül Glucose und einem Molekül Fructose hergestellt. Beide Zucker haben die gleiche chemische Formel, aber Fructose wird im Körper in eine ganz andere Weise als Glukose metabolisiert. Wenn Glucose aufgenommen wird, kann es durch jede Zelle im Körper direkt Energie genutzt werden. Es wird verwendet, um andere Zuckerarten, die in Ihrem genetischen Materials nötig sind, zu machen, und es kann auch verwendet werden, um Protein-Zucker-Komplexe, die Ihren Schmierflüssigkeiten und Bindegewebe bilden zu machen. Wenn es von überschüssigen Mengen an Glukose in den Körper, wird ein Teil davon zu Glykogen umgewandelt, und wenn die Glykogenvorräte gefüllt worden sind, wird der Rest der Glucose, Fette umgewandelt.

Wenn Fructose eingenommen wird, dauert es eine völlig andere Route. Es wird nur von den Zellen der Leber metabolisiert und

umgewandelt, um Triglyceride, freie Radikale und Harnsäure.

Mit hohem Anteil an freien Radikalen und Harnsäure im Blut kann gefährliche Folgen für die verschiedenen Systeme des Körpers, aber wenn es eine hohe Konzentration an Fructose-Moleküle, können sie tatsächlich die Leptin-Rezeptoren blockieren direkt, wodurch die Nachricht zu der Sättigung von der Verhinderung an das Gehirn durchgeführt. Dies trägt zu noch mehr Leptin-Resistenz. Die Triglyceride, die produziert werden, wenn die Fructose abgebaut wird auch mit den Leptin-Rezeptoren stören, und selbst wenn sie das nicht tun, wenn sie gespeichert sind, können sie immer noch ein Teil des körpereigenen Fettzellen und helfen, noch mehr Leptin produzieren die weiter desensibilisiert die Leptin-Rezeptoren.

Zusammenfassend, große Mengen an Zucker wie Saccharose erhöhen die Menge an Glukose, die im Blut rund schwimmt; dies kann zu Insulinresistenz, die einem anderen verbundenen Komplikation, die weiter unten im Buch besprochen werden wird, ist zu führen. Die überschüssige Glukose im Blut wird auch auf körperliche Fette (auch als Triglyceride), die Ihnen helfen, noch mehr Leptin produzieren und umgewandelt werden dem Körper mehr Leptin fester als es ohnehin schon ist. Fructose-Moleküle blockieren die Leptin-Rezeptoren direkt, und wenn sie brechen, bilden sie Triglyceride, die auch mit den Leptin-Rezeptoren stören und dazu beitragen, dass sich die Fettzellen, die noch mehr überschüssige Leptin produzieren wird, einen weiteren Beitrag zum Problem der Leptin-Resistenz.

Fetteichen Diäten, vor allem diejenigen, die reich an gesättigten Fetten, stellen auch das gleiche Risiko besteht, dass Leptin Widerstand, weil sie so viel zusätzliche Triglyceriden an den Körper hinzuzufügen.

## **Hormone**

Das Hormon Insulin wird auch als Täter in der Leptin-Resistenz-Saga zitiert, aber dies ist immer noch zu einem hohen Zuckerkonsum verbunden. Immer, wenn wir zu uns nehmen große

Mengen an Zucker, steigt unser Blutinsulinspiegel, wie das Hormon entfernt überschüssigen Zucker aus dem Blut. Es hilft die Körperzellen, indem sie um Glukose aus dem Blut aufnehmen und signalisiert auch die Leber zu nehmen etwas von der Glukose und speichern Sie sie als Glykogen. Wenn die Glykogenspeicher gefüllt worden sind, Insulin signalisiert die Fettzellen für die Aufnahme der Glukose und speichern Sie es als Triglyceride; Dies trägt dadurch mehr Fette für den Körper.

Insulin und Leptin-Resistenz sind verwandt, weil die hohen Zuckergehalt, die die Leptin-Rezeptoren, um nicht mehr reagiert auch dazu führen, bewirken, dass die Insulin-Rezeptoren nicht mehr reagiert. Daher wird eine große Menge an Glucose im Blut gelassen, und eine große Menge von Insulin wird durch den Körper als auch weil die Glukose nicht absorbiert. Hohe Konzentrationen von Insulin uns daran hindern, Verbrennung von Körperfett und in der Tat, zu induzieren noch mehr Fettspeicherung. Diese Extra-Fett produziert noch mehr Leptin Hormon, das weiter verschlimmert die Leptin Widerstand und führt zu einer weiteren Überernährung, die Erhöhung des Blutzuckerspiegels noch mehr. Insulin kann auch helfen, die Leptin-Rezeptoren zu blockieren und machen sie nicht mehr auf Weiterleitung der Nachricht der Sättigkeit im Gehirn.

Ein Teufelskreis von Überernährung und Gewichtszunahme erfolgt dann.

## **Stress**

Das Hormon Cortisol ist das Hormon, in Zeiten von Stress freigesetzt. Kurzfristig, verursacht sie den Blutzuckerspiegel zu steigen und bewirkt Fett in Energie umgewandelt werden, was zu einer Abnahme in der Menge der Fettzellen. Dies bedeutet, dass Leptin Spiegel während Stresszeiten kurzfristig verringern. Menschen in der Regel zu erhöhen ihre Nahrungsaufnahme in Bezug auf Stress, wenn der Stressfaktor verlängert wird; daher auf lange Sicht, verursacht Stress uns zu gewinnen mehr Fett und daher produzieren mehr Leptin. Wenn die Spannung steigt weiter und wird

nicht behandelt, wird es weiterhin die Blutleptinspiegel zu erhöhen und Leptin Widerstand Anzug kurz nach folge

## **Zeichen der Leptin-Resistenz**

Die erste und offensichtlichste Zeichen der Leptinresistenz würde auf jeden Fall, übergewichtig zu sein. Wissenschaftler sind sich einig, dass, wenn jemand übergewichtig ist, dann gibt es fast eine Chance von 100%, dass sie Leptin-resistent sind. Ständige Müdigkeit ist auch ein weiteres häufiges Symptom bei Menschen, die Leptin-resistent sind.

Mit einem großen Appetit und Verlangen nach Kohlehydraten, vor allem nachts, ist auch ein weiteres gemeinsames Zeichen, dass jemand Leptin-beständig. Diese großen Appetit führt in der Regel zu übermäßigem Essen, wenn Sie also jemanden, der immer über-Essen zu sehen, dann ist es sehr wahrscheinlich, dass sie Leptin-beständig sind.

Mit einem hohen Maß an Stress, reizbar, oder mit Stimmungsschwankungen kann auch ein Zeichen, dass jemand Leptin beständig sein. Mit hoher Blutzucker, verbunden mit hohen Triglyceriden und hoher Cholesterinspiegel, kann auch bedeuten, dass Sie Leptin-resistent sind.

Schilddrüsen-Probleme, Probleme mit der Leber und Fortpflanzungsprobleme sind ebenfalls sehr häufig bei Menschen, die Leptin-resistent sind.

## **Die Behandlung von Leptin-Resistenz**

### **Natürlich**

Gewohnheiten und Aktionen zu übernehmen und zu vermeiden:

Richtiger Stress Management - Sie haben den Effekt, dass ungesund und längere Stress auf den Hormonhaushalt im Körper zu sehen. Es führt zu einer Vielzahl von Komplikationen, die alle

arbeiten im Gleichklang der Leptin-Resistenz noch schlimmer zu machen. Also, um Ihren Leptin Widerstand reduzieren und schließlich beseitigen, müssen Sie die Schritte zu verringern oder zu entfernen, die Stressfaktoren in Ihrem Leben zu nehmen. Ein paar Minuten jeden Tag der Meditation kann ein langer Weg bei der Lockerung der Angst oder andere Stressfaktoren, bekommen Sie möglicherweise nach unten gehen. Einfach die Augen schließen und wiederholen eine positive Mantras wie "Ich liebe mich" oder

"Ich bin im Frieden" und lassen Sie jeder ablenkende Gedanken schweben weg mit jedem Atemzug Sie ausatmen. Unter 5 Minuten Pausen, tief zu atmen in kann auch helfen, zu entspannen. Tiefes Atmen hilft, die Auswirkungen von Stress durch die Senkung des Blutdrucks und eine Verlangsamung der Herzfrequenz zu negieren. Im Gespräch mit engen Freunden und Familie kann auch helfen, um etwas Stress und Angst zu entfernen. Geben Sie ihnen einen Schrei, sich über ihre Tage; gerade in der Gesellschaft von Empfehlen Sie einen langen Weg bei der Reduzierung Ihrer Stress und Angst und damit die Reduzierung Ihrer Leptin Widerstand gehen kümmern.

Üben Sie den richtigen Weg - Haben Sie sich jemals gefragt, warum Sie Ihren Appetit nimmt mit der Zeit mit moderater körperlicher Aktivität? Ja, das ist richtig!

Ihren Appetit nimmt ab, weil Übung mildert den Effekt, dass Cortisol auf Ihren Körper und reduziert Ihren Leptin-Resistenz.

Beginnen Sie langsam wenn Sie sich entscheiden, um Übung zu Ihrem regelmäßigen Routine hinzuzufügen, weil der Körper würde anstrengende Übung betrachten, um eine Form von Stress auf den Körper, und dies würde nur Ihre Leptinresistenz schlechter. Vermeiden Sie Cardio, wenn Sie gerade mit dem Training beginnen;

Stattdessen entscheiden sich für den Widerstand (Gewicht) Training. Denken Sie daran, wenn Sie Leptin-resistent, ist Ihr Gehirn in Hunger-Modus, so dass er sich weigern, seine "low" Energiespeicher zu verbrennen, um Ihre Muskeln zu ernähren -

auch wenn Sie es brauchen. Also, was tun Herz verlangt viel Energie hätte keine positiven Auswirkungen auf Ihren Körper, wenn Sie gerade begonnen haben.

Krafttraining wird Ihr Körper Wachstumshormone, die den Stoffwechsel neu zu starten und führen Sie Ihrem Körper beginnen brennende Energie, um Ihre Muskeln liefern würde zu produzieren. Nachdem Sie begonnen haben, Gewicht zu verlieren und Ihren Heißhunger haben begonnen, sich zu verringern, können Sie Herz-Kreislauf, um Ihre Routine-Übung hinzufügen, denn das würde bedeuten, dass Ihr Stoffwechsel ist und läuft und Ihr Körper ist bereit, Fett zu verbrennen. Sie sollten auch arbeiten in der Mitte des Nachmittags oder abends auf die Hormonspiegel zu unterstützen.

Holen Sie sich ausreichende Mengen an Schlaf - Schlaf ist wichtig für die allgemeine Gesundheit und Stoffwechsel, aber es ist für die Umkehrung der Leptinresistenz äußerst wichtig, und hier ist der Grund: Schlaf hilft, Gewicht zu verlieren, schlafen verbessert Ihre Leistung bei allem, was Sie tun, und der Schlaf hilft, Wiederherstellung und Verjüngung Ihrer Gewebe. Konsequenterweise immer weniger als sechs Stunden Schlaf macht es schwieriger für Sie, nächtlichen, Gewicht zu verlieren. Dies liegt daran, während des Schlafes, Ihren Körper sondert Hormone, die den Blutzuckerspiegel und den Appetit zu regulieren. Wenig Schlaf sinkt das Hormon Leptin und erhöht die Cortisol; dies erhöht dadurch die Menge an Zucker im Blut zirkulieren. Ständig mit einer hohen Konzentration von Zucker im Blut wird unweigerlich zu einer Gewichtszunahme führen, da Insulin bewirkt, dass die Exzesse, um in Fett umgewandelt werden. Es kann schließlich zu einer schlechten Blutzuckereinstellung und sogar Diabetes.

Immer ausreichende Mengen an Schlaf wird auch verbessern Sie Ihre Leistung in alles, was Sie tun. Wenn wir wach sind, ist eine Substanz, wie Adenosin bekannt (ein Nebenprodukt der neuronalen Aktivität) in unserem Körper produziert und baut, bis wir schlafen. Es führt zu uns benommen fühlen, und jeder weiß, dass Sie weniger effizient, wenn Sie sich benommen, als wenn Sie ausgeruht sind,

sind. Daher, mit der richtigen Rest werden Sie besser in der Lage, Ihr Gewicht Training und schließlich Ihr Herz zu vollenden; Dies wird Ihnen helfen, das Gewicht zu verlieren und halten sie ab. Sie werden auch besser bei jeder anderen Tätigkeit in Ihrem Leben zu

tun, und dies wird Ihr Vertrauen zu stärken und Stress abzubauen als auch.

Schließlich Schlaf hilft, Ihre Gewebe erholen und regenerieren sie auch. Während die meisten physiologischen Aktivitäten während des Schlafes verringert die Freisetzung von Wachstumshormon in den Blutstrom nicht. Wachstumshormon hilft, Geweben, insbesondere Muskeln, von der Abnutzung des Alltags reparieren. Stärkere Muskeln bedeuten, dass Sie besser in der Lage, mehr körperliche Aktivität, die dazu beitragen, um den Stoffwechsel wieder und wieder zum Laufen bekommen vornehmen zu können. Wiederherstellen der normalen Stoffwechselrate ist eine der wichtigsten Dinge, die Sie tun können, um Ihren Leptin Widerstand zu verringern, so gewährleisten, dass ausreichend Schlaf in der Nacht.

Essen Sie alle drei bis vier Stunden - Sie sollten, um Platz zu versuchen, Ihre Mahlzeiten so dass sie mindestens drei bis vier Stunden auseinander. Dazu gehören Getränke, die Kalorien haben, aber Tee ohne Zucker oder Sahne, Kaffee, Wasser und Kräutertees sind in Ordnung. Sie sollten auch sicherstellen, dass Sie drei Mahlzeiten pro Tag haben, und es sollte keine Naschen zwischen den Mahlzeiten zu sein. Dies wird dazu beitragen, um Ihre Hormone wieder ausgeglichen. Wenn Sie ständig den ganzen Tag essen, ist Ihre Leber nicht die Chance bekommen, um sich auszuruhen, so dass Ihr Hormonspiegel kann wieder normal gehen, so zu vermeiden Naschen um jeden Preis. Sie können sicher senken Sie Ihre Leptinspiegel, indem es sich intermittierende Fasten, wenn Sie mögen.

Vermeiden Sie sehr kalorienarme Ernährung - Sie sollten jetzt wissen, dass sehr kalorienarme Ernährung sollte vermieden werden, wenn Ihr Ziel ist es, Ihren Leptin Widerstand zu verringern. Kalorienarmen Diäten würden diejenigen, die Sie täglich zu



beschränken, um tausend Kalorien oder weniger. Dies wäre nur dann setzen Stress auf den Körper, erhöhen Sie Ihre Cortisolspiegel, und führen Sie noch mehr Gewicht zu gewinnen; Ihr Körper würde in Overdrive zu gehen, wie es versucht, Sie von zu schützen "Hunger." Low kalorienarme Ernährung würde dazu führen hormonelle Überspannungen in Ihrem Körper, und das wäre nur zu unkontrollierbaren Hunger führen, so dass Sie weg von diesen sehr kalorienarme Ernährung zu bleiben.

Vermeiden

Sie

MSG

(Mononatriumglutamat)

und

Aspartam

-

Mononatriumglutamat und Aspartam führt Sie auf einen Weg der Adipositas, metabolisches Syndrom und Diabetes, und es wird Ihren Appetit außer Kontrolle zu

machen. Mononatriumglutamat und Aspartam werden in 80% aller aromatisierte Lebensmittel zugegeben. Sie regen den Bereich des Gehirns, die für den Fettstoffwechsel und Fettspeicherung verantwortlich ist und Experimente haben auch bewiesen, dass sie den Hypothalamus Narbe und führen zu so genannten Hypothalamus

Fettleibigkeit

bekannt.

Durch

Narben

Hypothalamus,

Mononatriumglutamat und Aspartam zu stören Ihren Fettstoffwechsel und führen zu einer Gewichtszunahme. Diese Extra-Fett erzeugt dadurch mehr Leptin die schließlich führt zu Leptin Widerstand und mit einem defekten Hypothalamus und überschüssige Leptin eine Rolle spielen, wird Ihr Gewicht zwangsläufig außer Kontrolle geraten. Mononatriumglutamat und Aspartam auch bekannt, dass Blutinsulinspiegel zu erhöhen. Dies führt auch zu einer Insulinresistenz, Diabetes und einer Vielzahl von Problemen danach.

Nehmen Sie in mehr Omega-3-Fettsäuren und reduzieren Sie Ihre Omega-6-Fettsäuren - Leptinresistenz, Insulinresistenz, und andere Komplikationen von Hormonstörungen resultieren, sind einfach Entzündungen im Körper. Sie können diese Entzündungen durch die Erhöhung der Mengen an Omega-3-Fettsäuren, die Sie verbrauchen und durch die Reduzierung der Mengen an Omega-6-Fettsäuren, die Sie verbrauchen zu reduzieren. Omega-3-Fettsäuren helfen, gesunde Leptinspiegel durch einen Beitrag zur Leptin-Rezeptoren, die unempfindlich gemacht haben reparieren zu unterstützen. Omega-6-Fettsäuren das Gegenteil tun und helfen, die Leptin-Rezeptoren noch mehr desensibilisiert zu machen. Deshalb essen Lebensmittel, die reich an Omega-3-Fettsäuren sind. Diese Lebensmittel enthalten Grünkohl, Sommerkürbis, Leinsamen, Chiasamen, Forelle, Makrele, Sardinen, Sardellen, Lachs, Walnüsse und Gras gefüttert Fleisch. Lebensmittel zu vermeiden, sind pflanzliche Öle, herkömmliche Fleisch und Getreide, weil sie eine erhebliche Menge an Omega-6-Fettsäuren enthalten.

Essen Sie mehr Proteine - Es wird empfohlen, dass Sie Proteine zu essen zu jeder Mahlzeit, vor allem beim Frühstück. Es ist sehr effektiv bei der Verbesserung Leptin Empfindlichkeit, und es dauert auch eine längere Zeit zu verdauen. Daher wird es halten Sie Gefühl voll für eine lange Zeit. Proteine auch Sie die Freisetzung von Glukose in den Blutstrom zu verlangsamen, so dass sie die großen

Hormonstöße, wenn wir essen und Hilfe auftreten, zu kontrollieren und zu reduzieren das Auftreten von Diabetes zu verringern. Eine andere Sache, über Protein ist, dass es für einen halben Tag oder weniger erhöht den Stoffwechsel um bis zu 30%. Dies ist die

kalorienverbrenne Äquivalent eines zwei- oder drei Meile laufen. Neustart des Stoffwechsels und bekommen es zurück zu Normal ist eine der wichtigsten Dinge, die für Sie zu erreichen, wenn Sie den Leptin-Empfindlichkeit zurückgewinnen wollen. Proteine können wirklich helfen Ihnen, Ihr Ziel zu erreichen und erhalten Sie wieder in vollkommener Gesundheit.

Schnitt

zurück

auf

jenen

hohen

Kohlenhydrat-Lebensmittel,

raffinierte

Nahrungsmittel und zuckerhaltige Lebensmittel - Sie mögen denken, dass der einfachste Weg, um Ihren Leptin Widerstand zu beheben wäre, um Kohlenhydrate aus Ihrer Ernährung vollständig abgeschnitten, aber diese Art von Denken ist falsch!

Schneiden Kohlenhydrate aus Ihrem Körper würde nur machen Sie sich weniger gesund; Ihre Muskeln schwächen würde, Ihr Verdauungssystem beeinträchtigt würde, Wachstumshormon nicht ordnungsgemäß freigegeben werden, Ihr Herz würde betont zu werden, würde Ihre Elektrolyte unregulierten zu werden, würde Ihr Fett nicht effizient zu verbrennen, und Ihre Schilddrüse würde herunterfahren!

Vermeiden Kohlenhydrate komplett wäre die Antwort überhaupt, weil Kohlenhydrate selbst sind nicht schlecht nicht sein. Es ist nur die Mengen und Arten von Kohlenhydraten, die wir verbrauchen, die verursachen Probleme.

Die meisten übergewichtigen und fettleibigen Menschen essen verdoppeln oder sogar verdreifachen die Mengen an Kohlenhydraten, die ihr Körper braucht. Als solcher, ihre Körper speichern die überschüssige Kohlenhydrate als Fette und diesen ständig steigenden Fettreserven produzieren mehr Leptin und führen zu einer Leptinresistenz. Um genau zu bestimmen, wie viele Kohlenhydrate Sie sollten die Einnahme, sollten Sie an der Essen auf dem Teller sehen und verwenden Sie den 50/50 Technik. Sie sollten eine handtellergröße Teil der Proteine (sechs bis 8

Unzen Portion für Männer oder einen vier- bis 6 Unzen Teil für Frauen), und Sie sollten auch eine handtellergröße Teil für Kohlenhydrate zu sehen. Das ist die 50/50 Technik. Sie sollten auch haben viel ballaststoffreiche Gemüse und moderate Mengen an Früchten.

Sie sollten sich bemühen, große Mengen von Lebensmittel reich an Ballaststoffen zu jeder Mahlzeit essen. Dazu gehören Gemüse und etwas Obst. Ballaststoffreiche Lebensmittel wird dazu beitragen, schnell füllen Ihren Bauch und machen Sie weniger wahrscheinlich zu viel zu essen. Sie werden voller Gefühl, und was mehr ist, diese hohen Faser-Lebensmittel in der Regel nicht zu viele Kalorien haben entweder. Dies wird helfen, Ihre Hormone zu stabilisieren, und mit der Zeit, wird es helfen, um Ihren Leptin und Insulin-Empfindlichkeit zu verringern und bringen

Sie zurück zu normaler Gesundheit.

Sie sollten sich auf raffinierte Nahrungsmittel und zuckerhaltige Lebensmittel, weil mehr als wahrscheinlich, dass sie Fructose und andere Süßungsmittel, die nur Ihren Hormonhaushalt schädigen noch mehr enthalten kürzen. In der Tat, sollten Sie Fructose und jene anderen Süßstoffen meiden wie die Pest! Sie wissen bereits,

den Effekt, dass High Fructose Einnahme auf den Körper und die Gründe, warum es schadet Leptin-Empfindlichkeit. Die Früchte sind auch eine Quelle von Fructose, aber Früchte enthalten oft Antioxidantien, Ballaststoffe und andere nützliche Substanzen, die sich die Freisetzung von Fructose in das Blut langsamer wird und auch dazu beitragen, um Schäden umkehren, dass es verursachen. Früchte in der Regel so großen Konzentrationen von Fructose enthalten, nicht trotzdem, so dass Essen etwas Obst sollte nicht ein großes Problem sein; nur nicht übertreiben. Fünfundzwanzig Gramm oder ein Stück Obst pro Tag wäre in Ordnung. Sie sollten sich auch besorgt über die Fruktosegehalt in Fruchtsäften und getrocknete Früchte, die oft geändert werden, um ihre Zuckergehalt zu erhöhen und machen sie schmackhafter sein.

Nehmen Supplements - Es gibt viele Nahrungsergänzungsmittel gibt, die dazu beitragen, Ihre Leptin Widerstand zu verringern wird; Sie müssen nur die richtige zu wählen. Fucoxanthin ist ein Carotinoid, das seit Jahrhunderten verwendet wurde, um die Entzündung zu verringern, und es hat positive Ergebnisse bei der Verringerung der Leptin-Resistenz auch gezeigt. Es kann in Braunalgen gefunden werden, aber Sie können auch die fucoxanthin Ergänzungen und ernten die gleichen Leistungen.

Zink ist auch nützlich bei der Bekämpfung der Leptinresistenz bewiesen. Es ist erwiesen, um die Leistung von Leptin zu stärken und helfen, auf optimalem Niveau im Körper zu arbeiten. Einige wichtige Quellen für Zink sind Lamm, Schwein, Rind, Fisch, Huhn, und Hefe. Eine weitere Ergänzung zu prüfen, ist eine, die Ihren Darm heilt und damit hilft, Ihre Körpergewicht und Ihren Appetit zu kontrollieren. Es wurde verwendet, um den Darm wegen seiner heilenden Eigenschaften zu behandeln. Ich spreche von Probiotika im Gespräch. Probiotika sind nützliche Bakterien, die in unserem Verdauungstrakt leben. Sie können aber auch in vielen Nahrungsquellen gefunden werden. Ärzte haben erkannt, dass, wenn das Verhältnis von Probiotika fällt unter 85% entlang des Darms, ergeben sich viele Gesundheitsprobleme, einschließlich Leptin Beständigkeit. Probiotika sind gezeigt worden, um Leptin-

Konzentrationen im Körper zu verringern und verwendet worden, um Darmerkrankungen wie Colitis helfen. Also, essen Knochenbrühen und nehmen Probiotika auf Ihre Darmwände zu heilen. Einige gute

Quellen von Probiotika gehören Sauerkraut, Miso, Kimchi, Tempeh, Kombucha, Kefir, gebeizt /

fermentiertes Gemüse, Sauerteigbrot, Natto, Weichkäse und Joghurt. Sie können auch die probiotische Nahrungsergänzungsmittel. Lebensmittel, die Inulin enthalten, einschließlich Bananen, Sonnen Drosseln, Artischocken, Lauch, Zwiebeln und Knoblauch, füttern die guten Darmbakterien und zur Förderung ihrer Replikation und sind daher genauso effektiv wie unter probiotische Nahrungsergänzungsmittel.

Auszüge aus dem *irvingia gabonensis* Anlage wurden ebenfalls voran zu helfen übergewichtigen Menschen

zu

verlieren

und

halten

Startgewicht,

auch

ohne

andere

Lifestyle-

Auseinandersetzungen. Es wurde auch viel versprechende Ergebnisse in den Menschen hilft, wieder zu erlangen Leptin Empfindlichkeit und umgekehrt die Auswirkungen der zellulären

Entzündung gezeigt. Es hat eine positive Wirkung auf andere Hormonsysteme, einschließlich der von Adiponektin und Insulin hatte.

Diese Pflanze Extrakt wurde in vielen Experimenten verwendet, um die Wirkung der Verdauungsenzym, das verwendet wird, um komplexe Kohlenhydrate in einfache Zucker brechen hemmen. Dies verlangsamt, wodurch sich die Geschwindigkeit, mit der Glukose in die Blutbahn und somit verhindert, dass die raschen hormonellen Überspannungen, die ohne die *irvingia gabonensis* eingetreten wäre. Es hilft auch, das Hormon, das die Umwandlung von Blutzucker in Triglyceride oder Körperfett erleichtert hemmen. Dies reduziert die Menge von Glukose im Blut, die Fette umgewandelt wird, und Sie können sehen, wie diese Vorteile Leptin-Resistenz. Wenn Sie könnten etwas von der Frucht des *irvingia gabonensis* Pflanze oder Extrakte davon bekommen, wäre es ein langer Weg bei der Reduzierung Ihrer Leptinresistenz und helfen, Sie gesund wieder zu bekommen zu gehen.

Vermeiden Sie Lektine - Getreidekörner, wie Roggen, Gerste und Weizen enthalten eine Substanz, wie Weizenkeim-Agglutinin oder WGA, die eine Art von Lektin ist bekannt. Lektine sind Stoffe, die Pflanzen produzieren, um sich vor Krankheiten und Insekten zu schützen. Diese Substanz tatsächlich bindet an die Leptin-Rezeptoren direkt und so verhindert, dass die Leptin-Hormon aus der Bindung an sie und sie stimulieren. Dies trägt natürlich zu Leptin-Resistenz. Vermeiden Sie daher Getreide, Hülsenfrüchte, Soja und Erdnüsse so viel wie möglich, bis Sie Ihr Leptin-Empfindlichkeit wieder zu erlangen, weil sie große Mengen von Lektin enthalten.

## **Mahlzeit-Ideen**

Nach der Lektüre so viele der Gebote und Verbote zur Verringerung der Leptin-Resistenz, können Sie fühlen sich überfordert und können denken, dass Sie nie in der Lage, die richtigen Mahlzeiten, die den Regeln oben angegebenen haftet planen. Einige von Ihnen mögen denken, dass die Mahlzeiten müssen Sie vorbereiten wird langweilig und fad sein, aber Sie sind falsch!

Sie können immer noch wunderbare Mahlzeiten, die gesund und lecker sind. Probieren Sie die folgenden Rezepte und Anpassungen vornehmen, um sie, wie Sie möchten; Umkehrung Ihrer Leptin Widerstand wird so einfach, wie einen, zwei, drei mit diesen ambrosial Mahlzeiten.

## **Frühstück**

Paleo Pfannkuchen mit Erdbeeren Passiert

"Das Paläo-freundlich, flourless Pfannkuchenrezept wird mit pürierten Erdbeeren garniert."

Zubereitungszeit: 10 Minuten

Kochzeit: 20 Minutes

Fertig in: 30 Minuten

Portionen: 10

ZUTATEN:

2 Eier

1 ½ Tassen Mandelmehl

½ TL gemahlener Zimt

½ Teelöffel Vanille-Extrakt

¼ TL Backpulver

½ Tasse Apfelmus

¼ Tasse Kokosmilch, oder mehr je nach Bedarf

1 Teelöffel Olivenöl zum Braten



## Belag

1 Tasse Erdbeeren

### ANREISE:

1. Mischen Sie zusammen die Eier, Mandelmehl, Zimt, Vanille-Extrakt, Backpulver, Apfelmus, und Kokosmilch in eine Schüssel geben.
2. Ölen Sie eine Grillplatte und legen Sie sie bei mittlerer Hitze.
3. Löschen Sie große spoonsful des Teigs auf die Pfanne und kochen, bis die Pfannkuchenränder trocken und Blasen bilden.
4. Klappen Sie den Pfannkuchen und lassen Sie die andere Seite, um zu kochen, bis sie gebräunt ist
5. Wiederholen Sie den Vorgang mit dem restlichen Teig.
6. Püree die Erdbeeren, bis sie glatt in einer Küchenmaschine.
7. Top die Pfannkuchen mit den pürierten Erdbeeren.

### ERNÄHRUNGSINFORMATION:

Portionen pro Rezept: 10

Kalorien: 112

Menge pro Portion

Insgesamt Fett: 5,9 g

Cholesterin: 42 mg

Natrium: 29 mg

Gesamtmenge Kohlenhydrate: 8,4 g

Ballaststoffe: 0,7 g

Protein: 8,2 g

### **Speck-Pfannkuchen (Paleo)**

"Beginnen Sie Ihren Tag, indem Sie Ihre Pfannkuchen mit Speck-twist, weil Sie wissen, was sie sagen:» Alles ist mit Speck besser ""

Zubereitungszeit: 15 Minuten

Kochzeit: 20 Minutes

Fertig in: 40 Minuten

Portionen: 2

#### **ZUTATEN:**

3 Scheiben Speck

1 Banane, gehackt

2 Eier

1 Teelöffel Vanille-Extrakt

1 Prise Backpulver

2 Esslöffel Kokosmehl

1 Prise Salz

1 Prise Backpulver

#### **ANREISE:**

1. Legen Sie die Scheiben Speck in einer großen Pfanne und kochen bei mittlerer Hitze etwa 10

Minuten, während sie gelegentlich drehen, bis sie gleichmäßig gebräunt sind.

2. Lassen Sie die Speckscheiben auf Küchenpapier und gießen Sie den Bratenfett von der Speck in einer Glasschüssel dann.

3. Crumble den Speck

4. Wählen Sie die Bananen und Eier in einer Schüssel mit einem elektrischen Mixer schlagen, bis die Mischung glatt und schaumig schlagen.

5. Schlagen Sie 1 1/2 Esslöffel der Speck Schmalz und auch die zerbröckelte Speck Stücke mit der Vanille-Extrakt, und dann rühren Sie es in die Ei-Mischung.

6. Whisk Backpulver, Kokos Mehl, Salz und Backpulver in die Ei-Mischung, bis der Teig gerade kombiniert.

7. Lassen Sie den Teig für 2 Minuten stehen lassen.

8. Fetten Sie eine Backblech mit den Speck Schmalz und erhitzen Sie es bei mittlerer Hitze.

9. Tropfen großen spoonsful des Teigs auf die Herdplatte und kochen, bis die Kanten werden trocken und Blasen beginnen, in ihnen zu bilden; Dies wird 3-4 Minuten dauern.

10. Drehen Sie die Pfannkuchen und kochen Sie die anderen Seiten für 2-3 Minuten oder bis sie gebräunt sind.

11. Wiederholen Sie den Vorgang mit dem Rest des Teigs.

**ERNÄHRUNGSGEHALT:**

Portionen pro Rezept: 2

Kalorien: 264

Menge pro Portion

Insgesamt Fett: 12,3 g

Cholesterin: 226 mg

Natrium: 766mg

Gesamtmenge Kohlenhydrate: 24,5 g

Ballaststoffe: 7,5 g

Protein: 13,9 g

### **Paleo Haferflocken (nicht wirklich Oatmeal überhaupt)**

"Das Paleo freundlich, herzlich, hot 'Haferflocken' ist mit Walnüsse, Pekannüsse, Rosinen, und Äpfeln gefüllt."

Zubereitungszeit: 10 Minuten

Kochzeit: 10 Minutes

Fertig in: 20 Minuten

Portionen: 2

#### **ZUTATEN:**

1/2 Teelöffel Kürbiskuchen Gewürz

1/2 Teelöffel gemahlener Zimt

1 Teelöffel Kokosöl

1/2 Tasse Rosinen

1 Apfel, gewürfelt

1 Spritzer Vanilleextrakt

1 EL Mandelbutter

1/4 Tasse Mandelmilch

3 Eier

1 Banane

1/4 Tasse Boden Pekannüsse, oder nach Geschmack

1/4 Tasse gemahlene Walnüsse, oder nach Geschmack

1 EL Ahornsirup, oder mehr nach Geschmack

#### ANREISE:

1. Rühren Sie die Kürbiskuchen Gewürz, Zimt, Kokosöl, Rosinen und Apfelwürfeln zusammen bei mittlerer Hitze in einem Topf.
2. Bringen Sie die Mischung zu einem Simmer und kochen Sie es für etwa 5 Minuten, um Aromen zu mischen.
3. Mischen Sie die Vanille-Extrakt, Mandelbutter, Mandelmilch, Eier und die Banane zusammen in einer Küchenmaschine.
4. Fügen Sie die Pekannüsse und Walnüsse auf Bananen Mischung und mischen sie zusammen.
5. Rühren Sie die Bananenmischung und die Ahornsirup in die Apfelmischung; bringen Sie es zu einem Simmer und kochen Sie es für 5-10 Minuten oder bis die Mischung dick.

#### ERNÄHRUNGSINFORMATION:

Portionen pro Rezept: 2

Kalorien: 615

Menge pro Portion

Insgesamt Fett: 35,9 g

Cholesterin: 317 mg

Natrium: 168 mg

Gesamtmenge Kohlenhydrate: 66.8g

Ballaststoffe: 7,8 g

Protein: 16,4 g

### **Paleo griechischen 'Reis'**

"Ein köstliches Paleo Blumenkohl 'reis', die mit Paprika, Zwiebeln und Tomaten gedünstet und dann gekrönt mit einem zitronig-Dressing und Minze."

Zubereitungszeit: 15 Minuten

Kochzeit: 15 Minuten

Fertig in: 1 Stunde

Portionen: 6

#### **ZUTATEN:**

1/4 Tasse frischer Zitronensaft

1/2 gelbe Zwiebel, klein gewürfelt

1 Kopf Blumenkohl, in Röschen schneiden große

1/2 Tasse Traubentomaten, halbiert

1/2 rote Paprika, klein gewürfelt

3 EL gehackte frische Minze

1/4 Tasse Olivenöl extra vergine

Gemahlener schwarzer Pfeffer, um zu schmecken

Salz, um zu schmecken

#### ANREISE:

1. Rühren Sie den Zitronensaft und Zwiebel in einer Schüssel und lassen Sie die Mischung für eine halbe Stunde oder bis die Zwiebel Geschmack mildert ausruhen.
2. Lassen Sie die Zwiebel, aber speichern Sie den Zitronensaft.
3. Shred der Blumenkohl in einer Küchenmaschine, bis es die Größe von kleinen Reiskörner.
4. Setzen Sie den Blumenkohl bei mittlerer Hitze in einer Pfanne.
5. Decken Sie die Pfanne und kochen Sie den Blumenkohl, während unter gelegentlichem Rühren für 8-10 Minuten oder bis der Blumenkohl vollständig gedämpft wird.
6. Entfernen Sie den Deckel von der Pfanne und rühren in den Trauben Tomaten und rote Paprika.
7. Kochen Sie die Mischung, während unter gelegentlichem Rühren für etwa 3 Minuten oder bis sie vollständig durch erhitzt.
8. Fügen Sie die Minze und die Zwiebel mit dem Blumenkohl-Mischung; rühren und kochen für ca. 3 Minuten oder bis die Mischung vollständig durch erhitzt.
9. Wischen Sie 3 Esslöffel in eine Schüssel vorbehalten Zitronensaft, Olivenöl, den Pfeffer und das Salz zusammen.
10. Gießen Sie den Zitronensaft Mischung über Blumenkohl Gemischs und werfen Sie es zu beschichten sie.

11. Schließlich Saison der griechische Reis mit schwarzem Pfeffer und Salz abschmecken.

#### ERNÄHRUNGSINFORMATION:

Portionen pro Rezept: 6

Kalorien: 120

Menge pro Portion

Insgesamt Fett: 9,5 g

Cholesterin: 0 mg

Natrium: 95 mg

Gesamtmenge Kohlenhydrate: 8g

Ballaststoffe: 2,9 g

Protein: 2,3 g

Mittagessen

Paleo Salmon Burger

"Lachs-Burger mit Petersilie und glutenfreie Brotkrumen kann in jede Paleo oder glutenfreie Diät zu passen."

Zubereitungszeit: 10 Minuten

Kochzeit: 10 Minutes

Fertig in: 20 Minuten

Portionen: 8

ZUTATEN:



1/4 Teelöffel Knoblauchsatz

2 Teelöffel Zitronensaft

1 EL frische Petersilie, gehackt

3 EL Mayonnaise

2 Eier, geschlagen

1/2 Tasse Zwiebel, gehackt

1 Tasse glutenfreien Semmelbrösel

1 kann (14 Unzen), Lachs, entwässert und als Flocken 1 EL Olivenöl, oder mehr je nach Bedarf

#### ANREISE:

1. Mischen Sie den Knoblauch, Salz, Zitronensaft, Petersilie, Mayonnaise, Eier, Zwiebeln, Brotkrumen, und Lachs in einer Schüssel mischen.

2. Bilden Sie die Mischung in Pasteten.

3. Das Olivenöl bei mittlerer Hitze in einer Pfanne oder einem Grill-Pfanne.

4. Kochen Sie die Frikadellen für ca. 5 Minuten pro Seite oder bis sie gebräunt sind.

#### ERNÄHRUNGSINFORMATION:

Portionen pro Rezept: 2

Kalorien: 556

Menge pro Portion

Gesamtfett: 53.6g

Cholesterin: 0 mg

Natrium: 9 mg

Gesamtmenge Kohlenhydrate: 17,6 g

Ballaststoffe: 7,2 g

Protein: 11,2 g

### **Paleo Banana Bread**

"Das glutenfreie, Paleo freundliche Bananenbrot ist feucht und dicht."

Zubereitungszeit: 15 Minuten

Kochzeit: 45 Minutes

Fertig in: 1 Stunde

Portionen: 12

#### **ZUTATEN:**

1 Portion Kochspray

1 Teelöffel Backpulver

1 Esslöffel gemahlener Zimt

2 Tassen Mandelmehl

2 Eier

1/2 Tasse Wasser

1 Teelöffel Mandelextrakt

1/4 Tasse Agavendicksaft

2 Bananen, reif und gestampfte

1/2 Teelöffel Vanillebohnenpaste, optional

#### ANREISE:

1. Heizen Sie den Backofen auf eine Temperatur von 350 ° F (175 ° C).
2. Sprühen Sie den Laib-Pfanne mit etwas Kochspray.
3. Mischen Sie das Backpulver, Zimt und Mandelmehl in eine Schüssel geben.
4. Schlagen Sie die Eier in eine Schüssel geben
5. Mix im Vanillebohnenpaste, zerdrückte Bananen, Agavendicksaft, Mandelextrakt und Wasser.
6. Mischen Sie die Banane Mischung in die Mandelmehlmischung, bis keine trockenen Gebieten zu bleiben.
7. Geben Sie den Teig in die Kastenform, die Sie vor dem Gießen hergestellt.
8. Backen Sie die Bananenbrot in den vorgeheizten Ofen für etwa 45 Minuten oder bis das Brot ist braun und knusprig an den Rändern.

#### ERNÄHRUNGSINFORMATION:

Portionen pro Rezept: 12

Kalorien: 127

Menge pro Portion

Insgesamt Fett: 4,3 g

Cholesterin: 31 mg

Natrium: 117 mg

Gesamtmenge Kohlenhydrate: 15,8 g

Ballaststoffe: 1,1 g

Protein: 8,6 g

### **Italienisch Paleo Huhn Meat Loaf**

"Das italienisch inspirierte Hähnchenhackbraten macht ein leckeres und dennoch einfache Mittagessen und es Paleo-freundlich."

Zubereitungszeit: 15 Minuten

Kochzeit: 2 Stunden

Fertig in: 2 Stunden 35 Minuten

Portionen: 8

#### **ZUTATEN:**

1 TL gemahlener schwarzer Pfeffer

1 Esslöffel italienischen Gewürzen

2 Knoblauchzehen

1/4 große Zwiebel

1 Stange Sellerie

6 Karotten

7 Chicken Filets

4 Eier

1 (8 Unzen) Tomatensauce, no-Salz-Added und geteilt

ANREISE:

1. Heizen Sie den Backofen auf eine Temperatur von 350 ° F (175 ° C).
2. Fetten Sie eine 9x5-Zoll-Kastenform.
3. Wählen Sie den schwarzen Pfeffer, Italienisches Gewürz, Knoblauch, Zwiebel, Sellerie und Karotten Setzen Sie in einer Küchenmaschine und zerkleinern sie.
4. Nehmen Sie die Gemüsemischung aus dem Nahrungsmittelprozessor und steckte es in eine große Schüssel geben.
5. Legen Sie die Hähnchenfilets im Nahrungsmittelprozessor und verarbeiten sie, bis sie geerdet sind.
6. Mit einer Gabel die Eier in die Gemüsemischung mischen, bis sie vollständig integriert sind.
7. Fügen Sie dann die Hälfte der Tomatensauce in die Mischung und mischen.
8. Falten Sie das Huhn in den Gemüse-Tomatensauce Mischung und gießen Sie sie in die vorbereitete Kastenform.
9. Backen Sie den Teig in den vorgeheizten Ofen für eineinhalb Stunden.
10. Verbreiten Sie den Rest der Tomatensauce über den Hackbraten.
11. Backen Sie das Fleischstück für etwa eine halbe Stunde mehr oder bis die Hackbraten gar ist.

Ein Instant-read Thermometer in der Mitte der Hackbraten eingesetzt sollte mindestens 165 ° F

(74 ° C) zu lesen.

12. Lassen Sie den Hackbraten kühl in der Kastenform für 20 Minuten, bevor Sie versuchen, es zu schneiden.

#### ERNÄHRUNGSINFORMATION:

Portionen pro Rezept: 8

Kalorien: 123

Menge pro Portion

Insgesamt Fett: 3,3 g

Cholesterin: 134 mg

Natrium: 110 mg

Gesamtmenge Kohlenhydrate: 8,1 g

Ballaststoffe: 2,3 g

Protein: 15,3 g

#### **Paleo Spicy Shrimp Rühren-Braten**

"Das würzige Rühren braten Garnelen Rezept ist Paläo-freundlich und mit Ingwer, Zitrone und Knoblauch."

Zubereitungszeit: 20 Minuten

Kochzeit: 10 Minutes

Fertig in: 8 Stunden 30 Minuten

Portionen: 4

#### ZUTATEN:

1/2 Tasse Zitronensaft

1 kleine Zwiebel, fein gehackt

1/2 Tasse Olivenöl

3 Knoblauchzehen, gehackt

1 EL Zitronenschale

1 EL geriebener Ingwer

1 TL gemahlener Kurkuma

24 große Garnelen, geschält und entdarnt

1 Esslöffel Kokosöl, oder nach Bedarf

#### ANREISE:

1. Mischen Sie zusammen die Kurkuma, Ingwer, Zitronenschale, Knoblauch, Olivenöl, Zwiebeln und Zitronensaft in eine Schüssel geben.
2. Geben Sie die Garnelen in der Sie im obigen Schritt erstellt Marinade eingelegt, bedecken Sie es, und kühlen Sie es über Nacht.
3. Entfernen Sie die Garnelen, sondern speichern Sie die Marinade.
4. Wärme einer Pfanne oder Wok bei mittlerer Hitze schmelzen und das Kokosöl in ihm. Rühren braten die Garnelen im beheizten Kokosöl für 5 bis 10 Minuten oder bis sie rosa und undurchsichtig sind.

5. Fügen Sie die Marinade und bringen es zum Kochen bringen und sicherzustellen, dass Sie die Mischung ständig umrühren.

#### ERNÄHRUNGSINFORMATION:

Portionen pro Rezept: 4

Kalorien: 388

Menge pro Portion

Insgesamt Fett: 31,7 g

Cholesterin: 192 mg

Natrium: 222 mg

Gesamtmenge Kohlenhydrate: 5,9 g

Ballaststoffe: 0,8 g

Protein: 21,1 g

Abendessen

Paleo Hühnereintopf

"Das Hühnereintopf mit Spinat und Süßkartoffeln gemacht, und Sie können die Mengen von Hühnerbrühe, die Sie seine Konsistenz ändern verwenden einzustellen."

Zubereitungszeit: 15 Minuten

Kochzeit: 35 Minuten

Fertig in: 50 Minuten

Portionen: 6



## ZUTATEN:

2 Teelöffel Olivenöl

2 Knoblauchzehen, fein gehackt

1 kleine rote Zwiebel, gehackt

2 Hähnchenbrusthälften, ohne Knochen und Haut, und in Würfel schneiden  
2 süße Kartoffeln, geschält, und gehackt

1 Tasse frischen Spinat, oder nach Geschmack

1 Prise gemahlener Paprika, oder mehr nach Geschmack

1 Prise Paprika, oder mehr nach Geschmack

Meersalz zum Abschmecken

1/2 Tasse Hühnerbrühe, oder mehr nach Geschmack

## ANREISE:

1. Das Olivenöl bei mittlerer Hitze in einem Topf.

2. Braten Sie den Knoblauch und Zwiebel für ca. 5 Minuten im beheizten Olivenöl bis sie weich zu machen.

3. Rühren Meersalz, Paprika, gemahlener Paprika, Spinat, Süßkartoffeln, und Huhn mit der Zwiebel und Knoblauch in den Topf geben.

4. Gießen Sie heraus, wie viel Hühnerbrühe in den Topf, um die Mischung zu machen, wie Eintopf artig oder als Suppe artig, wie Sie wünschen.

5. Bringen Sie die Brühe zum Kochen bringen, die Hitze reduzieren, um mittel-niedrig und das Gemisch auf eine halbe Stunde köcheln

lassen, oder bis die süßen Kartoffeln weich sind und das Huhn ist nicht mehr rosa in der Mitte.

#### ERNÄHRUNGSINFORMATION:

Portionen pro Rezept: 6

Kalorien: 144

Menge pro Portion

Insgesamt Fett: 2,5 g

Cholesterin: 21 mg

Natrium: 207 mg

Gesamtmenge Kohlenhydrate: 20,8 g

Ballaststoffe: 3,2 g

Protein: 9,6 g

#### **Paleo Tilapia eingetaucht in Kokosnüsse**

"Tilapia Filets, die Kokosnüsse getaucht worden sind, sind Paläo-freundlich, lecker, und der Pfanne gebraten in Kokosöl. Sie können sie mit ein paar leckere grünem Gemüse zu dienen! "

Zubereitungszeit: 15 Minuten

Kochzeit: 10 Minutes

Fertig in: 25 Minuten

Portionen: 4

ZUTATEN:

2 Esslöffel Kokosöl

Meersalz nach Geschmack

1/2 Tasse Kokosnußmehl

3/4 Tasse Kokosnuss, als Flocken und ungesüßt

3 Eier, geschlagen

4 (4 Unzen) Tilapia Filet, oder mehr je nach Bedarf

ANREISE:

1. Wärmekokosöl bei mittlerer Hitze in einer Pfanne.

2. Mischen Sie das Salz, Kokosmehl und ungesüßte Kokosnuss zusammen auf einem Teller.

3. Bürsten Sie den geschlagenen Ei über jede Tilapia Filet.

Jede 4. Drücken Filet in Kokos-Mischung, so dass es gleichmäßig beschichtet ist.

5. Vorsichtig werfen die Filets zwischen Ihren Händen, so dass die überschüssige Kokosstücke abfallen.

6. Die beschichteten Filets auf einen Teller und Brot den Rest, aber nicht stapeln die Filets.

7. Braten Sie die Filets in das heiße Öl für 5-7 Minuten pro Seite oder bis die Fischflocken leicht mit einer Gabel und bis die Filets goldbraun sind.

ERNÄHRUNGSINFORMATION:

Portionen pro Rezept: 4

Kalorien: 462

Menge pro Portion

Insgesamt Fett: 26,5 g

Cholesterin: 200mg

Natrium: 189 mg

Gesamtmenge Kohlenhydrate: 24,7 g

Ballaststoffe: 15g

Protein: 32,9 g

### **Spaghetti Carbonara-Paleo Stil**

"Das Paleo freundliche Carbonara ersetzt Pasta mit Spaghetti-Kürbis mit Tomaten und Speck."

Zubereitungszeit: 10 Minuten

Kochzeit: 50 Minuten

Fertig in: 1 Stunde

Portionen: 4

#### **ZUTATEN:**

1 Spaghettikürbis, große, halbiert und entkernt

1/4 Tasse extra-natives Olivenöl

8 Scheiben Speck, gewürfelt

1 TL gemahlener schwarzer Pfeffer

1 Teelöffel Salz

1 große Tomate, gewürfelt

4 große Eigelb

3 Zweige frischer Basilikum

#### ANREISE:

1. Heizen Sie den Backofen auf eine Temperatur von 400 ° F (200 ° C).
2. Legen Sie den Kürbis auf ein Backblech geschnittenen Seite nach oben.
3. Bake der Kürbis in den vorgeheizten Ofen für 45-60 Minuten, bis es zart wird.
4. Scoop aus dem Fleisch des Kürbis und mit einer Gabel, um sie in Strängen zerkleinern.
5. Erhitzen Sie das Olivenöl bei mittlerer Hitze in einer großen Pfanne 6. Stellen Sie den Speck in das heiße Öl und kochen Sie es und rühren Sie ihn für 5-10 Minuten oder bis es gebräunt und durch gründlich gekocht.
7. Fügen Sie den geschredderten Squash in die Pfanne und kochen und rühren Sie es für 3-5 Minuten oder bis der Kürbis weich wird.
8. Rühren Sie die Pfeffer, Salz, und die Tomaten in die Squash-Mischung und entfernen Sie die Pfanne von der Hitze.
9. Eigelb in die Squash-Mischung, bis die Mischung cremig aber nicht zulassen, das Eigelb in die Pfanne zu berühren.
10. Übertragung der Kürbis Carbonara, um eine Schüssel geben und garnieren Sie es mit den drei frischem Basilikum Zweige.

#### ERNÄHRUNGSINFORMATION:

Portionen pro Rezept: 4

Kalorien: 428

Menge pro Portion

Insgesamt Fett: 28,7 g

Cholesterin: 225 mg

Natrium: 1091 mg

Gesamtmenge Kohlenhydrate: 34,4 g

Ballaststoffe: 0,7 g

Protein: 12,9 g

### **Paleo Brokkoli und Wurst**

"Das Paleo freundliche Rezept ist eine einfache Braten von Brokkoli und Wurst, die mit Zitrone und Knoblauch in etwas Olivenöl gewürzt worden ist."

Zubereitungszeit: 10 Minuten

Kochzeit: 20 Minutes

Fertig in: 30 Minuten

Portionen: 2

#### **ZUTATEN:**

3 Esslöffel unterteilt Olivenöl, oder mehr nach Geschmack

4 (3,5 Unzen) verbindet italienische Wurst, in Scheiben geschnitten

2 große Knoblauchzehen, gehackt

2 Bund Brokkoli rabe, getrimmt

1 Prise Zitronenschale, oder nach Geschmack

1 Prise Paprikapulver, oder nach Geschmack

Meersalz nach Geschmack

1/2 Zitrone

#### ANREISE:

1. Beschichten der Boden einer Pfanne mit einer dünnen Schicht von Olivenöl.

2. Erhitzen Sie die Pfanne bei mittlerer Hitze.

3. Cook und rühren Sie die Wurstscheiben für 3-5 Minuten in der Pfanne, bis sie gebräunt sind 4. Fügen Sie den Knoblauch und weiter kochen für eine zusätzliche Minute oder bis der Knoblauch wird duftend.

5. Fügen Sie den Brokkoli in die Pfanne geben und würzen sie mit dem Meersalz, Paprika und Zitronenschale.

6. Drizzle das Olivenöl über den Brokkoli rabe und werfen zu beschichten sie.

7. Kochen Sie die Brokkoli rabe, während unter gelegentlichem Rühren für etwa 15 Minuten oder bis es vollständig verwelkt ist

8. Drücken Sie die Zitrone die Hälfte der ganzen Brokkoli rabe und Wurstmasse.

#### ERNÄHRUNGSINFORMATION:

Portionen pro Rezept: 2

Kalorien: 688

Menge pro Portion

Insgesamt Fett: 54,6 g

Cholesterin: 72 mg

Natrium: 1743 mg

Gesamtmenge Kohlenhydrate: 18,7 g

Ballaststoffe: 6,4 g

Protein: 32,4 g

## **Andere Möglichkeiten zur Behandlung von**

### **Leptin-Resistenz**

#### **Akupunktur**

Akupunktur hat in der traditionellen chinesischen Medizin (TCM) für eine sehr lange Zeit, um eine Reihe von Krankheiten zu behandeln, aber es hat zuletzt bei der Behandlung der Leptinresistenz bewiesen. Es tut dies durch die Unterstützung bei der Gewichtsabnahme.

Akupunktur hilft, um die Freisetzung von Endorphinen, die Hormone im Körper, die Sie fühlen sich ruhiger und positiver zu machen sind zu fördern. Es hilft auch, um die Freisetzung von Cortisol in den Blutstrom zu vermindern. Dieses Hormon stört die Verdauung, trägt zur Depression und kann emotionale essen zu fördern. Wenn seine Konzentration verringert wird Ihren Körper, Sie sind weniger wahrscheinlich, an Gewicht zugelegt und damit gewinnen Sie mehr Fettzellen, die noch mehr Leptin ins Blut sezernieren.

In einer Studie von türkischen Forschern auf vierzig adipösen Frauen durchgeführt, es wurde festgestellt, dass fünf Wochen Akupunktur verringert die Niveaus von Leptin und Insulin im Blut, und dies führte zu erheblichen Gewichtsverlust. Andere Studien von



anderen Tierarten liefern die gleichen Ergebnisse, so dass Akupunktur kann eine Lösung für viele, die Leptin fest und übergewichtig sind, sein.

## **Intermittierende Fasten**

Intermittierende Fasten ist eine Form der diätetische Einschränkung in der die Menschen wechseln zwischen den Perioden des Essens und Zeiträume raub nichts. Es ist ein Teil einiger spirituellen Praktiken für Alter, aber die jüngsten Studien haben bestätigt, dass es zahlreiche Vorteile, die Sie von Fasten abzuleiten.

intermittierende Fasten senkt Ihre Triglycerid-Spiegel und somit hilft Ihnen, Gewicht zu verlieren

intermittierende Fasten vermindert die Schäden durch freie Radikale, um Ihren Körper getan und reduziert auch Entzündungen

intermittierende Fasten fördert das menschliche Wachstumshormon (HGH) Bildung.

Das menschliche Wachstumshormon spielt eine wichtige Rolle in der Fitness, Gesundheit und verlangsamten den Alterungsprozess.

intermittierende Fasten hilft auch, Leptin-Spiegel im Körper zu normalisieren und damit hilft, Leptin-Empfindlichkeit zu verbessern und die Leptinresistenz intermittierende Fasten hilft, die Sie von Herzerkrankungen, Diabetes und sogar Krebs zu schützen, weil es hilft, den Blutinsulinspiegel zu normalisieren und verbessern Sie Ihr Leptin-Empfindlichkeit.

intermittierende Fasten erhöht auch Katecholamine, die Ihren Ruheenergieumsatz zu erhöhen und gleichzeitig abnehm Ihren Insulinspiegel. Auf diese Weise können gespeicherte Fett leichter als Brennstoff verbrannt werden.

Bevor Sie wissen, wie intermittierende Fasten hilft, Gewicht zu verlieren, muss ich Ihnen erklären, den Unterschied zwischen der

Nahrungsaufnahme und nüchternen Zustand, die Ihren Körper durchläuft.

Während der Nahrungsaufnahme, verdaut und absorbiert Ihr Körper Nahrung. Diese beginnt in der Regel, wenn Sie essen beginnen und dann dauert drei bis fünf Stunden nach dem Essen, weil Ihr Körper weiterhin zu brechen und zu absorbieren die Nahrung, die Sie gerade gegessen. Wenn

Sie in diesem Zustand sind, ist es sehr schwer für Sie, um Gewicht durch Fettverbrennung, weil Ihr Blutinsulinspiegel hoch zu verlieren.

Nachdem die drei bis fünf Stunden vergangen sind, wird Ihr Körper in die post-absorptive Zustand. Dieser Zustand dauert acht bis zwölf Stunden nach der letzten Mahlzeit, und es ist einfach der Zustand, in dem Ihr Körper nicht die Verarbeitung einer Mahlzeit.

Nach diesem Zustand Ihres Körpers in den nüchternen Zustand. In diesem Zustand ist es sehr einfach für Sie, Fett zu verbrennen und Gewicht zu verlieren, weil Ihr Blutinsulinspiegel würde gering sein und Ihr Körper leicht benutzen würde Fett als Energiequelle. Dies ist der Grund, warum so viele Menschen, die mit Unterbrechungen Fast Start wird Körperfett ohne Änderung ihrer Ernährung oder ihre Bewegungsgewohnheiten zu verlieren.

Da wir nicht die nüchternen Zustand geben nicht vor Ablauf von 12 Stunden nach einer Mahlzeit, ist es sehr selten, dass wir diesen Zustand einzutreten, während wir auf unserer normalen Ernährung Pläne ohne direkte Anstrengungen unternommen. Fasten hilft, unseren Körper in dem Zustand, wo es für das Brennen von Fett als Energiequelle optimiert setzen.

Diese Verringerung der Fett wird daher die Menge an Leptin zu reduzieren, die in das Blut gepumpt wird und hilft, Leptin Empfindlichkeit zu erhöhen. Nach einer Weile werden Sie feststellen, dass das Fasten hilft, Ihre Leptinspiegel und Ihr Blutzuckerspiegel zu normalisieren.

Es gibt viele verschiedene Formen der intermittierenden Fastens; Sie müssen nur die eine, die richtige für Sie ist zu wählen. Einige der häufigsten Formen gehören Leangains, Eat Eat Stop, The Warrior Diät, Fett Verlust für immer, und die Alternate Day Fasten.

Die Leangains Ernährung verlangt, dass Frauen für 14 Stunden pro Tag und Männer schnell schnell für 16 Stunden. Der Rest der Zeit verbrachte essen normalen Lebensmitteln werden. Sie sollten alle Kalorien, die während der Fastenzeit nicht verbrauchen jedoch aber zuckerfreien Kaugummi, Diät-Cola, kalorienfreie Süßstoffe, und schwarzer Kaffee sind erlaubt. Die meisten Menschen schnell durch die Nacht und dann etwa sechs Stunden, nachdem sie aufwachen. Dann brechen die schnell nach diesem Zeitraum von sechs Stunden verstrichen ist. Die meisten Leute finden diese Fasten-Programm sehr flexibel zu sein, aber auch wenn es Flexibilität, hat das Fasten

Programm sehr spezifische Richtlinien für das, was zu essen. Diese strengen

Ernährungsplan kann machen dieses Programm schwieriger zu haften.

Die Eat Eat Stop Fastenplan verlangt, dass Sie für 24 Stunden ein oder zwei Mal pro Woche schnell. Während der vierundzwanzig Stunden Fastenzeit, sollten Sie alle Kalorien verbrauchen, auch wenn kalorienfreie Getränke sind nicht zulässig. Nachdem Sie die 24 Stunden abgeschlossen haben, viele gehen Sie zurück zu Ihrem normalen Ernährung Plan.

Dieses Fasten Plan ist auch flexibel, und es gibt keine Beschränkungen auf, was Sie und nicht essen kann. Gehen 24 Stunden ohne Nahrung kann für einige Menschen sehr hart sein, vor allem, wenn sie beginnen gerade die Diät-Plan. Diese Diät-Plan kann auch Müdigkeit, Kopfschmerzen und Angst verursachen auf den ersten, und es kann auch einige Menschen verschoben. Die lange Fastenzeit können zudem mehr Menschen binge nach dem schnellen.

In der Krieger-Diät Fasten-Plan, können Sie schnell für etwa 20 Stunden täglich und dann essen eine große Mahlzeit in der Nacht. Es gibt Richtlinien für spezifisch, was Sie sollten und nicht während dieses große Mahlzeit für die Nacht essen sollten, und es gibt auch spezifische Leitlinien für die Reihenfolge, in der Sie bestimmte Gruppen von Lebensmitteln zu essen. Sie sollten mit Gemüse und Proteine und Fette zu starten. Wenn Sie immer noch hungrig sind, nachdem Sie jene Gruppen von Lebensmitteln zu beenden, dann können Sie einige Kohlenhydrate konsumieren. Während der zwanzig-Stunden schnell, dürfen Sie rohes Gemüse oder Obst, ein paar Portionen Eiweiß oder frisch gepressten Saft zu essen. Viele Leute mögen diese Fastenprogramm, weil sie immer noch erlaubt ein paar Snacks während des schnellen, aber es gibt bestimmte Richtlinien zu folgen und strenge Zeitpläne, die es schwieriger für einige machen können.

Die Fat Loss für immer Fasten Plan bringt die besten Teil der Leangains, Krieger-Diät und die Eat Eat Stop-Plan und verbindet sie alle, um einen Plan zu machen. Mit dieser Fastenplan, einem Cheat Tag wöchentlich erhalten Sie, und das Cheat Tag ist durch einen sechsunddreißig Stunde schnell gefolgt. Der Rest der Sieben-Tage-Zyklus zwischen den verschiedenen Fasten Pläne aufgeteilt. Dieser Plan ist für einige, weil Sie eine ganze Cheat Tag zu bekommen, aber das kann ein Problem für viele, die auf der Cheat Tag zu viel essen kann darstellen. Dieser Plan kann auch ein wenig verwirrend für einige.

Die Alternate Day Fasten ist recht einfach und selbsterklärend: Sie essen sehr wenig für einen

Tag und dann essen in der Regel am nächsten Tag. Genauer gesagt, ein Fünftel der normalen Kalorienzufuhr auf dem Fasten Tag essen Sie. Diese Methode hat sich als sehr beeindruckende Ergebnisse gezeigt, wo Gewichtsverlust betroffen ist; einige Leute haben zweieinhalb Pfund pro Woche, indem sie ihre Kalorien um 20% -35% verloren. Viele Menschen können zu Binge auf ihre normale Ernährung Tag versucht sein, aber so kann dies Nachteil dieser Ernährung sein.

### **Weitere Funktionen von Leptin im Körper**

Leptin ist auch ein wichtiges Hormon, um das Einsetzen der Pubertät zu regulieren hilft. Es wurde beobachtet, dass unterernährt und sehr dünne Frauen länger dauern, bis die Pubertät als Mädchen mit mehr Gewicht zu erreichen. Darüber hinaus können sehr dünne Mädchen während ihrer Menstruationszyklus Eisprung, und einige können nicht in die Pubertät kommen, mit ihrem Körper verbleibenden vorpubertären für den Rest ihres Lebens.

Leptin spielt auch eine wichtige Rolle in der Immunität, Herz-Kreislauf-Funktion und den Knochenstoffwechsel. Es hat sich gezeigt, dass während einer Infektion, steigen Leptinspiegel drastisch zu und nimmt dann es, nachdem der Körper wieder normal. Es hat sich gezeigt, dass Personen mit Herzversagen und

andere Herz-Probleme, wie beispielsweise Herzkachexie, niedrige Leptin zirkuliert in ihrem Blut haben. Leptin ist erwiesen, um die Knochenbildung in Menschen und anderen Spezies zu fördern. Es stimuliert die Zellen, die Knochen und Hilfsmittel machen bei der Bildung neuer Blutgefäße, so dass sie Nährstoffe für den neu gebildeten Knochen zu liefern.

## **Abschluss**

Leptin-Resistenz ist eine schwere Komplikation, die zu eskalieren und führen zu vielen anderen Problemen können. Es wird von einem Überschuss des Hormons Leptin im Blut verursacht wird, so dass nach einer Weile die Rezeptoren für das Hormon Leptin reagieren werden, um sein Signal. Es gibt viele Faktoren, die Ihre Resistenz gegen Leptin erhöhen können, aber das bedeutet nicht, dass sie nicht korrigiert werden können. Mit den richtigen Verhalten und Veränderungen in der Ernährung, können Sie Ihre Resistenz gegen Leptin und viele andere Hormone umzukehren und wieder Ihre Gesundheit, Ihre Fitness und Ihr Leben.

BHomemade Body Butter

*: Amazing Homemade, Organisch, DIY Körperbutter für strahlende Haut Gesunde Haut, ohne die Bank29 DIY Body Butter*

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Kapitel 2: Die Wahrheit über Handelsfeuchtigkeitscremes, auch bekannt als "Petro Cocktails"

Kapitel 3: Take Charge und beleben Sie Ihre Haut der richtige Weg

Kapitel 4: Geben Sie sich einen Klaps - Rezepte für Ihre Hausgemachte Körperbutter Kapitel 5: warum hier aufhören?

Weitere Rezepte zur Verjüngung der Rest von euch Kapitel 6: Was passiert, wenn ...? Und Wo finde ich die Materialien?

Abschluss

## **Einführung**

In einer Welt voller verrückter Pläne und weniger-als-perfekte Essgewohnheiten, sind wir alle schuldig Vernachlässigung unserer Haut. Jeden Tag stehen wir vor einer permanenten Flut von Kosmetik-Unternehmen sagen uns über den besten Weg, um strahlende, gesunde, jünger aussehende Haut zu erhalten: Kauf ihrer Produkte. Und wir tun. Die Kosmetikindustrie Rechen in Milliarden von unserem hart verdientes Geld in unseren Bemühungen um jünger auszusehen.

Aber ist alles, was wirklich notwendig? Was genau ist in den "Wunder-Seren" die Unternehmen tout? Arbeiten Sie?

In diesem Buch, ich setzen die Kosmetik-Unternehmen und deren Geheimnis Zutaten: eine wahre Chemiecocktail garantiert, dass jemand entsetzt zurückschrecken. Nein, ich versuche nicht melodramatisch zu sein. Es gibt ein Geheimnis schöner Haut, sicher. Aber Sie nicht haben, um einen Dokortitel zu verdienen in der Biochemie, um es herauszufinden. Holen Ihre Lieblings-Flasche Feuchtigkeitscreme. Können Sie alle Zutaten zu identifizieren? Können Sie sich einmal aussprechen Hälfte von ihnen? Das ist das Problem. Wir verbringen so viel Zeit mit dem Versuch zu "reparieren" unserer Haut, die wir geben ihm nie eine Chance, sich selbst zu reparieren. Das ist, was in diesem Buch geht.

Sie erfahren, wie die Haut funktioniert und wie es ausreichend Feuchtigkeit und pflegt Ölbilanz selbst ... und was wir tun, um mess es. Sie werden die Wahrheit hinter der Kosmetikindustrie zu lernen. Sie werden in der Lage, eine fundierte Entscheidung darüber, wie die Pflege Ihrer Haut für sich selbst zu helfen. Sie erfahren auch, über eine weitere Sache: was Sie tun können, um Ihre Haut seiner besten Seite!

Ja, das ist DIY all die Wut nun, von Umbau Ihres Badezimmers, um den Bau Wasserspielen und Pergolen in Ihrem Hinterhof. DIY hat auch seinen Weg nach Hautpflege gemacht. Ich gebe Ihnen die Werkzeuge, die Sie einige Beauty-Produkte, die Ihre Haut mit Feuchtigkeit, strahlend, weich, elastisch und jugendlich verlassen erstellen müssen.

Ihre Haut ist ein wunderbares Organ, das auch braucht etwas Pflege. Sie werden Rezepte für die Erstellung von Körperbutter, die genauso nahrhaft wie Lotionen sind zu finden, aber nur Zutaten,

die Sie wählen. Körperbutter haben auch eine glatte, streichfähige Konsistenz, die sie einfach für Ihre Haut zu absorbieren macht. Sie werden über die Inhaltsstoffe und wie man einen Rohling aus solid weiß Pflanzenöl in ein luxuriöses Produkt, zu nähren und zu transformieren Ihre Haut wird sich zu lernen. Und weil die Rezepte verlangen Bio-Zutaten, wissen Sie genau, was Sie auf Ihrer Haut setzen (und in Ihrem Körper ... siehe Kapitel 2). Dieses Buch wird Ihnen zeigen, wie Sie Ihre eigene Handarbeit DIY Body Butters zu machen, und warum sollten Sie sie zu machen!

## **Kapitel 1:**

### **Ihre Haut - die erste Linie der Verteidigung**

In unserer modernen Welt sind wir ständig von Anzeigen vielversprechend "junge, strahlende Haut" und ein "strahlenden Teint." Schauen Sie sich jedes Magazin, TV-Spot, oder speichern Verkauf Papier bombardiert, und Sie werden eine Auswahl von Lotionen, Tränke, Stärkungsmittel zu finden, Feuchtigkeitscremes und Mixturen, die die grauen Zellen anstrengen.

Wir sind so besessen darüber, dass unsere Haut gesund, dass wir völlig ignorieren tatsächlich macht es gesund aussehen!

Also, was ist eine gesunde Haut? Die Kosmetikindustrie haben uns zu glauben, dass jeder Makel, Trockenheit, Fettigkeit oder Verfärbung ist ein Problem, das sofort mit einem ihrer Produkte



behandelt werden sollten. Die Wahrheit ist, dass alle Voraussetzungen, begegnen wir mit unserer Haut völlig normal sind. Es gibt nicht so etwas wie Trockenheit und T-Zonen. Das sind nur Anzeichen dafür, dass etwas im System Ihrer Haut aus dem Gleichgewicht. Aber, wie kann man es beheben? Das ist keine einfache Antwort, weil die Haut ist ein sehr komplexes Organ. Um zu verstehen, warum Sie ein Ungleichgewicht (und Hautunreinheiten) haben, müssen Sie wissen, was die Haut ist und wie es funktioniert.

## **Haut Diskussion**

Das erste, was zu wissen ist die eigentliche Funktion der Haut. Es führt eine Vielzahl von Arbeitsplätzen für uns: speichert Fette und Wasser, hilft, eine konstante Körpertemperatur zu halten, Energie umwandelt von der Sonne in Vitaminen, absorbiert schädliche UV-Strahlung, hilft dabei, einige Abfallprodukte, und hilft, Empfindungen zu übertragen.

Wie kann eine Schicht nur wenige Millimeter dicken alles tun, was? Es ist ein komplexes Organ aus drei verschiedenen Schichten, Blutgefäße, Nervenenden, Haarfollikel und Schweißdrüsen gemacht. Alle diese Elemente zu kombinieren, um unsere Haut zu schaffen.

Während die meisten Menschen glauben, dass die Haut erfordert eine ständige Flüssigkeitszufuhr, ist einfach nicht wahr. Die Haut ist durchaus in der Lage sich selbst zu erneuern und halten sich selbst mit Feuchtigkeit versorgt. Es verwendet verschiedene Arten von Substanzen, um dies zu erreichen.

Talg ist eine wachsartige Substanz aus Fetten hergestellt und ist eine der wichtigsten einheimischen Feuchtigkeitsscremes der Haut. Talg hilft, Haare, Haut zu halten, und der Nägel wasserdicht und verhindert Trocknen und Rissbildung. Es hilft auch, um das Wachstum verschiedener Mikroorganismen auf der Haut zu hemmen. Talg ist das ganze Jahr produziert, obwohl die Menge kann von Jahreszeit zu Jahreszeit variieren, und können auch durch genetische Faktoren vorgebar. Diejenigen von uns, die ständig "ölige" Haut haben tatsächlich eine gesunde Menge an Talg! Und

selbst Menschen, die wie ihre Haut nur tiefend Öl fühlen produzieren nur etwa 2 Gramm von Talg pro Jahr.

Haut Talg produzieren je nach Bedarf, auch wenn wir versuchen in der Regel durch die Anwendung einer anderen öligen Lotion soll "lock in" Feuchtigkeit zu intervenieren. Und viele Kosmetik-Unternehmen sagen uns, dass wir brauchen, um tief reinigen die Haut zu verstopften Poren, die durch verursacht werden, wie sie sagen, Talg, abgestorbene Hautzellen und Mikroorganismen zu verhindern. Ew. Also, werden wir davon überzeugt, ätzenden Chemikalien auf unserer Haut zu verwenden. Leider sind diese Chemikalien stören die Haut die natürliche Fähigkeit, zu normalisieren. Blitzsauber ist für unsere Toiletten absolut fabelhaft, aber nicht für unsere Haut!

Während Talg hilft, Feuchtigkeit zu speichern, eine andere Kombination von natürlichen Substanzen wie NMF (Natural Moisturizing Factor) bekannt, hält die Haut hydratisiert und geschmeidig durch Anziehen und Halten Wasser. Hautzellen sind auch Fette und Fettsäuren, die verhindern, dass der Wasserverlust durch Verdampfung zu helfen.

Während wir altern, verliert unsere Haut einige der Fettsäuren aus den Zellen, so dass unsere Hautgefühl trocken. Statt slathering auf die oben genannten Schmierfilme, sollten wir Stoffe, die natürlichen Öle der Haut ähneln, wie essentiellen Fettsäuren zu verwenden. Normale Haut besteht aus etwa 30% Wasser, aber dieser Anteil kann in Abhängigkeit von anderen Faktoren zu erhöhen. Einige Substanzen wie Hyaluronsäure (Feuchthaltemittel, die später beschrieben wird), tatsächlich erhöhen die Menge an Wasser die Haut aufnehmen kann.

### **Was sind natürliche Feuchtigkeitsspender?**

Um es einfach auszudrücken, sind natürliche Feuchtigkeitsspender sollen mit Ihrem eigenen Haut Feuchtigkeitsscremes, Hautfett und NMF Arbeit zu helfen, halten Sie Ihre Haut in Top-Zustand. Eine gute Feuchtigkeitsscreme wird der Wassergehalt der Haut zu erhöhen,

verlangsamt den Verlust von Wasser, und machen die Haut jung und gesund aussehen. Einige können sogar Feuchtigkeit direkt auf die Haut.

Aber, was sind Feuchtigkeitscremes hergestellt? Jeder gute Feuchtigkeitscreme fünf Gruppen von Zutaten enthalten:

Emollients, die Schmierung und den Feuchtigkeitsgehalt der Haut zu schützen Feuchthaltemittel, die Feuchtigkeit anziehen

Penetrationsverstärker, die die Absorption der Bestandteile der Haut zu verbessern Emulgatoren, die die Zutaten gemischt zu halten

Wirkstoffe, die für andere spezielle Zwecke hinzugefügt werden

## **Emollients**

Die größte Gruppe, Weichmacher, führen viele Arbeitsplätze in einer Feuchtigkeitscreme. Sie helfen dabei, Wassergehalt der Haut zu erhalten, sie zu heilen und Hydrat, und sie zu mildern.

Emollients tatsächlich in versickern und füllen Risse zwischen den abgestorbenen Hautzellen.

Die beste natürliche Weichmacher Quellen Lecithin (aus Eiern oder Nicht-GVO-Soja), Olivenöl, Rizinusöl, Jojobaöl, und Kokosöl.

Einer der "Wunder" Stoffe, die als Weichmacher verwendet wird, ist Vaseline oder Mineralöl.

Vaseline ist ein Erdölprodukt. Im Wesentlichen verschmiert Vaseline auf die Haut erzeugt eine wasserdichte Kunststoffolie auf der Haut, die alle toten Hautzellen, Talg und andere gunk (einschließlich Bakterien und Schweiß) in der Haut hält. Während viele Menschen tout die Wunder der Vaseline, ist die bittere Wahrheit, dass es nicht absorbiert wird, ist es nicht zu heilen, zu mildern, zu beruhigen, oder Hydrat Ihre Haut: es deckt nur Ihre Haut Unvollkommenheiten.

## **Feuchthaltemittel**

Feuchthaltemittel Feuchtigkeit anziehen aus der Luft durch chemisches Kombinieren mit sich und halten die Feuchtigkeit auf der Haut. Sie setzen sich langsam das Wasser, da die Haut erfordert, fast wie eine Extended-Release Pflanzenbewässerungssystem.

Die besten natürlichen Feuchthaltemittel sind Glycerin und Zuckeralkohole (Sorbitol). Glycerin ist eine natürliche Substanz, die aus Pflanzenölen abgeleitet sind. Es ist auch ein Nebenprodukt der kommerziellen Seifenindustrie (sie diese wundervolle Substanz zu entfernen), oder es kann zu jeder Seife Handarbeit-Versorgungsmaterial-Speicher oder eine Website erworben werden.

Feuchthaltemittel arbeiten auf zwei Arten: sie helfen, die Haut zu absorbieren Feuchtigkeit aus der Luft, und sie unterstützen die Wasseraufnahme in die tieferen Schichten der Haut (Epidermis).

Weiteres Erdölprodukt oft als Feuchthaltemittel verwendet wird, ist Propylenglykol (PG). Es ist eine bekannte hautreizend und es kann sogar eine Entzündung der Augen verursachen.

Propylenglykol sollte nie auf der Haut verwendet werden, geschweige denn auf trockener oder geschädigter Haut.

## **Penetrationsverstärker**

Penetrationsverstärker unterstützen die Zutaten in die Haut durchdringt. Wasser ist eines der besten Penetrationsverstärker, wie es einige ätherische Öle wie Kamille und Pfefferminze. Aber, sind einige andere große Penetrationsverstärker Lebertran, Squalen (aus Olivenöl) und Fettsäuren wie Linolsäure, Ölsäure und Arachidonsäure.

## **Emulgatoren**

Wir alle wissen, dass Öl und Wasser nicht mischen. Aber Feuchtigkeitscremes werden von Ölen und Wasser! Emulgatoren die Öl und Wasser zu einer glatten Konsistenz kombiniert, ohne Trennung zu halten. Das bekannteste Emulgator ist Bienenwachs.

Beheizte Bienenwachs werden Öl und Wasser miteinander zu verbinden. Andere natürliche Emulgatoren sind Lecithin (die double-duty arbeitet als Weichmacher), Wachsen von Pflanzen wie Cetearylalkohol, Cetearylglucosid, Cetearyl Olivat, Coco / caprat aus Kokosnüssen, Cholesterin und Algenextrakten.

## **Wirkstoffe**

Wirkstoffe

sind

die

zusätzlichen

Prämien

und

Spezialitäten-Ingredienzien

in

Feuchtigkeitscremes. Sie werden für einen bestimmten Zweck, wie beispielsweise Sonnenblockierung, Anti-Aging Produkten, entzündungshemmenden, antibakterielle und antioxidativen Funktionen hinzugefügt. Viele dieser Stoffe zu tun mehrere Aufträge und kann in andere Funktionen zu unterstützen. Zum Beispiel, grüner Tee nicht nur Anti-Aging-Eigenschaften, es hilft auch, um die schützenden Eigenschaften von mineralischen Sonnenschutzmittel zu verbessern.

## **Kapitel 2:**

### **Die Wahrheit über**

### **Kommerzielle Feuchtigkeitscremes, auch**

## **bekannt als "Petro Cocktails"**

Im ersten Kapitel erwähnt, haben wir einige der Erdölprodukte allgemein in Feuchtigkeitscremes verwendet. Aber, es gibt viele weitere Chemikalien aus verschiedenen Quellen in kommerziellen Feuchtigkeitscremes, die bekannt sind, um Reizstoffe werden verwendet (der Augen, Haut, Nase oder Atemwege), krebserregende Stoffe, reproduktive Toxine, Neurotoxine, Atemgifte, Immunsystem Toxine und Umwelt Toxine. Einige sind in der Europäischen Union verboten.

Einige sind in Kanada und Japan verboten. Und einige werden in den Vereinigten Staaten verboten.

Das Problem ist, dass die meisten Feuchtigkeitscremes haben ein oder zwei Bestandteile enthalten nicht: Es gibt viele Zutaten, die zu einer toxischen Cocktail, der komplett mit Penetrationsverstärkern ist es, sicherzustellen, dass alle diese Chemikalien werden leicht in die Haut absorbiert erstellen zu kombinieren. Aber, Feuchtigkeitscremes sind nicht die einzigen Produkte, die wir auf unseren Körper gelten, oder? Was ist mit Lotionen, Seifen, Körper wäscht, Shampoos, Conditioner, Rasiercreme, Kosmetika, Deodorants, Parfüms, Kölnisch Wasser, und so weiter? Schau dir all diese Körperpflegeprodukte: Wir multiplizieren die Auswirkungen der giftigen Cocktails! Jede dieser Pflegeprodukte mit Inhaltsstoffen geladen! Sehen Sie, warum Ihre Haut schreit nach Erleichterung?

Just for fun, schnappte ich mir eine Flasche Marken-Feuchtigkeitscreme von Bad meiner Mutter.

Das sind die Zutaten und ihre möglichen Auswirkungen. Denken Sie daran, dass diese in den Verkehr gebracht zu beruhigen und zu heilen trockene Haut. Die Flasche selbst sagt, "Hautarzt für schöne Haut getestet."

Wasser: Naturpenetrationsverstärker (eine gute Zutat) Glycerin: natürliche Feuchthaltemittel (eine weitere gute Zutat)

Stearic Acid: natürlicher Emulgator aus pflanzlichen (bevorzugt) oder tierischen Ursprungs (gut) Glycol Stearate: Stearinsäure hergestellt ist; können Reizungen bei empfindlichen Personen verursachen

Mineralöl: kann Blut und Hautkrebs bei Tieren verursachen; Haut / Auge reizend; Erdölprodukt; nicht biologisch abbaubare Umweltgift

Triethanolamin (TEA): kann Lymphe oder Nierentumore bei Tieren verursachen; Haut- /

Augenreiz auch in kleinen Dosen; oft mit 1,4-Dioxan kontaminierte

Glyceryl Stearate: schwächt Haut; Augen- und Lungenreiz

Dimethicone: Erdölprodukt; Umweltgift

Petrolatum: Erdölprodukt; Lungenreizmittel bei Einatmen; nicht biologisch abbaubare Umweltgift

Cetyl Alcohol: Haut- und Augenreiz

Magnesiumaluminiumsilikat: Aluminiumsalz (siehe unten); leichte Haut / augenreizend Duft: (siehe unten)

DMDM Hydantoin: Formaldehyd enthält; krebserregend; Haut, Auge, und Lungenreizmittel; Umweltgift; kann mit 1,4-Dioxan verunreinigt werden; in Kanada und Japan verboten Carbomer: mild Haut / Augen reizend

Tetrasodium EDTA: Enthält Formaldehyd; zytotoxische, Lungenreizmittel, genotoxisch bei

Tieren; stärkt die Haut; am meisten verbreitete Toxin in Wasserstraßen Methylparaben: Haut- und Augenreizmittel; endokriner Disruptor für Brust- und Eierstockkrebs verbunden sind; Umweltgift

Iodpropinylbutylcarbamate: enthält DEA (Diethanolamin, um Anomalien im Gehirn von Tieren verbunden sind); allergische

Dermatitis; Magen-Darm-und Leber-Toxin; kann mit 1,4-Dioxan verunreinigt werden; beschränkt den Einsatz in Japan

Stearamide AMP: keine bekannte Toxizität; Stearinsäure gemacht

Aloe Vera Gel: Aloe (gut)

Cucumis Sativus Fruit Extract: Gurken (gut)

Titanium Dioxide: vor kurzem umgegliedert als potenziell krebserregend beim Einatmen

## **Zerlegung**

Lesen Sie die Zutaten dieser Feuchtigkeitscreme, sehen Sie, was ich meinte, durch eine

"kombinierte Wirkung?" Schauen Sie sich alle der Haut, Lunge, und Augenreizungen. Wie viele der Bestandteile mit Tumoren und Krebs in Beziehung? Wie viele sind Umweltgifte? Und das war nur von einem Produkt!

Eine Sache im Auge zu behalten ist, dass hier jeder Körperpflegeprodukt, unabhängig davon, ob es heißt "Bio", "umweltfreundlich", "hypoallergen" oder "natürlich" noch diese Chemikalien enthalten. Achten Sie darauf, Baby-Produkte und keine Reinigungsmittel zu überprüfen, zu.

Viele Male, sind ihre Zutatenlisten genau wie die oben.

## **Risiken Multiply durch Absorption**

Während Kosmetikindustrie Gurus zu gewährleisten, dass die Verbraucher ihre Produkte sicher, die Wahrheit ist, dass diese "sichere" Produkte können gut auf der Oberfläche der Haut. Aber nicht Feuchtigkeitscremes sollte in die Haut tränken sie weich zu machen? Und was ist mit der giftigen Cocktail in der Feuchtigkeitscreme enthalten? Wo geht es hin?



Werden die Erzeugnisse in die Haut ein, geht den ganzen schädlichen Sachen direkt mit ihm.

Haut enthält Blutgefäße und Lymphknoten. Die Chemikalien werden in das Lymphsystem absorbiert und durch den Körper transportiert. Jetzt wird die chemische Cocktail mit krebserregend und schädliche Chemikalien geladen in Ihren Blutkreislauf zirkuliert und kann jeden Teil des Körpers betreffen! Das beruhigende Lotion kann nun vergiften Sie von innen.

Dies ist eine Offenbarung. Denken Sie daran, wenn Sie über einige der schlimmsten Übeltäter zu lernen.

### **Die schlimmsten Übeltäter**

Viele der kommerziellen Produkte umfassen Inhaltsstoffe, wie die oben genannten. Aber, es gibt einige Stoffe, die weit verbreitet sind und stellen eine potenziell größeres Gesundheitsrisiko als andere. Ich werde die am häufigsten gefunden Straftäter Liste, so dass Sie mit den Namen, ihre Risiken vertraut werden, und wo sie zu finden sind. Mit der Zeit werden Sie in der Lage, sie im Handumdrehen vor Ort!

Obwohl die Produkte verkauft werden, auf Menschen zu verwenden ist, wird fast der gesamte Tierversuche durchgeführt - Ratten, gewöhnlich. Und, sind Kosmetikhersteller dafür verantwortlich, dass ihre Produkte sicher sind verantwortlich. Aber im Gegensatz zu Arzneimitteln, die eigentliche Sicherheit von Kosmetika entdeckt wird, nachdem sie bereits in den Regalen.

Zwar gibt es Substanzen aus Kosmetik für Toxizität entfernt, die meisten der Zeit, die Hersteller der "problematischen" Produkt neu zu formulieren. Dies zeigt, dass sie sich wohl bewusst, die möglichen Gefahren der chemischen Cocktails sie der Herstellung sind. In der Tat, in 67 Jahren in den Vereinigten Staaten nur gesperrt 9 Inhaltsstoffe in Körperpflegeprodukten verwendet.

Und weil die Chemikalien nicht immer wirksam durch den Körper eliminiert ist, neigen die Gefahren zu akkumulieren. Kosmetikindustrie Sprecher beschwerten sich, dass die Medien sensationales keine Behauptungen über unsichere Produkte. Aber, wissenschaftliche Beweise für das Gegenteil ist die Montage.

Zum Beispiel hat die medizinische Forschung, die synthetische Duftstoffe (in der Regel der Alkohole, Mineralölprodukte, und eine ganze Reihe von Chemikalien) gezeigt, kann Asthma auslösen. Chemikalien in Haarfärbemitteln sind dafür bekannt, Lymphom und Blasenkrebs verursachen. Zutaten in Shampoos Schäden Augengewebe. Phthalate (Erdölprodukte) in menschlichem Urin gefunden. Brustkrebsgewebe hat antibakterielle Chemikalien (wie Triclosan) und Parabene hegte. Eine Chemikalie bekannt, Hormone in allgemein verwendet zu stören

"Duftstoffe", Xylol, ist in der Muttermilch gefunden!

## **1,4-Dioxane**

Das Problem mit dieser Chemikalie ist, dass es nie in einer Zutatenliste enthalten. Warum? Es ist tatsächlich ein Nebenprodukt des Herstellungsprozesses, die Ethylenoxid (ein Erdölprodukt), um die Milde aus harten Bestandteilen herzustellen. Dieser Vorgang wird als Ethoxylierung, und es ist im Grunde eine günstige Verknüpfung von Körperpflegemittel-Hersteller verwendet.

Die FDA und das US Department of Agriculture sind uns bewusst, der erstaunliche Anwesenheit von 1,4-Dioxan in Körperpflegeprodukten. Der Bundesstaat Kalifornien aufgeführten es als wahrscheinlich krebserregend und erbgutverändernd. Bundesvorschriften Beurteilung der Wirksamkeit von 1,4-Dioxan, die gleich oder höher als das Risiko von vielen Pestiziden auferlegt sein! Aus diesem Grund hat die FDA wurde seit 1979 zur Niveauüberwachung 1,4-Dioxan.

Aber, wie können wir sie finden? Sie müssen sich wie Sherlock Holmes, und lesen Sie Ihre Etiketten. Da der Prozess, der 1,4-

Dioxan schafft, ist "Ethoxylierung", suchen Sie nach Chemikalien, die die "-eth" Suffix: laureth, Oleth, Cetareth usw. Wahrscheinlich werden diese Chemikalien für die 1,4-Dioxan-Test positiv.

## **Phthalate**

Phthalate sind petrochemische Verbindungen hergestellt und weltweit verkauft. Sie sind überall.

Viele Produkte um uns herum sind von Phthalaten einschließlich Gummi-Enten, Duschvorhänge, Kleidung, Möbel, elektronische Kopfhörern und einer verwirrenden Vielzahl von Körperpflegeprodukte

wie

Parfüm,

Nagellack

und

Haarspray

gemacht.

Dass

"Neuwagengeruch?" Ja, das ist von Phthalaten! Phthalate sind dafür bekannt, reproduktive Giftstoffe und können sexuelle Funktionsstörungen, Missbildungen und andere Krankheiten, einschließlich Syndrom der polyzystischen Ovarien führen, verminderte Spermienzahl, Hodenkrebs, männliche Insulinresistenz, abdominale Fettleibigkeit, Unfruchtbarkeit und Brustkrebs.

"Phthalate" sind auch nicht in der Zutatenliste aufgeführt. Sie werden üblicherweise als Di-n-butylphthalat (DBP verkürzt) und Di (2-ethylhexyl) phthalat (DEHP gekürzt) aufgeführt.

Üblicherweise wird jedoch Maskerade sie wie ein Gespenst Inhaltsstoff unter dem doppeldeutigen Titel "Duft."

Die Europäische Union hat die Verwendung von zwei Arten von Phthalate verboten, aber Kosmetik-Unternehmen verwenden immer noch all die anderen. Einige europäische Hersteller wie Louis Vuitton Moët-Hennessy (LVMH) freiwillig Beseitigung aller Phthalate aus ihren Kosmetika. Die USA-basierten Kosmetik-Unternehmen sind nicht so eifrig, Phthalate aus ihren Produkten zu entfernen, zu sagen, dass die Europäische Verbot ist "unnötig."

## **Aluminium**

Zwar gibt es nichts Schlimmeres, als funky und verschwitzten Achselhöhlen, kann unsere Antitranspirantien andere und schwerere Probleme. Fast alle kommerziellen Antitranspirantien enthalten etwas Salz von Aluminium, bis zu einer Konzentration von 25%. Aluminium fördert Trockenheit durch Anwendung Aluminium-Ionen (die Form, in Salze gefunden) auf die Haut.

Diese Ionen führen, dass die Zellen, um Wasser zu absorbieren und zu quellen. Die Schwellung effektiv schließt die Poren und verhindert Schwitzen.

Also, was ist so schlimm daran? Unsere Achselhöhlen stinken nicht, so Aluminium Antitranspirantien ihren Job sehr gut. Ja, aber Aluminium ist ein sehr starkes Nervengift. Es wird auch von den Lymphknoten und Reisen durch den Körper aufgenommen. Aluminium wirkt sich auf die Blut-Hirn-Schranke und Toxineleimi (von den Schweißdrüsen blockiert). Aluminium in Antitranspirantien, insbesondere wenn sie mit aluminiumhaltigen Antazida kombiniert, ist nun bekannt, zur Entwicklung von Brustkrebs und der Alzheimer-Krankheit beitragen!

## **Propylenglykol (PG) und Polyethylenglykol (PEG)**

Beide Substanzen sind Petrochemie sehr oft in Körperpflegeprodukten verwendet - vom Baby-Feuchttücher, um

Sachen Gleitmittel. Sie sind biologisch leicht abbaubar, was wahrscheinlich ist ihre einzige erlösende Qualität. Obwohl sie als sicher in der Kosmetik verwendet werden, sind beide auch als Konservierungsstoffe verwendet.

Sie können schwere Kontaktdermatitis verursachen, aber das ist nicht alles. Beide mit 1,4-Dioxan verunreinigt werden. Beide sind auch oft mit Schwermetallen wie Blei, Kobalt, Eisen, Nickel und Arsen verunreinigt. Polyethylenglycol enthält oft kleine Mengen an anderen, Diethylenglycol, die toxisch für Pflanzen und Tiere sind.

Während die meisten Menschen haben keine Probleme mit Propylenglykol und Polyethylenglykol sind die Risiken drastisch erhöhen, wenn eine Person die Haut beschädigt, vor allem verbrennt. Sowohl Propylenglykol und Polyethylenglykol kann schwere Reaktionen hervorrufen, wenn auf verbrannte Haut verwendet. Und kann Polyethylenglykol Ekzeme und Akne verschlimmern, weil es tatsächlich reißen Hautzellen.

## **Synthetische Duftstoffe**

In einer Welt, können wir fast alles duft kaufen, sind wir in ständigem Kontakt mit synthetischen Riechstoffen. Es gibt mehr als 5.000 Chemikalien in der Duftstoffindustrie verwendet wird, aber nur etwa 1.300 auf Sicherheit getestet. Fragrance Crafting geworden ist eine Kunst, und die Geheimnisse sind streng bewacht. Selten werden die Hersteller verbreiten ihren Duft Formeln, auch für die Gesundheit Beamten! Immerhin Düfte auslösen chemischen Reaktionen in unserem Gehirn, also warum würde ein Hersteller ihre geheimen Rezepte offenbaren?

Das Problem ist, dass, während synthetische Duftverbindungen können eine Vielzahl von Empfindlichkeiten und Allergien, viele ganz natürliche und organische Verbindungen (wie Öle aus Rosen und Zimt) kann dazu führen, ebenso viele Probleme verursachen.

Es gibt eine riesige Liste von Chemikalien, die "Duft" und bestehen aus "parfum." Die meisten sind zu starken Allergenen moderat und

können alles von Hautausschlägen zu Atemnot führen und verringert den Blutdruck! Kein Duft Produkt ist immun gegen eine beliebige Anzahl dieser Verbindungen. Und, wie ich bereits erwähnt habe, sind viele der natürlich gewonnenen Chemikalien aus Früchten, Blumen und Pflanzen können genauso schlimm sein!

## **Kapitel 3:**

### **Take Charge und beleben**

#### **Ihre Haut der richtige Weg**

Nach dem letzten Kapitel, Sie wahrscheinlich fragen, über gesündere Alternativen. Wenn die Produkte, die Sie kaufen verursachen viel mehr Probleme als sie lösen, ist es eine Möglichkeit, um die gewünschten Vorteile, ohne all den Müll zu ernten? Können wir eine Feuchtigkeitscreme, die tatsächlich die leckeren Zutaten unserer Haut braucht, ohne all die Gifte und Chemikalien enthalten anpassen?

Ja! Das ist die Schönheit der DIY! Sie können, was Sie wollen in die Formulierung gebracht. Sie können wählen, wie viel und welche Art von Substanzen hinzuzufügen. Sie können Standard-Materialien verwenden, oder Sie alle organischen gehen. Sie können die Prozentsätze der Inhaltsstoffe zu manipulieren, um Ihre eigenen Bedürfnisse anpassen. Es ist völlig bis zu Ihnen!

Im ersten Kapitel haben wir beschrieben, welche die Haut sich zusammen aus ist und die besten Arten von Stoffen zu bedienen. Sie können Ihre Feuchtigkeitscreme nach Ihrem eigenen Geschmack und Vorlieben zu verabschieden. Und, können Sie die Feuchtigkeitscreme, wie Sie Ihre Haut ändert.

Nun, da Sie wissen, können Sie eine Menge von bösen Chemikalien aus Ihrem Hautpflegeprodukte zu beseitigen, wollen Sie wahrscheinlich, um loszulegen. Sie wollen wissen, wo, um die Materialien zu finden. Und Sie wissen, was Ausrüstung, die Sie benötigen, um Ihre eigenen Feuchtigkeitscreme machen wollen.

Diese Fragen werden in diesem Kapitel beantwortet werden. Da das Buch geht es um Körperbutter, werde ich die notwendigen Handwerkszeug und eine Beschreibung der häufigsten Inhaltsstoffe aufzulisten.

Diese

Elemente

können

Sie

Ihre

eigenen,

bonafide,

hautweichmachende Körperbutter erstellen.

## **Ausrüstung**

Alle Rezepte in diesem Buch kann mit ein paar Stücke der Ausrüstung vorgenommen werden.

Sie haben wahrscheinlich schon das meiste davon, wie Töpfe und Pfannen, einem Wasserbad (oder eine ausreichende gleichwertiges), Holzspatel, Messlöffel, Messbecher, etc. Es gibt einige Spezialgeräte, die nicht notwendig sein können, aber es wird Ihr Leben einfacher ... und den Job zu erledigen schneller.

Hier sind einige Dinge, die ich empfehlen. Ich werde sie von Artikel aufzulisten, und fügen Sie die vorgesehene Verwendung (en). Viele der Dinge, können mehrere Zwecke im Rahmen des Verfahrens dienen. Ich werde auch eine Notiz Materialien. Da werden Sie mit ätherischen Ölen und Erhitzen der Zutaten würde Klugheit diktieren die Aufmerksamkeit auf Warnungen und weiterhin auf der sicheren

Seite. Zum Beispiel für Schüsseln und Töpfe, würde ich empfehlen die Verwendung von Emailwaren, Edelstahl oder Glas / pyrex. Diese Materialien sind sehr leicht zu reinigen, werden sie nicht mit den ätherischen Ölen reagieren, die Düfte aus den Ölen nicht verweilen (Kunststoff ist berüchtigt für Holding Gerüche), und diese Materialien können Wärme gut standhalten.

Schalen: verschiedenen Größen von größeren zu kleineren; für Misch- und Schlag.

Kleine Maßstab: zur Messung von Materialien nach Gewicht.

Schneebesen: für Misch- und Schlag; Edelstahl ist am besten.

Mixer: Stand-alone, Handmixer, oder Stabmixer für Misch- und Schlag.

Mörser und Stößel: Marmor scheint, die Brech- zu widerstehen, Pulverisieren und Mahlen von harten Samen und Zucker besser als die der Porzellan oder Porzellan.

Eyedroppers: Glas- oder Einweg-Arbeit am besten; Glas wird Duft nicht halten und Sie können die Einweg diejenigen nach dem Messen Tropfen Vitamine oder ätherische Öle wegwerfen.

Küchenmaschine: zum Mischen, Pürieren und Mischen von Zutaten.

Gebäck-Taschen: für die Übertragung von Schlagkörperbutter in Behälter ohne die

Verwirrung der mit einem Löffel.

Gläser mit Deckel: Container für Ihre Butter.

Es ist auch ratsam, die Öle auf dem Ofen anstelle der Verwendung einer Mikrowelle zu erhitzen.

Mikrowellen neigen dazu, die Öle hitzen oder erhitzen sie ungleichmäßig. Erhitzen Sie niemals die Öle über direkter Hitze:



immer mit einem Doppel-Kessel für einen sanfteren Erwärmung. Sie möchten die Öle erwärmen nur zu schmelzen und zu mischen die Feststoffe, nicht um sie zu kochen.

## **Basic Ingredients**

Auf jeden Körperbutter (oder Hautpflegemittel) Rezept gibt es mehrere verschiedene Zutaten.

Natürlich sind die offensichtlichsten Bestandteile sind Öle. Es sind auch andere Substanzen, die als Bonus Inhaltsstoffe, wie Antioxidantien (Konservierungsmittel), Emulgatoren und Duftstoffe zugesetzt werden können. Wie im vorherigen Kapitel aufgeführt sind, zu vermeiden, synthetische Duftöle - sie sind fast nie organischen oder gut für Ihre Haut. Reine ätherische Öle gibt bessere Alternativen, die mit organischen ätherischen Öle die beste Wahl.

Ich muss auch betonen, wie wichtig den Kauf Zutaten, Bio-und Nicht-GVO (gentechnisch veränderten Organismen) sind. Gelten diese allgemeinen Regeln: nur aus seriösen Quellen, die ihre Produkte eindeutig zu kennzeichnen zu kaufen; frischer ist besser; Bio ist am besten für eine mögliche Kontamination durch Chemikalien wie Pestiziden zu minimieren; achten Sie auf die Haltbarkeit! Ja, Zutaten und die Körperbutter sich alle Lager Leben haben.

Wenn Sie Wasser in einem Rezept verwenden, destilliert oder gefiltert ist am besten.

Leitungswasser und Mineralwasser sind mit Verunreinigungen, die Sie sicherlich nicht in Ihrem Hautpflege-Produkte wollen geladen.

In den Rezepten zur Körperbutter, habe ich eine Liste von einigen der häufigsten Zutaten hergestellt und ich habe sie in diesem Abschnitt beschrieben. Es erklärt, warum diese Zutaten sind gut für Ihre Haut und warum sollten Sie sie verwenden. Sie werden nach Typ aufgelistet.

Dies ist keineswegs eine erschöpfende Liste: nur die häufigsten Zutaten in den Körperbutter Rezepten, die ich Ihnen verwendet. Im letzten Kapitel wird als Ressource Leitfadens für Webseiten, wo Sie die Zutaten zu kaufen, sowie einige Kauf-Tipps, wie man Geld sparen, wenn Sie (zB kleinen Mengen zu Masse kauft) bestellen zu dienen.

## **Öle / Butters**

Shea-Butter kommt aus der Nuss des afrikanischen Shea-Baum. Es hat eine sehr hohe Konzentration von unremovable Fettsäuren, die seit vielen Jahren verwendet worden sind, um zu beruhigen, nähren, zu heilen, zu verjüngen und zu befeuchten. Shea-Butter kommt in zwei Formen: raffiniert und raw (nicht raffiniert). Raffinierte Sheabutter hat keinen Geruch, während rohe Sheabutter hat einen nussigen Geruch. Bei sachgemäßer Lagerung ist Sheabutter eine Haltbarkeit von vielen Jahren.

Kokosöl (oder Butter) ist bei Raumtemperatur, die leicht bei Körpertemperatur schmilzt ein Feststoff. Es hat einen starken Duft, der wunderbar in Körperbutter ist. Kokosöl ist ein schwereres Öl, das nicht in die Haut nicht so leicht zu absorbieren, und kann somit die Poren in einigen Menschen zu verstopfen. Es fügt Substanz leichtere Öle in Körper Butter Rezepten zum Ausgleich der Konsistenz. Es gibt verschiedene Arten (fraktioniert oder nicht-fraktioniert), Qualitäten und Schmelztemperaturen des Kokosöls. Jede der Arten würde wahrscheinlich geeignet, Körperbutter, aber ein wenig zu lesen, um den Typ, die am besten Ihre Bedürfnisse zu ermitteln.

Mandelöl (oder nur Mandelöl) ist ein sehr leichtes Öl reich an Omega-6 und Omega-9-Fettsäuren. Es wird weitgehend in Hautpflegeprodukten verwendet, weil es auch eine wunderbare Quelle für Vitamin E. Es hydratisiert die Haut durch die Minimierung der Wasserverlust durch Verdunstung und eignet sich hervorragend für den Einsatz auf alle Hauttypen. Seien Sie sich bewusst, dass es ein Nussöl und kann allergische Reaktionen bei Menschen allergisch auf Nüsse verursachen!

Kakaobutter ist eine sehr stabile Fett aufgrund ihrer erstaunlich Konzentration von Antioxidantien. Es wird oft in Kombination mit anderen Ölen in Hautpflegeprodukten verwendet, um die Mischung aus ranzig zu verhindern. Es hat einen wunderbaren Emollient Eigenschaften gepaart mit der starken Duft von Schokolade! Allerdings kommt es auch in einer Form desodoriert. Es ist bei Raumtemperatur fest, aber bei Körpertemperatur schmilzt.

Olivenöl wird auch ausführlich in Hautpflegeprodukten wegen ihrer Fettsäure (Ölsäure) -

Konzentration und antioxidative Eigenschaften verwendet. Es gibt verschiedene Formen von

Olivenöl, die in Hautpflegeprodukten verwendet werden kann. Die häufigste Form ist als natives Olivenöl extra. Dieser Typ ist unraffiniertes und hat eine charakteristische starke Aroma. Es ist auch der Lebensmittelqualität. Olivenöl Trester ist eigentlich die verfeinerte Form. Es behält die Nährstoffe und hat eine sehr milde Duft vor. Beide Typen sind verschiedene Schattierungen von grün-gelb in der Farbe.

Jojobaöl ist eigentlich ein Fettwachs sehr reich an Vitamin E. Es hat eine fast unbegrenzt haltbar.

Jojoba-Öl ähnelt die Öle in der Regel in der menschlichen Haut gefunden wird, so ist es leicht, ohne fettig absorbiert. Jojoba-Öl nicht die Poren verstopfen und in der Tat, wird verwendet, um Akne zu behandeln. Talg wird ausführlicher im Gesicht und Kopfhaut, die alles von Akne und Mitesser verursachen können, um Schuppen, fettige Haut und vergrößerte Poren, von denen keines attraktiv sind produziert. Studien belegen, dass regelmäßige Verwendung von Jojobaöl können Ihre Talgdrüsen zu trainieren, um tatsächlich produzieren weniger Talg und schrumpfen Poren gezeigt! Jojoba-Öl ist natürlich golden in der Farbe, kann aber in ein klares Öl verfeinert werden.

Aprikosenkernöl ist ein ziemlich leichtes Öl mit einem leichten nussigen Duft, der sehr reich an Vitamin A und Öl / Linol-Fettsäuren ist. Es absorbiert auch gut in die Haut, Haare und Kopfhaut, ohne irgendeinen fettigen Rückstände. Aprikosenkernöl wird auch häufig für Mandelöl für Menschen mit Nussallergien ersetzt. Es ist auch sehr geeignet für den Einsatz auf gereizte oder trockene Haut.

Avocado-Öl wird weitgehend in der Hautpflege-Produkte verwendet werden, da es dazu neigt, die Haut tief eindringen und bietet ein herzhaftes Dosis von Vitamin E und Ölsäure. Avocadoöl ist häufig benutzt, sehr trockene Haut und der Haut, die von der Sonne beschädigt wurde, zu behandeln. Nicht nur, dass es Vitamin E enthalten und Ölsäure, enthält es auch Linolsäure, Kalium und Mineralien.

Traubenkernöl ist ein Nebenprodukt bei der kommerziellen Herstellung von Weinen. Das Öl ist reich an Linolsäure, Vitamin E, und eine sehr spannende Reihe von Verbindungen, die sogenannten OPC (oligomere proanthocyanidin Komplexe). OPCs sind Antioxidantien als viel wirksamer als Vitamin C und E. In Hautpflegeprodukten, ist Traubenkernöl-Licht, durchdringend, und nährnde, ohne einen Fettfilm. Für Menschen, die Blow-Trockner, Haarglätter, Lockenstäbe oder andere Heizungsgeräte verwenden, können Traubenkernöl

schützen Ihr Haar vor Hitzeschäden wegen seiner hohen Hitzebeständigkeit.

### **Spezielle Öle / Butters**

Mango Butter ist reich an Antioxidantien und wird verwendet, um gereizte, beschädigte, trockene oder alternde Haut zu zielen. Es ist bei Raumtemperatur fest, aber bei Körpertemperatur schmilzt.

Nussöle, die nicht so oft verwendet werden, können immer noch wunderbar, um die Körperbutter hinzufügen. Einige der gemeinsamen Nussöle gelten als Luxus-Zusätze sein: Kukuinussöl, Macadamianussöl, tanamu Nussöl, Walnussöl, Haselnussöl und gibt

einige ausgezeichnete Beispiele. Nussöle enthalten Vitamin E und Fettsäuren. Viele haben einen charakteristischen nussigen Duft, und einige können sehr stark sein. Die Öle können teuer sein, aber nur in geringen Anteilen, um andere Öle und Butterarten in einem Rezept verwendet. Sie fügen hinzu, Geschmeidigkeit zu den Rezepten.

Es gibt auch andere Pflanzen gewonnene Öle, Vitamine, Mineralien, Fettsäuren und Nährstoffe, um Ihre Hautpflege-Produkte hinzufügen können. Da gibt es so viele Beispiele, werde ich eine Tabelle statt einzeln Listing ihnen zu machen.

Argan-Öl (Moroccan Oil)

Babassuöl

Leindotteröl

Rizinusöl

Nachtkerzenöl

Hanföl

Wiesenschaumkrautöl

Neemöl

Kürbiskernöl

Distelöl

Sonnenblumenöl

Weizenkeimöl

## **Bienenwachs**

Bienenwachs ist ein Emulgator, wie zuvor beschrieben, aber es hat viele Gesichter. Er arbeitet unermüdlich in Hautpflege-Produkte auf

einer Vielzahl von Ebenen. Es versiegelt Feuchtigkeit in die Haut und hilft, beschädigte Haut zu heilen. Es muss nicht die Poren verstopfen. Weil es Vitamin A, entzündungshemmende, antiallergische und antioxidativen Eigenschaften enthält, ist es ideal für Menschen mit entzündeter, gereizter Haut.

## **Essentielle Öle**

Ätherische Öle hinzufügen, mehr als nur ein Duft, um Ihre Hautpflege-Produkte. Viele ätherische Öle bieten eine Vielzahl von heilenden, beruhigenden, nährende, belebende und verjüngende Eigenschaften des Produkts. Da ätherische Öle in beträchtlichem Ausmaß unterschiedlich sind, ist es unmöglich, sie nach Art oder sogar durch Eigenschaftsliste. Aber ich werde einige allgemeine Richtlinien zur Auswahl ätherischer Öle zu geben.

Obwohl ätherische Öle sind natürliche, sie immer noch dazu führen können allergische Reaktionen oder andere Probleme bei Menschen, die empfindlich auf ihnen sind. Sie können von einigen Unternehmen verfälscht werden. Einige ätherische Öle sind organische. Einige ätherische Öle sind giftig. Die beste Regel für die Prüfung eines ätherischen Öls ist es, über ihn zuerst zu lesen.

Die erste Sache, um festzustellen, ob das Öl ist reines ätherisches Öl, oder wenn es wurde

"frisirt" mit anderen Stoffen oder mit dieser lästigen "Duft" Öle. Viele namhafte Zulieferer wird das Öl, Herkunft, Herstellungsverfahren (Pressen, Destillation, etc.), Haltbarkeit, und andere relevante Informationen zu beschreiben. Das beste Werkzeug für die Wahl ätherischen Ölen ist die Nase. Hat der Duft riechen wahr? Riecht es flippig? Riecht es frisch oder abgestanden?

Wissen Sie eigentlich wie der Geruch?

Sobald Sie die Öle, die Sie verwenden möchten, zu bestimmen, achten Sie darauf, um sie richtig zu speichern. Dadurch wird sichergestellt, die beste Qualität in der gesamten vorgeschlagenen

Haltbarkeitsdauer. Ätherische Öle sind sehr stark und sollten nie direkt aufgebracht oder direkt von der nackten Haut behandelt werden. Einige ätherische Öle können zu färben. Einige ätherische Öle können aus Kunststoff zu schwächen, so dass ich immer mit Edelstahl oder Glas /

pyrex. Ätherische Öle können in der Stärke, Duft und Farbe je nach Herkunft (Französisch Lavendel riecht anders als bulgarische Lavendel), Herstellungsverfahren variieren (Ylang Ylang Ich ätherisches Öl ist ganz anders als Ylang Ylang III ätherisches Öl) und Typ (Rosenöl ist unterscheidet sich von Rose Damascus ätherisches Öl). Außerdem sollten einige ätherische Öle nicht von schwangeren Frauen verwendet werden. Bewaffnen Sie sich mit Informationen ist immer eine gute Idee, vor allem wenn es um die ätherischen Öle geht.

### **Andere Zusätze**

Es gibt eine Anzahl von anderen Substanzen, die hinzugefügt werden können, um die Wirksamkeit von Hautpflegeprodukten zu verbessern. Einige können heilenden und beruhigenden Eigenschaften (wie Honig) oder antioxidativen Eigenschaften (wie grüner Tee) hinzuzufügen. Additive können von Blumen, Kräuter, Früchte, Nüsse, Algen, Gewürze, oder anderen natürlichen Quellen stammen. Sie werden hinzugefügt, um die Nährstoff-und feuchtigkeitsspendenden Eigenschaften des fertigen Produkts zu steigern. Zusatzstoffen zählen auch jegliche Farbstoffe, die Sie hinzufügen möchten.

Während Körperbutter in der Regel ihren Wert aus den Ölen und Butter verwendet zu erwerben, kann die Zugabe eines speziellen Zutat, die individuell gestaltet werden zusätzliche Faktor liefern Ihr Produkt braucht. Manchmal kann ein Körperbutter zusätzliche Sonnenschutzleistung benötigen, so dass Sie ein Metall für diesen Zweck ausgelegt, wie Magnesium oder Titandioxid können hinzufügen. (Denken Sie daran, Aluminiumprodukten zu vermeiden!) Vielleicht haben Sie, um eine trockene, seidiges Gefühl auf Ihre Körperbutter erreichen wollen.

Die Zugabe von Maisstärke kann die Textur, die Sie wünschen werden. Maisstärke ist eine natürliche, aus Pflanzen gewonnene Pulver, das als Verdickungsmittel ebenfalls verwendet werden können. Maisstärke hat eine rutschige Gefühl und kann überschüssige Feuchtigkeit als auch Talkumpuder zu absorbieren. Aloe Vera Gel ist eine weitere wunderbare Ergänzung für Körperbutter für die Kühlung und heilende Eigenschaften.

Aber, bespricht das Buch auch andere Körperpflegeprodukte in Kapitel 5. Die Liste der Zusätze für diese Kapitel werden viel länger als die Liste für die Körperbutter. Dies liegt daran, Sie können verschiedene Substanzen zur Revitalisierung Ihrer müde, schmerzende Füße, als würden Sie auf Ihre trockene Ellbogen zu heilen erforderlich! So wird dieses Kapitel ihrer eigenen Listen und Beschreibungen haben.

Wieder zu Ihren Zusätzen in Einklang mit dem Rest Ihres Produktes zu halten möchten. Sie wollen nicht, um eine vollständig organische Produkt zu erstellen und fügen Sie ein paar Tropfen künstliche Lebensmittelfarbe hinein! Es gibt viele natürliche Farbstoffe von pflanzlichen und natürlichen Quellen. Als Sherlock Holmes und die Untersuchung der besten Farbmittel für Ihr

Produkt ist der beste Weg, um die höchste Qualität und Sicherheit zu gewährleisten. Einige natürliche Pigmente können ebenso giftig sein, so sicher sein, um sie zu lesen. Und viele Male, haben, um das Färbemittel durch Zugabe der Substanz zu Öl, Siedepunkt, oder durch einige andere Mittel herzustellen. Achten Sie auf alles, was Sie an dieser Stelle hinzuzufügen! Die Beduftung und Farbgebung sind die letzten Ergänzungen zu Ihrem Produkt, also nicht in Eile zu addieren, was Sie finden können. Bleiben fleißig.

## **Kapitel 4:**

**Geben Sie sich einen Klaps - Rezepte für Ihre**

**Hausgemachte Körperbutter**



Während viele Rezepte feststellen, dass die Körperbutter ist cremig und nicht gepeitscht, gibt es nichts zu sagen, dass jede Rezept für eine Körperbutter kann nicht geschlagen werden. Es ist eine Frage des Geschmacks: Haben Sie die glatte, dichte Textur der Creme oder haben Sie wie die helle, luftige Textur der Schlagbutter? Wie in alles, was mit DIY, entscheiden Sie, was Sie wollen und wie Sie es wollen. Sie verfügen nicht über diese Wahl, wenn es um vorgefertigten, abgepackten Produkte geht. Sie erhalten es so, wie es kommt, wie es oder stirb. In diesem Kapitel werde ich bieten sowohl das Rezept und keine zusätzliche, relevante Informationen über das Rezept, wie Zwecke, sonnenSperrFähigkeit, beruhigende Eigenschaften und sogar Genießbarkeit!

Viele Körperbutter Rezepte nicht für die Verwendung von Wasser nennen. Dies ist kein Problem, und beseitigt die Notwendigkeit für zusätzliche Emulgatoren. Gremium Butter ist fast wie die Kuchen Sahnehäubchen: Kuchenglasur aus Fetten, Zucker und Aroma mit möglichen Zugaben von Milch oder Wasser zu verdünnen Sie es heraus. Viele Glasuren müssen für eine leichte Textur geschlagen werden, aber wer möchte nicht, dass die dicken, cremigen Fudge Tüpfelchen auf einem Butterkuchen? Texture ist alles eine Frage der Präferenz. Also, soweit ich das beurteilen kann, wenn Sie die Schlag Textur bevorzugen, dann peitschen das Rezept. Aus dem gleichen Grund, wenn Sie die cremige Textur bevorzugen, dann nicht zu peitschen das Rezept, auch wenn es zum Schlagen nennt.

Zum Schlagen, können Sie Mischer, Schneebesens, oder was auch immer Sie zur Verfügung haben zu verwenden. Es ist wie das Sahnehäubchen, weil die Temperatur korrekt sein oder Sie werden eine ganz andere resultierende Textur zu erhalten. Ein Wort der Vorsicht: Öle müssen vor peitschen gekühlt werden! Heiße Öle werden nicht in einem leicht und locker Textur peitschen!

Auch, als ein Verfahren Hinweis, Kokosöl (insbesondere 76 Grad) schmilzt sehr schnell, damit

es nach dem anderen festen Butter geschmolzen wurden hinzugefügt werden soll. Der Zusatz von ätherischen Ölen,

Vitaminen (wie Vitamin E), und gegebenenfalls Farbstoffe sollte nach den anderen Ölen zugesetzt und Butters geschmolzen und etwas abgekühlt. Einige Farbstoffe erfordern Heizen oder Kochen, bevor der Farbstoff freigesetzt wird ... sicherzustellen, dass der Inhalt, bevor Sie die Ware in der Öl-und Butter-Mischung gekühlt. Einige dieser Stoffe, vor allem ätherische Öle, Eigenschaften ändern, wenn erhitzt. Einige Öle können auch Nährstoffe verlieren, wenn zu viel erhitzt. Wie ich bereits sagte, um sanft schmelzen die Butter und Öle wollen, nicht kochen Sie sie!

Ein Weg, um sicherzustellen, dass Ihre Mischungen werden eingestellt und Peitsche richtig ist, sie in den Kühlschrank oder den Gefrierschrank für ein paar Minuten für einen schnellen cool-off kühlen. Wenn Sie die Gefriermaschine zu verwenden, lassen Sie die Mischung für ca. 20

Minuten kalt stellen. Wenn Sie vergessen, und die Mischung gefriert, kein Problem: lassen Sie es bei Raumtemperatur zu sitzen für eine Weile, bis er weich wird ein wenig wieder. Wenn Sie den Kühlschrank nutzen möchten, lassen Sie die Mischung für etwa 45 Minuten bis eine Stunde eingestellt. Achten Sie darauf, hinzufügen und mischen Sie alle anderen Zutaten vor dem Kühlen der Mischung.

Auch möchte ich sagen, ein paar Dinge über die ätherischen Öle. Wenn ein Rezept für einen Duft, der Sie absolut verachten, dann benutzen Sie es nicht! Verwenden Sie, was Ihnen gefällt!

Diese Rezepte sind 100% kundengerecht! Ich persönlich nicht für Patchouli kümmern, und ich werde nicht es verwenden, unter keinen Umständen. Wenn ich ein Rezept fordert Patchouli, werde ich es mit einem anderen Duft zu ersetzen. Und wer ist zu sagen, dass Sie ein ätherisches Öl überhaupt verwenden? Wenn Sie den Geruch der Kakaobutter in einem Rezept lieben und nicht wollen, ein ätherisches Öl, es zu vertuschen hinzuzufügen, müssen dann nicht hinzufügen.

Manchmal werden ätherische Öle für nutritive oder Heil spezifisch für diese Öleigenschaften hinzugefügt. Aber, wenn Sie nicht möchten, dass das ätherische Öl hinzufügen, dann nicht hinzufügen. Es ist so einfach.

Viele der Rezepte können bei Raumtemperatur gelagert werden, sondern besser im Kühlschrank aufbewahren. Plus, wenn der Körper Butter bleibt gekühlt, es wird die Schlagkonsistenz beizubehalten. Bei Raumtemperatur wurde das Produkt dichter und cremig sein wird.

## **Body Butter Rezepte**

### **Grund Coconut Oil Whipped Body Butter**

Mit nur 3 Zutaten, das ist eine echte Anfänger Rezept!

2 c. Kokosöl 1 TL ätherische Öl der Wahl

2 TL Vitamin E Öl

Erhitzen Sie leicht Kokosöl in einem Doppelboiler nur, bis sie geschmolzen. Lassen Sie es etwas abkühlen, bevor Sie das ätherische Öl und Vitamin E. Sobald es zu setzen beginnt (Kokosöl ist bei Raumtemperatur ein Feststoff), schlagen Sie die Mischung mit einem Schneebesen oder Mixer, bis steife Spitzen bilden. Übertragen Sie die Body Butter in einen Behälter für die Lagerung.

### **Grund Shea Whipped Body Butter**

1/2 c. raw Sheabutter 1/4 c. Mandelöl

1/4 c. Kokosnussöl

Wärme Sheabutter und Mandelöl, bis sie geschmolzen. In Kokosöl und lassen Sie sie abkühlen, bis sie fest (die Gefrierschrank oder Kühlschrank benutzen, wie oben beschrieben). Peitsche steif. In Behälter für die Lagerung.

## **Whipped Body Butter 1**

¼ c. Shea-Butter ¼ c. Mandelöl

¼ c. Kokosöl 15 Tropfen ätherisches Öl der Wahl

¼ c. Kakaobutter

Erhitzen Sie alle Zutaten außer für ätherisches Öl in einem Doppelkocher, gerade bis gemischt und geschmolzen. Vom Herd nehmen und etwas abkühlen. In ätherisches Öl. Nach der Mischung (bei Raumtemperatur oder im Kühlschrank) gesetzt, Peitsche bis flaumig und steife Spitzen sich bilden. In Behälter für die Lagerung.

## **Whipped Body Butter 2**

¼ c. Shea-Butter ¼ c. Jojobaöl

¼ c. Kokosöl 15 Tropfen ätherisches Öl

¼ c. Mangobutter

Erhitzen Sie alle Zutaten außer für ätherisches Öl in einem Doppelkocher, bis sie geschmolzen.

Vom Herd nehmen und etwas abkühlen. In ätherisches Öl. Lassen Sie Mischung zu setzen.

Peitsche schaumig rühren und steife Spitzen bilden. In Behälter für die Lagerung.

## **Body Butter 1**

1 c. Shea-Butter ½ c. Mandelöl

½ c. Kokosöl 20 Tropfen ätherisches Öl

Erhitzen Sie alle Zutaten außer ätherisches Öl in einem Doppelkocher, bis sie geschmolzen.

Lassen Sie vor dem Hinzufügen ätherisches Öl etwas abkühlen. Lassen Sie die Mischung vollständig abkühlen lassen. Peitsche der Mischung, um die Textur zu erleichtern. Wenn Sie es wollen, zu peitschen, bis steife Spitzen bilden, können Sie. In Behälter für die Lagerung.

### **Lavender Body Butter**

Diese Körperbutter soll sehr beruhigend. Es wäre auch gut für die Haut, die von der Sonne auf den Zusatz von Aloe Vera Gel beschädigt worden ist.

1 c. Kokosöl  $\frac{3}{4}$  c. Aloe Vera Gel

6 EL Olivenöl 4 Vitamin-E-Kapseln

$\frac{1}{2}$  c. Bienenwachs  $\frac{1}{2}$  Teelöffel Lavendelöl

4 TL Honig

Das Olivenöl und Bienenwachs, bis über eine Doppelkessel geschmolzen. Vom Herd nehmen. In Kokosöl und Honig. Erlauben Gemisch etwas abkühlen und fügen Aloe, Vitamin E, und ätherisches Öl. Schneebeesen gut zu mischen. Das Gemisch wird bis zum Satz. In den Behälter für die Lagerung.

### **Cocoa Verrückte Whipped Body Butter**

$\frac{1}{2}$  c. Kakaobutter  $\frac{1}{4}$  c. Mandelöl

$\frac{1}{4}$  c. Kokosnussöl

Erhitzen Sie alle Zutaten in einem Doppelkocher, bis sie geschmolzen. Einfrieren Mischung etwa 20 Minuten eingestellt. Schlagen Sie mit dem Mixer oder Schneebeesen schaumig rühren und steife Spitzen bilden. In Behälter für die Lagerung.

### **Uplifting Rosemary Mint Body Butter**

½ c. Sheabutter 20 Tropfen ätherisches Öl der grünen Minze

¼ c. Kakaobutter 10 Tropfen Rosmarin ätherisches Öl

¼ c. Kukuinussöl

Erhitzen Sie alle Zutaten außer ätherische Öle in einem Doppelkocher, bis sie geschmolzen. Vom Herd nehmen und lassen Sie sie vor der Zugabe ätherischer Öle etwas abkühlen. Lassen Sie Mischung auf, bis sie fest zu kühlen. Peitsche Mischung schaumig rühren und steife Spitzen bilden. In Behälter für die Lagerung.

### **Tropical Paradise Whipped Body Butter**

1 c. Shea-Butter ¾ c. Kakaobutter

1/3 c. Bienenwachs ¾ c. Mangobutter

½ TL Mandelöl 4 Vitamin-E-Kapseln

15 Tropfen ätherisches Öl Mango 15 Tropfen ätherisches Öl Kalk

20 Tropfen süßer Orange ätherisches Öl

Erhitzen Sie alle Butter und Bienenwachs in einem Doppelkocher, bis sie geschmolzen. Vom Herd nehmen und lassen Sie sie vor dem Hinzufügen alle ätherischen Öle leicht abkühlen.

Lassen Sie die Mischung, bis sie fest zu kühlen. Schlagen Sie mit einem Mixer oder Schneebesen schaumig rühren und steife Spitzen bilden. Transfer zum Behälter für die Lagerung.

### **Magnesium Sunscreen Body Butter**

Diese Körperbutter hilft vereiteln Schäden von der Sonne durch die Zugabe von Magnesium Flocken. Magnesium stark reflektierend und wird darin gesehen, im Allgemeinen sicher, wenn sie als Sonnenschutzmittel verwendet wird.

½ c. unraffinierte Kokosöl ¼ c. Shea Butter

¼ c. Bienenwachs-Pastillen (Pelletform)

1 c. Magnesiumflocken plus 6 Esslöffel kochendes Wasser

Fügen Sie das kochende Wasser, um den Magnesiumflocken und rühren, um aufzulösen. Damit es auf Raumtemperatur abkühlen. Unterdessen in einem Doppelkocher, schmelzen das Kokosöl, Bienenwachs und Sheabutter. Vom Herd nehmen und lassen Sie sie auf Raumtemperatur abkühlen. Übertragen Sie die Öle in einer separaten Schüssel zum Mischen. Beginnen, das Gemisch mit einem Mischer zu mischen, während sehr langsame Zugabe des Magnesium Flüssigkeit ein paar Tropfen zu einem Zeitpunkt. Weiter zu mischen, bis alles Magnesium hinzugefügt wurde. Setzen Sie die Mischung in den Kühlschrank für 20 Minuten eingestellt.

Mischen Sie wieder auf die Konsistenz einer dicken cremigen Körperbutter. Transfer zu einem Behälter und Speicher in den Kühlschrank bis zu 2 Monate.

### **Healing Body Butter**

Der Zusatz von Teebaumöl fügt Heilung und antiseptischen Eigenschaften auf diese Körperbutter Rezept.

1 c. Kokosöl 3 Tropfen Teebaumöl

½ c. Sheabutter ätherische Öle nach Wunsch (optional)

Erhitzen Sie die Kokosnuss-Öl und Shea-Butter in einem Doppelkocher, bis sie geschmolzen.

Lassen Sie Mischung auf etwas, bevor Sie Teebaumöl und ätherisches Öl zu kühlen. Lassen Sie die Mischung vor peitschen, um entweder eine cremige Konsistenz oder zu einem Schlagkonsistenz einstellen. In Behälter für die Lagerung.

### **Seidig glatt Whipped Body Butter**

1 c. Shea-Butter 3 EL Traubenkernöl

1 c. Kakaobutter 8 Kapseln Vitamin E Öl

½ c. Aprikosenkernöl 1 TL ätherische Öl der Wahl

Erhitzen Sie alle Zutaten außer Vitamin E Öl und ätherisches Öl in einem Doppelkocher, bis sie geschmolzen. Etwas abkühlen und fügen Sie Vitamin E und ätherischen Ölen. Lassen Sie Mischung auf, bis sie fest zu kühlen. Schlagen Sie mit einem Mixer, bis die Mischung locker und steife Spitzen sich bilden. In Behälter für die Lagerung.

### **Samtig Rose Body Butter**

1 c. Shea-Butter ½ TL Speisestärke

¼ c. Jojoba-Öl 20 Tropfen Rosenöl

½ TL natürlichen Farbstoff infundiert Öl (wie Alkannawurzel in Jojobaöl) Erhitzen Sie Sheabutter und Jojobaöl, bis in einem Doppelkessel geschmolzen. Vom Herd nehmen und etwas abkühlen. Die restlichen Zutaten und Mischung gut. Lassen Sie Mischung zu setzen. Schlagen Sie leicht mit einem Mixer oder Schneebesen, bis die Mischung eine glatte und cremige Textur. In Behälter für die Lagerung.

### **Glatte Beine Whipped Body Butter**

Dieses Rezept zielt auf die Haut, die gereizt von der Rasur hat. Es hat beruhigende und weichmachende Eigenschaften zu helfen, beruhigen die Haut. Es sind keine aufgeführt, um das Risiko für Reizungen auf ein Minimum zu halten ätherischen Ölen.

1 c. Kokosöl ¼ c. Jojobaöl

¾ c. Kakaobutter 4 Kapseln Vitamin E



Erhitzen Sie alle Öle und Butter, außer Vitamin E im Wasserbad, bis sie geschmolzen. Lassen Sie die Mischung ein wenig abkühlen, bevor Sie die Vitamin E. Gut mischen. Setzen Sie die Mischung in den Kühlschrank stellen, bis festgelegt. Schlagen Sie mit einem Mixer, bis sie leicht und locker und steife Spitzen gebildet haben. In Behälter für die Lagerung.

### **Sinnliche Milkschokolade Edible Body Butter**

Ja, das ist Körperbutter, solange Sie in Lebensmittelqualität Zutaten tatsächlich essbar! Was für eine leckere Idee! Denken Sie an die Möglichkeiten!

1 ½ c. Kokosöl ½ c. Kakaopulver

2/3 c. Agavendicksaft 2 EL reiner Vanilleauszug

Schmelzen Sie die Kokosöl in einem Doppelkessel und vom Herd nehmen. Lassen Sie ein wenig abkühlen, bevor Sie den Rest der Zutaten. Gut mischen. Legen Sie in den Kühlschrank stellen, bis die Mischung gesetzt. Schlagen Sie die Mischung, bis sie eine cremige Textur aufweist. In Behälter für die Lagerung.

### **Orange Creamsicle Whipped Body Butter**

Für diejenigen, die die altmodische Orange creamsicle Eiscreme-Riegel liebe, habe ich dieses köstliche Körperbutter erstellt!

¾ c. Kokosöl 2 EL Vitamin E Öl

½ c. Kakaobutter ½ TL süßer Orange ätherisches Öl

Schmelzen Sie die Kokosöl und Kakaobutter in einem Doppelboiler. Das Gemisch kann leicht vor der Zugabe der Vitamin E und essentiellen Öl abkühlen. Gut mischen und in den Kühlschrank stellen, bis Set. Schlagen Sie die Mischung mit einem Mixer, bis es flauschig und steife Spitzen sich bilden. In Behälter für die Lagerung.

### **Vanille-Traum Whipped Body Butter**

2 c. Kakaobutter 1 c. Mandelöl

1 c. Kokosöl 2 ganze Vanilleschoten

Grind die Vanilleschoten in einer Küchenmaschine oder Kaffeemühle bis sehr fein. Schmelzen Kakaobutter und Kokosöl in einem Doppelboiler. Vom Herd nehmen. Lassen Sie ein bisschen, bevor Sie den Mandelöl und Vanille zu kühlen. Legen Sie in den Gefrierschrank für etwa 20

Minuten, bis sie fest. Schlagen Sie mit einem Mixer steif. In Behälter für die Lagerung.

## **Kapitel 5:**

### **Warum hier aufhören? Weitere Rezepte zur**

### **Verjüngung der Rest von euch!**

Dieses Kapitel wird um Rezepte für die Pflege Ihrer Haut auf andere Weise widmen. Machen Sie Ihre Füße brauchen ein Pick-me-up? Wollen Sie Ihr eigenes Parfum zu machen? Wollen Sie eine sichere, aluminiumfreie Deodorant zu machen? Sie werden diese Rezepte und mehr in diesem Kapitel zu finden.

Aber, bevor wir in den Rezepten zu springen, lassen Sie mich ein kurzes Wort über Inhaltsstoffe zu geben. Auch hier wollen wir die böse Dinge zu vermeiden, wie in Kapitel 2 beschrieben, möchten wir auch, um die Rezepte organischen halten. Beachten Sie dies, wenn Sie durch den Rezepten zu suchen. Die gleichen Regeln gelten hier, wie sie mit Körperbutter hat: Diese Rezepte sind kundengerechtes 100%. Wenn Sie nicht wie eine Zutat, ersetzen Sie es. Wenn Sie ein anderes ätherisches Öl möchten, verwenden, statt. Es gibt keine festen Regeln mit DIY

Hautpflege. Es ist für Ihre Haut. Ich gebe Ihnen ein paar Vorschläge. Nehmen Sie sie, ändern Sie sie, fügen Sie sie zu subtrahieren Sie

von ihnen. Machen sie Ihre Rezepte. Das ist, was DIY geht: dass das, was für Sie arbeitet.

## **Rezepte für den Rest von euch**

Oatmeal Facial Cleanser

1 c. Stahl-Schnitt-Hafer (nicht instant) 1 Ei

2 EL Vollmilch 1 EL brauner Zucker

1 TL Mandelöl

Schleifen Sie die Haferflocken in einer Küchenmaschine oder mit einem Mörser und Stößel. Die restlichen Zutaten und gut mischen. Es sollte eine dicke Paste zu sein. Wenn es zu dick, dünn es nach unten mit ein wenig Wasser. Massieren Sie den Reiniger ins Gesicht für ein paar Minuten.

Wischen Sie mit einem Waschlappen und warmem Wasser.

## **Green Tea Antioxidant Toner**

Selbst als Erwachsene, wachen wir manchmal mit Hautunreinheiten, die über Nacht erschienen.

Dieser Toner bietet einen Energie von Antioxidantien zur Linderung und Beruhigung der Haut und zur Beseitigung der Flecken.

3 Beutel Grüntee 1 mg Acai-Extrakt

5 Tropfen Teebaumöl 2 Tropfen Geranium ätherisches Öl

1 mg Grüntee-Extrakt 1 Tropfen Eukalyptus ätherisches Öl

Zeigen Sie den Teebeutel in einem Glas, die verschlossen werden kann. Kochendem Wasser übergießen den Teebeutel und steil für etwa 10 Minuten. Decken Sie die Teebeutel, da sie steil, um alle flüchtigen Bestandteile im Dampf bewahren. Lassen Sie die

Flüssigkeit auf lauwarmer Temperatur abkühlen und dann vorsichtig den Teebeutel. Die restlichen Zutaten in den flüssigen und gut mischen. Zugedeckt im Kühlschrank aufbewahren für bis zu einem Monat.

### **Bees Knees Akne-Kämpfer**

2 EL Honig 20 Tropfen Teebaumöl

2 EL Aloe Vera Saft 1 g Vitamin C (Konservierungsmittel)

Alle Zutaten in einer Schüssel mischen. Transfer zu einem Deckelkrug und im Kühlschrank aufbewahren für bis zu 6 Monaten.

### **Anregende Katmandu Tee trinken**

Dies ist ein entzückendes Badesalz Rezept zu wecken Sie Ihre Sinne und das Blut in Wallung.

Stellen Sie sicher, die Salze haben vor dem Betreten der Wanne gelöst, wenn Sie nichts dagegen haben, Peeling Ihre hinten!

1 c. Bittersalz 2 EL Backpulver

2 c. Grüntee (gebraut stark) 2 Tropfen ätherisches Lavendelöl

2 c. Traubenkernöl 2 Tropfen Weihrauch ätherisches Öl

Alle Zutaten in eine Schüssel geben und gut verrühren. Zeigen Mischung in einem luftdichten Gefäß, bis sie benötigt. Zu verwenden, fügen Sie ½ Tasse der Salze zu einem heißen Bad und lassen Sie die Salze aufzulösen.

### **Mint Citrus Bath Tasche**

Dieses Rezept ist für ein Kräuterbad. Putting Kräutern in einem Bad, ein Durcheinander und verstopfen die Drain, so verwenden Sie ein Musselin oder Baumwolle Kordelzug, die Kräuter zu halten (was

gewaschen und wiederverwendet werden können!), Um Ihr Bad wittern.

2 c. getrocknete Zitronenschale ¼ c. getrocknete Pfefferminzblätter

1 c. getrockneten Zitronengras ¼ c. Lorbeerblätter

½ c. grüne Teeblätter 1 Kordelzug, 3 "x4"

Alle Zutaten in eine Schüssel geben und gut mischen. Lagern Sie die Mischung in einem luftdichten Gefäß. Für ein Bad, füllen Sie den Beutel mit der Mischung, schließen Sie die Tasche, und legen Sie sie unter der laufenden Badewasser, um das Wasser mit Kräuter Güte ziehen lassen! Lassen Sie die Inhalte der Tasche, um zu trocknen, entleeren und waschen Sie Ihre Tasche für eine andere Zeit.

## **Hand Revitalizer Häutchen und Reparatur**

Teil 1: Cuticle Repair

1 c. brauner Zucker 4 Tropfen ätherisches Lavendelöl

1 c. Traubenkernöl 2 Tropfen Sandelholz ätherisches Öl

10 Tropfen Vanilleextrakt

Alle Zutaten in einem Weithalsglas. Siegel, bis sie benötigt. Legen Sie die Finger in die Mischung und verschieben Sie sie zu, um die Mischung in die Nagelhaut und Knöchel zu massieren. Hände gründlich, um überschüssiges Öl zu entfernen. Trocken. Bewerben Hand Revitalizer Creme.

## **Teil 2: Hand Revitalizer Creme**

1 Unze Bienenwachs 2 EL Mandelöl

2 Zitronen (benötigen Sie den Saft) 4 Tropfen ätherisches Lavendelöl

10 Tropfen ätherisches Zitronenöl

Erhitzen Sie das Wachs in einer Pfanne kurz, bis sie geschmolzen. Die restlichen Zutaten und gut umrühren. Fügen Sie Mischung auf einem Glas. Schütteln Sie das Glas gelegentlich, bis die Mischung eine glatte und cremige Textur. Speichern, bis sie benötigt.

### **Müde und Achy Fußbad**

Dies ist eine kohlenensäurehaltige Bad Bombe Rezept zu entlasten und zu desodorieren hart arbeitenden Füße. Das Grundrezept wird sich nicht ändern, so dass die ätherischen Öle und Salze können geändert werden, um eine beliebige Anzahl von Kombinationen für kleinere Bomben (wie diese) erstellen oder eine größere Form für ein Bad fizzy werden.

1 c. Backpulver ½ c. gefiltert oder destilliertes Wasser

½ c. Maisstärke 10 Tropfen ätherisches Pfefferminzöl

¼ c. Bittersalz 10 Tropfen Teebaumöl

Alle Zutaten in eine große Schüssel geben. Squash die Mischung in einen Kunststoff oder Silikon-Eiswürfelbehälter und trocknen lassen. Bewahren Sie die Würfel in einem luftdichten Behälter, bis sie benötigt. Wenn Sie ein Pick-me-up möchten, verwenden Sie 1 Würfel im Fußbad. Wenn Sie ein fizzy genießen wollen, dann verwenden Sie 3 Würfel in Ihrem Fußbad.

### **Fettiges Haar Rettungs Conditioner**

Dies ist für Leute wie mich, die sich ständig fettige Haare haben. Das Rezept, um Ihre Haarfarbe zu ändern sind: blond oder rothaarig (oder Brünetten, die gerne es aufgehellt ein wenig) kann Zitronensaft verwenden; Brünetten oder dunkler haarige Menschen können Apfelessig verwenden, wie aufgelistet.

2 c. Jojoba-Öl 10 Tropfen Rosmarin ätherisches Öl

1 c. Apfelessig 10 Tropfen Salbei ätherisches Öl

4 TL brauner Zucker 19 Tropfen Teebaumöl

Alle Zutaten in einem Glas und rühren oder schütteln, bis alles gut sich der Zucker auflöst.

Speichern, bis sie benötigt.

Um zu verwenden, gelten für trockenes Haar, beginnend an der Kopfhaut und arbeiten Sie Ihren Weg bis zu den Enden des Haares. Massieren Sie die Mischung in die Kopfhaut zu unclog Poren zu helfen und slough entfernt abgestorbene Hautzellen. Kämmen Sie Ihr Haar gründlich. Ihr Haar nicht wieder zu benetzen tun, nur ein mildes Shampoo hinzuzufügen und nur Wasser hinzuzufügen, wenn das Öl in der Shampoo gelöst. Aufschäumen und ausspülen.

## **Grund Perfume**

Dies ist die einfachste Rezept für eine DIY Parfüm. Es kann jede beliebige Duft Sie es wünschen; Ich lasse es an Ihnen. Es gibt ausgefallene Rezepte mit Kräutern und Gewürzen, aber dies ist das Grundrezept.

½ Unzen Wodka 5 Tropfen ätherisches Öl der Wahl

1 EL destilliertem Wasser

Fügen Sie den Wodka und ätherisches Öl in eine dunkle Glasflasche und schütteln, um gut zu mischen. Lassen Sie die Mischung an einem dunklen Ort für zwei Tage für die Öl- und Wodka, um richtig zu mischen. Nach 2 Tagen, fügen Sie das Wasser zu der Mischung und gut schütteln erneut. Setzen Sie ihn wieder in den dunklen Ort für 2 weitere Tage (oder, wenn Sie eine stärkere Duftstoff wollen, ein paar Tage mehr). Gießen Sie das Parfüm in eine Sprühflasche für den Einsatz.

## **Herbal Deodorant**

Diese belebende Duft kann von Männern oder Frauen getragen werden. Achten Sie darauf, die Flasche vor jedem Gebrauch gut schütteln. Es kann auch als ein erfrischendes Gesicht splash verwendet werden.

2 c. Wodka 2 Tropfen Wacholder ätherische Öl

4 EL Hamamelis 2 Tropfen ätherisches Zitronenöl

6 Tropfen Teebaumöl

Sterilisieren eine Pumpflasche. Alle Zutaten in die Flasche und gut schütteln.

### **Herbal Insektenspray**

Das Spray sollte sogar die peskiest Viecher weg zu halten!

2 c. Wodka 10 Tropfen Thymian ätherisches Öl

20 Tropfen Citronella ätherisches Öl 10 Tropfen ätherisches Öl  
Katzenminze 20 Tropfen Eukalyptus ätherisches Öl

Mischen Sie alle Zutaten in eine Sprühflasche und gut schütteln. Spray großzügig auf Kleidung und Haut, aber die Augen zu vermeiden.

\* Wenn Sie dies als ein Insektenschutzmittel in Öl brennenden Lampen verwenden möchten, ersetzen Sie den Wodka mit 1 Unze von Traubenkernöl oder anderes Licht.

### **Kapitel 6:**

**Was passiert, wenn ...? Und Wo finde ich die**

**Materialien?**

Während diese Rezepte wurden erprobte und wahre, kann etwas schief gehen. Ärgere dich nicht.



Körperbutter sind ziemlich nachsichtig. Dieses Kapitel gibt Ihnen Tipps, wie man einen Körper Butter, die nicht zu peitschen haben oder einige andere Probleme auftreten können, zu retten.

Und wo sehen Sie die Zutaten finden? Es gibt einen Abschnitt an die Lieferanten der Rohstoffe für Ihren Komfort gewidmet.

## **Fehlerbehebung**

Das größte Problem, die auftreten können, ist, dass eine Charge von Körperbutter nicht schüren richtig. Die Hauptursache dafür ist, dass die Öle zu warm sind. Warmen Ölen nicht zu peitschen.

Sie kann die Partie, indem das Gemisch im Kühlschrank für etwa eine Stunde, um sicherzustellen, sind die Öle Kalt bergen. Dann versuchen Sie es erneut peitschte es. Wenn Sie die schöne, flauschige Schlagkörperbutter nicht bekommen, werden Sie wahrscheinlich am Ende mit einer cremigen Körperbutter statt.

Ein weiteres Problem ist ein übler Geruch oder ungerade Wachstum auf der Butter. Beide dieser Probleme sollten Sie veranlassen, um die Charge in den Papierkorb zu werfen. Ein schlechter Geruch s, dass mindestens einer Ihrer Öle einge ranzig, vielleicht aus indem sie es zu warm oder nicht Hinzufügen genug Konservierungsstoffe (wie Vitamin E oder C). Ein Wachstum von Mikroorganismen. Wiederum kann die Lagertemperatur war zu warm sein, so dass Bakterien oder Schimmel wachsen.

Was ist mit ungeraden Reaktionen auf Zutaten? Ihre Haut kann rot werden oder juckende. Mehr Verwenden Sie nicht das Rezept! Es ist ein Bestandteil in es, dass Ihre Haut nicht mag. Wenn Sie glauben, es könnte von einem Nussöl oder von einem ätherischen Öl sein, ändern Sie die Rezeptur, die beanstandeten Öl auszutauschen oder Weglassen der ätherischen Öle zusammen.

Ihre Haut ist der beste Richter. Hör es dir an.

## **Lieferanten**

Ihren örtlichen Bauernmarkt kann ein Weg, um einige Bio-Zutaten zu finden sein. Ihr Supermarkt oder Bioladen kann eine andere Quelle. Aber was Sie in der Masse? Oder der Suche nach ätherischen Ölen? Oder Glycerin? Für viele der in den Rezepten in diesem Buch verwendeten Zutaten können einige Online-Händler Ihr bester Freund sein. Viele von ihnen bieten Bio-Alternativen und wird die notwendigen Informationen über ätherische Öle Liste, damit Sie Entscheidungen treffen.

Mountain Rose Kräuter

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

Mountain Rose Kräuter bietet eine breite Palette von Produkten für die DIY Hautpflege Crafting.

Die Durchführung ätherische Öle, Trägeröle, Pflanzenextrakte, und viele andere Produkte.

Hautaktiv Scientific

[www.skinactives.com](http://www.skinactives.com)

Haut Actives ist ein Anbieter für Spezialhautpflege Inhaltsstoffe und bietet eine vernünftige Preisgestaltung und Versand.

Organic Infusionen, Inc.

[www.organicinfusionswholesale.com](http://www.organicinfusionswholesale.com)

Organic Infusionen bietet eine vollständige Palette von zertifizierten Bio, wild gemachte, pestizidfrei, wählen Farm und gentechnikfreien ätherischen Ölen und Hydrosole. Sie behaupten, dass ihre Quellen alle an einen strengen Verhaltens Nachhaltigkeit, keine Kinderarbeit, keine tierischen Produkte, und keine Tierversuche entsprechen.

Source Vital

[www.sourcevital.com](http://www.sourcevital.com)

Source Vital bietet ätherische Öle, Hydrosole und Duftmischungen für die Aromatherapie und ganzheitlichen Heilung. Sie sind 100% ganzheitliche, organische, ganz natürliches, ohne tierische Produkte.

Eden Botanicals

[www.edenbotanicals.com](http://www.edenbotanicals.com)

Eden Botanicals bietet organischen ätherischen Ölen und absolute. Sie tragen schwer zu finden, seltene und ungewöhnliche Öle (Ich sah eine Butter ätherisches Öl, zum Beispiel).

Groß Apothecary

[www.bulkapothecary.com](http://www.bulkapothecary.com)

Groß Apotheker ist eine Vollspektrum-Lieferant für DIY Hautpflege-Handwerker. Sie bieten organische ätherische Öle, Pflanzenextrakte, Trägeröle, Gläsern etc.

Bramble Berry

[www.brambleberry.com](http://www.brambleberry.com)

Bramble Berry ist auch eine Vollspektrum-Lieferant für DIY Hautpflege-Produkte, einschließlich organische ätherische Öle, Trägeröle, Pflanzenextrakte, Gläser, Farbstoffe, Additive usw.

## **Abschluss**

Nun, da Sie wissen, die Ins und Outs der DIY Body Butters, können Sie Crafting Ihre eigenen Rezepte oder Verzweigung und die Schaffung von anderen Arten von Produkten zu beginnen.

Dieses Buch hat Ihnen die Grundlagen und ein Fundament aufbauen. Ein Weg, um die Menge der Giftstoffe im Körper zu reduzieren, ist, fleißiger zu sein über das, was Sie auf Ihre Haut, in Form von Feuchtigkeitscremes und Hautpflegeprodukte.

Während dieses Buch gab Rezepte für Körperbutter und einigen anderen Hautpflege-Produkte, ist es nicht zu Ende. Dies ist nur ein Ausgangspunkt. Alles was es braucht ist ein wenig Kreativität und die Bereitschaft zu experimentieren. Wenn Sie Ihre eigenen DIY Hautpflege-Produkte (Feuchtigkeitscreme, Parfüm, Make-up Entferner, Seife, Deo, etc.) zu erstellen, denke an all die Chemikalien, die nicht mehr werden posiert wird eine Gefahr für Sie. Plus, werden Sie haben den zusätzlichen Bonus der Verwendung von Düften Sie möchten. Sie haben die vollständige Kontrolle darüber, was Sie verwenden. Aufgrund dieser Flexibilität können Sie genau die Produkte, die Sie, wenn Sie Ihre Haut braucht sie erstellen. Sie können sie jederzeit ändern. Die meisten Rezepte sind kleine Chargen, so dass Sie Verschwendung zu eliminieren, wenn eine große Flasche verliert seine Wirksamkeit (oder Sie herausfinden, es nicht gut mit Ihrer Haut zu arbeiten). Eine kleinere Chargen auch bessere Rahmenbedingungen für Experimente sein: Sie werden nicht verschwenden viele Zutaten, wenn ein Batch entpuppt sich als ein Fehlschlag sein.

Sobald Sie Crafting Ihre eigene Hautpflege-Produkte beginnen, Ihr Körper wird Ihnen von glühenden strahlend danken. Meine Hoffnung ist, dass er Sie auf, um größere und bessere Dinge voranzutreiben: Erstellen Sie alle Ihre eigenen Produkte. Lassen Sie die Kosmetik-Unternehmen halten ihre giftigen Cocktails.

Und es läuft alles um Geld, nicht wahr? Mit diesen Rezepten können die Kosten scheinen ein wenig steil auf den ersten, aber wie viele der Rezepte für ein Pfund Sheabutter anruft? Jede Zutat, die Sie kaufen können in einer Vielzahl von Produkten verwendet werden. Summieren sich die Kosten für alle Produkte, die Sie von einem beliebigen Satz von Zutaten, die Sie kaufen zu machen. Dann addieren sich die Kosten für die gleiche Menge von kommerziellen Produkten.

Ihre Brieftasche werden Sie, weil ich danke, seien wir ehrlich: Chemikalien und Erdöl sind teuer, während erneuerbare Pflanzenerzeugnisse nicht. Dann Faktor für die Sicherheit und die

wahre Nahrung von den DIY-Produkte im Vergleich zu den kommerziellen Produkten. DIY-Produkte kommen aus weit voraus!

Kurz gesagt, ist dieses Buch nur um Ihre Füße nass und zu geben, zu erklären, warum Sie besser dran, oder kreierte deine eigenen Hautpflege-Produkte sind. Sobald Sie haben sich die Grundlagen zu nageln, der Rest sehr leicht. DIY Haut-Produkte kann Ihnen die jugendliche, wunderschöne Haut Sie wollen. Und Körperbutter sind ein sehr guter Start für die Schaffung eines organischen Hautpflege, die Ihre Haut verwandeln. Und es wird, dass, ohne die Bank zu tun. Ich würde viel lieber verwenden Jojobaöl auf meinem Gesicht anstelle eines \$ 300-Creme mit krebserregende und giftige Chemikalien geladen. Was ist mit Ihnen?

Kokosnussöl Hacks

*19 Life Changing Coconut Oil Hacks für Weight Loss, Radiant Gesundheit*

## **Einführung**

Kokosöl hat einen wohlverdienten Ruf als Supernahrungsmittel, mit Nutzen für die Gesundheit wie Fettabbau, Verbesserungen in der Cholesterinspiegel im Blut und verbessert die Gehirnfunktion.

Wenn Sie neugierig, ob es möglich ist, für alle diese Ansprüche um wahr zu sein, dann bin ich glücklich, Ihnen zu sagen, dass die Fakten sind nicht gültig!

In diesem Buch werde ich einige erstaunliche Möglichkeiten, wie Sie Kokosöl verwenden, um Gewicht zu verlieren und verbessern Ihre allgemeine Gesundheit zu erklären. Du wirst lernen, wie Sie Ihre Energie natürlich steigern, zügeln Sie Ihre Junk-Food Heißhunger und verbessern Sie Ihre Haut - zu dieser sehr reichlich, unglaubliche Naturöl alle Dank!

Ich werde nicht nur beibringen, die Theorien, die Kokosnuss-Öl entweder zu umgeben; Ich werde Ihnen Tipps, Tricks und Rezepte,

die Sie sofort verwenden können, um zu starten gewinnen alle Vorteile, die Öl Angebote Kokosnuss zu geben! Und es wird alles ganz schnell gehen.

Also, wenn Sie Jahre damit verbracht habe gefragt, ob es einen einfacheren Weg, um Gewicht zu verlieren und steigern Sie Ihre Energie ... Ja, es gibt! Und dieses Buch wird alles zu erklären.

Wenn Sie Jahre damit verbracht habe mich, ob es Möglichkeiten gibt, für die Haut, ohne Medikamente oder gefährliche Chemikalien wichtig ist ... Ja, es gibt!

Wenn Sie an Kokosöl geschaut haben, und habe mich immer gefragt, wie dieses natürliche Öl kann so viele vielseitige und erstaunlichen gesundheitlichen Vorteile zu produzieren, dann lesen Sie weiter und lassen Sie mich Ihnen sagen!

## **Das Science Part**

Wenn Sie alles wie ich sind, werden Sie viele Bücher in der Vergangenheit, die Ihnen sagen, erworben haben "Blick auf diese super Essen, es all diese Vorteile hat!" Aber auch wenn Sie versuchen und versuchen, den Nachweis dieser Behauptungen zu finden, Sie nichts finden können - eine viel zu gemeinsamen Ergebnis.

Dieses Buch wird nicht so sein. Es ist wichtig für mich, dass man durch diese Veröffentlichung mit der Zuversicht, dass das, was ich sage Ihnen wird auf Fakten zu lesen.

## **Gesättigte Fette**

Das erste, was deutlich zu machen, ist, dass Kokosöl reich an gesättigten Fetten ist; es ist eine der reichsten Quellen von gesättigten Fetten auf den Menschen bekannt!

Viele Menschen scheuen sofort von gesättigten Fetten aufgrund der durchgeführten Forschungstätigkeiten in den 1950er Jahren von Dr.

Ancel Keys Benjamin, was zu höheren Cholesterinspiegel im Blut und Herzerkrankungen gesättigten Fetten verbunden sind. Zu der Zeit war es überzeugende Beweise.

Diese Erkenntnisse entstand in einer Zeit, die Amerikaner waren nach Antworten, wie Herzkrankheiten, die einst sehr selten war auf der Suche, plötzlich Todesursache Nummer eins des Landes zu werden. Die Leute wollten Antworten auf dieses Problem und leider wurde gesättigtes Fett der Sündenbock.

Dr. Keys führte die "Seven Countries" Studie im Jahr 1958, dem größten Ernährungsstudie auf dem neuesten Stand war. Diese Studie untersuchte den Zusammenhang zwischen Lebensstil, Ernährung, koronare Herzkrankheit und Schlaganfall. Kernpunkte wurden gemacht, aber nicht alle Theorien ausstrecke gültig waren.

Vor der Studie, wurde sie oft gedacht, dass Herzerkrankungen war nur ein natürlicher Teil des Alterns, aber Dr. Keys 'Studie erschien, dass die Ernährung kann auch ein Faktor sein zu beweisen - eine wahre Aussage, wie Ernährung direkt in Gesundheits gebunden und die allgemeine Lebensqualität.

Die Erkenntnisse aus dieser Studie bildeten die Grundlage der Mittelmeerdiät, die von Dr. Keys in einem Buch im Jahr 1975 veröffentlicht wurde.

Im Jahr 1961, Dr. Keys landete eine Position auf dem Ernährungsausschuss der American Heart Foundation, und im gleichen Jahr veröffentlichte die AHA-Leitlinien Targeting gesättigten Fetten.

### **Das ist, als alles begann ...**

Das US-Landwirtschaftsministerium folgte im Jahr 1980. Politik diese Aktionen, eine Tatsache, dass jede Gesundheits Skeptiker sollten beurteilen, stark beeinflusst.

Weitere Versuche wurden in den 70er Jahren durchgeführt, darunter auch einige, die Ernährung reich an pflanzlichen Ölen gegen Ernährung reich an gesättigten Fetten gegenüber. Die Ergebnisse schienen zum Sichern Dr. Keys 'Hypothese. Es war alles klang sehr legitim.

Dann im Jahr 1977, Mark Hegsted eine Ernährung Professor an der Harvard, überredete den US-Senat, um die Mittelmeer-Diät, um das ganze Land zu empfehlen, sagen, dass die Vorteile waren klar für jedermann zu sehen, und dass es keine identifizierten Risiken.

All dies scheint fundierte Informationen sein, oder?

Leider gab es eine Menge von Fehlern in den Studien - zu viele zur Liste.

### **Fehler mit den Studien**

Die Mängel begann mit den sieben Ländern Studie. Die Länder in der Studie wurden nicht zufällig gewählt, so wäre die geeignete, wissenschaftlich, was zu tun, aber sie wurden gezielt ausgewählt, da sie wahrscheinlich sichern würde Dr. Keys 'Überzeugungen. Als Einflussfaktoren sind nicht zufällig gewählt, werden die Ergebnisse sehr einseitig zu sein.

Länder wie Frankreich, Schweiz, Schweden und der Bundesrepublik Deutschland, wo die Menschen verbraucht sehr viel Fett, aber nicht vor zu hohen Herzerkrankungen leiden, wurden von der Studie ausgeschlossen. Dies sind einige Länder, sollten gründlicher wurde ausgesehen haben.

Unser Verständnis von der Mittelmeer-Diät kam aus dem Volk studierte in Kreta. Diese Menschen schienen lange nach einer Diät, die eine sehr geringe Aufnahme von gesättigten Fettsäuren enthalten leben bis ins hohe Alter.

Allerdings waren diese Befunde fehlerhaft, so Dr. Keys besucht Kreta Zweiten Weltkrieg, als das Land extreme Not leiden und er



maß ihre Ernährung während der Fastenzeit. Mit anderen Worten, zu einem Zeitpunkt, wenn viele Menschen auf der Insel aufgefleisch und Käse gegeben; bedeutete dies, dass er in beträchtlichem Ausmaß ihren Konsum von gesättigten Fetten zu unterschätzen.

Dies war nicht die beste Zeit, um eine faire und ausgewogene Beurteilung für einen Fall gegen gesättigte Fettsäuren führen.

Kaum genug, um so starke Ansprüche stellen - am schlimmsten ist, seine Erkenntnisse auf den Daten von nur ein paar Dutzend Menschen genommen verlassen. Bei der Untersuchung einer Population sollte Hunderte beurteilt werden, ist ein Minimum.

Diese Mängel wurden erst im Jahr 2002 in einem Bericht von Wissenschaftlern untersucht die Forschung aus Kreta zeigte, war schon lange nach dem Fehlinformationen verwendet, um die Ernährung, die viele von uns folgen heute empfehlen. Dies bedeutet, dass für fast einem halben

Jahrhundert haben die Menschen nach fehlerhaften Beratung.

Hinzu kommt, dass, waren die in den 70er Jahren durchgeführten Studien unglaublich fehlerhaft; sie sich nicht für die Menschen Rauchgewohnheiten berücksichtigen und es gab sehr wenig Regulierung der Teilnehmer während des Experiments.

Besorgniserregend ist, hatte man bereits über die unbeabsichtigten Folgen, die durch diese Ernährung verursacht werden könnten, gewarnt worden, und diese Ansprüche scheinen richtig gewesen, denn wir stehen vor einer Menge von diesen Fragen Sie noch heute!

Gesättigtes Fett wurde von der westlichen Ernährung schneiden, aber wir als Volk sind Aufenthaltes krank - so etwas geht nicht auf hier.

## **Unbeabsichtigte Konsequenzen**

Für den Anfang, die eine Diät hält niedrigeren Anteil an gesättigten Fettsäuren zu uns geführt essen mindestens 25% mehr Kohlenhydrate seit den frühen 1970er Jahren. Dies ist ein Faktor, der betrachtet und bewertet werden sollen.

Beweise aus der Zeit der 1950er Jahre nahe, dass große Mengen an Kohlenhydraten kann zu Übergewicht führen, Typ-II-Diabetes und Herzerkrankungen. Im Laufe der Zeit hat sich diese Theorie wahr und richtig erwiesen.

Ein weiterer Aspekt, der geändert werden soll und in diesem Buch beschrieben ist der Verbrauch von Pflanzenölen, wie die Menge an Pflanzenöl in unserer Ernährung hat sich in den letzten 100

Jahren gestiegen.

Dies ist der größte Anstieg des Verbrauchs von jeder Art von Lebensmitteln während des letzten Jahrhunderts.

Frühen klinischen Studien festgestellt, dass Menschen nach Ernährung mit viel Pflanzenöle wurden gefunden, um höhere Raten von Krebs und Gallensteinen haben. Sicherlich will niemand um mit dieser Art von Gesundheitsproblemen umzugehen.

## **Die Daten lügt nicht**

Wenn Sie nicht vollständig mit allem überzeugt oben erläutert, lassen Sie uns über, warum Sie Ihren Ansichten zu überdenken zu sprechen.

Eine Studie der Cambridge University durchgeführt, die in der Zeitschrift *Annals of Internal Medicine* im März 2014 veröffentlicht wurde, kam mit zwei wesentlichen Ergebnisse: Mit, sagten sie, "Gesättigte Fettsäuren verursacht keine Herzerkrankung." Diese Aussage klingt verrückt, richtig zu beginnen?

Dies ist ein wesentlicher Anspruch, aber die Zahlen wieder zurück bis sie! Die Studie konzentrierte sich auf Daten von mehr als

600.000 Teilnehmern 70-2 Ländern, und es wurde gefunden, dass die gesamten Konsum von gesättigten Fettsäuren der Probanden nicht mit Herzerkrankungen korreliert.

Die zweite große Erkenntnis ist, dass mehrfach ungesättigte Fette, die wir angenommen haben, stehen im Einklang unsere Herzen gesunde wichtig, keine nachteiligen Auswirkungen.

In einer anderen Studie im Februar 2015 durch die Universität von West-Schottland führte, entdeckten Forscher Zoë Harcombe, dass dieser Link wurde nie bewiesen.

Professor Iain Bloom von Douglas Gordon University folgte diesem mit den Worten, dass die Beratung, aufhören zu essen sauber, fetthaltige Lebensmittel sollten nie gegeben worden.

So, wie Sie sehen können, sind gesättigte Fette nicht böse Substanzen, die von Ihrer Diät beseitigt werden müssen. In der Tat könnte ohne gesättigte Fette aus Ihrer Ernährung bei Ihnen das Risiko von Herzerkrankungen zu setzen! Noch einmal, das ist ein Anspruch, der alle, dass die Gesellschaft für die letzten 60 Jahre gelehrt zerbricht.

Setzen Sie schlicht und einfach, sind gesättigte Fette ein wichtiger Bestandteil einer gesunden Ernährung.

## **Warum brauchen Sie, um stoppen Kochen**

### **mit Olivenöl heute!**

Olivenöl ist ein Fett aus der Olive, einer Frucht in die meisten von Europa und Afrika, die eine breite Palette von Vorteilen bietet, erhalten.

Dieses Öl wird häufig zum Kochen verwendet, vor allem im Rahmen der Mittelmeer-Diät, sondern sie als so eine gute Idee?

### **Nicht wirklich...**

Der Hauptgrund empfehlen insbesondere Öl ist, weil es aus ungesättigten Fettsäuren hergestellt, aber, wenn sie erhitzt, kann dies die Struktur des Öl verändern.

Olivenöl tatsächlich haben viele Nutzen für die Gesundheit; zum Beispiel, können die einfach ungesättigten Fettsäuren und Polyphenole verbessern Insulin-Resistenz und zur Bekämpfung von Krebs. Dies hat sich bewährt.

### **Warum Heizung Olivenöl ist eine schlechte Idee**

Das große Problem mit Olivenöl ist, dass die Komponenten, die die gesundheitlichen Vorteile zu produzieren sind in der Kochvorgang zerstört. Alles, was gut ist ziemlich viel verloren, wenn sie erhitzt.

Einfach ungesättigte Fettsäuren, Polyphenole und Omega-Fettsäuren sind alle beschädigten oder bei hohen Temperaturen zerstört. Der Grund, dass dies geschieht ist, dass der Molekülstruktur -

einmal erhitzt wird, ändert sich.

Ungesättigte Fette enthalten Doppelbindungen - Doppelbindungen sind chemische Bindungen zwischen zwei verschiedenen Atomen - und sie sind bei hohen Temperaturen instabil. Kokosöl pflegt diese Struktur bei hohen Temperaturen.

Was dies bedeutet ist, dass wenn Sie die gesundheitlichen Vorteile von Olivenöl versprochen erhalten möchten, sollten Sie nicht das Kochen von Essen mit ihm. Sie müssen verbrauchen sie roh. Kaltgepresstes Bio-Olivenöl glänzt in Salaten!

### **Warum Kochen mit Kokosöl ist besser**

Wie zuvor angegeben, wird Kokosöl aus gesättigten Fettsäuren, die viel besser für die Verwendung beim Kochen aufgrund ihrer molekularen Strukturen werden gebildet. Sie enthalten keine Doppelbindungen, und sie nicht zu erwärmen, was bedeutet, dass

die molekulare Struktur intakt nach dem Kochen bleiben empfindlich sind. Diese Strukturen sind viel stärker!

Also, wenn Sie die vielen gesundheitlichen Vorteile aus dem Öl, mit dem Sie Ihr Essen kochen verwenden empfangen möchten, verwenden Kokosöl.

### **Brauchen Sie einen Energieschub?**

Ich bin mir sicher, dass müde und erschöpft ist ein Aspekt des Lebens, die viele von uns konnten, ohne zu tun. Also, wenn Sie oft das Gefühl lethargisch und träge, werden Sie glücklich zu wissen, dass Sie sich selbst ein schönes, schnellen Energieschub mit Kokosöl sein. Es ist sehr einfach zu tun.

### **Wie funktioniert Coconut Oil Energie erhöhen?**

Der Grund, warum Sie einen Energieschub aus Kokosöl zu bekommen, ist, weil es aus Laurinsäure hergestellt - eine mittelkettige Triglyceride sonst bekannt MCTs handeln wie Instant-Energie "MCT".

Anders als langkettige Triglyceride, die in anderen gesättigten Fetten zu finden sind, sind MCTs nicht als Fett gespeichert. Stattdessen werden sie direkt in die Leber, wo sie in Energie in einem sehr schnellen Tempo umgesetzt werden gesendet. Betrachten Sie es als eine raub Energy-Drink, aber ohne all die Konservierungsstoffe und Zucker.

In den letzten Jahren haben MCTs als alternative Energiequelle von Sportlern auf High-Protein, Low-Carb-Diäten verwendet. Tests wurden an Mäusen durchgeführt, um die Auswirkungen MCTs haben auf Energie und Ausdauer zu sehen, und die Ergebnisse sind ermutigend. Diese Tests verglichen Mäusen gefüttert eine Diät mit MCTs, um Mäuse zu einer Ernährung mit LCT

eingespeist. Forscher fanden heraus, dass die Mäuse gefüttert MCTs besser als die Mäuse verfüttert LCTs, und sie zeigten höhere

Produktivität als auch.

## **Wie kann die Energie Steigern Sie Hilfe Weight Loss?**

Wenn Sie einen Energieschub nur vor dem Training zu erhalten, dann ist Ihre sportliche Leistungsfähigkeit wird verbessert. Dies wiederum wird mit Gewichtsabnahme zu helfen. Es kann wirklich Stoffwechselfunktion zu verbessern.

Denken Sie daran, MCTs kann nicht in Fett, so dass, wenn Sie nicht in jede Übung nach dem Verzehr zu engagieren, werden Sie nicht auf jedem weiteren Fett anzusetzen. Dies ist eine tolle Alternative zu essen High-Carb-Lebensmittel oder zuckerreiche Getränke. Zucker wird als Fett gespeichert und Pfund an eine Person hinzuzufügen, aber der Konsum von Fett nicht.

Ein weiteres Merkmal zu beachten ist, dass der Energieschub aus MCTs gewonnenen nicht bei einem Crash danach führen. Wie ist das für eine erhöhte Produktivität?

## **Abschluss**

Diese Informationen wird deutlich, dass Kokosöl sollte für jede Person, die ihre Energie zu erhöhen will, zu empfehlen. Dies kann die Menschen der Genesung von einer größeren Operation gehören, die Menschen, die ihre sportliche Leistung zu verbessern, oder die Menschen nur wollen, produktiv für einen langen Tag der Arbeit zu bleiben.

Alles was Sie tun, um aus dieser Energieschub profitieren müssen, ist, zwei Esslöffel Kokosöl zu Ihrem täglichen Ernährungsplan. Dies wird Ihre Energie um 5% für volle 24 Stunden zu steigern! Es funktioniert wirklich, so versuchen Sie es noch heute

## **Curb jene Sehnsüchte mit Kokosöl!**

Wenn Sie oft Hunger oder Verlangen Essen den ganzen Tag wie die meisten Leute, dann wissen Sie, wie schwierig es sein kann, auf

eine strenge Diät halten, wenn Sie Gewicht verlieren möchten.

Das Schlimmste an dieser Heißhunger ist, dass die meisten der Zeit, wenn Sie eine dringende Gefühl für Nahrung haben, die Sie wählen nicht die gesündeste Nahrung zur Verfügung, aber die bequemste. Dies geschieht zu oft.

Es stimmt also, dass weniger Hunger ermöglicht es Ihnen, Ihre gesunde, nahrhafte Mahlzeit Plan zu halten, und Sie werden daher, Gewicht zu verlieren schneller.

Aber, leider, sagen, dass Sie fühlen sich weniger hungrig wollen, ist viel einfacher, als tatsächlich das Gefühl weniger hungrig. Es sei denn natürlich, Sie haben Kokosöl auf der Hand!

### **Also, wie funktioniert es?**

Kämpfen Verlangen nach Zucker mit Kokosöl

Kokosöl ist eine großartige Ergänzung zu helfen, Sie fühlen sich voll schneller, übermäßiges Essen zu vermeiden und einzudämmen Heißhunger - vor allem das Verlangen nach Zucker.

Der Grund, dass wir uns sehnen Zucker ist, weil es ist eine reiche Quelle von Energie. Zurück in der frühen Geschichte der Menschheit waren Kalorien nicht etwas, was unsere Vorfahren könnte leicht zu erhalten. So ihre Körper entwickelt das Verlangen nach Zucker, so dass sie gezwungen wären, gehen und finden Sie mehr kalorische Lebensmittel werden. Dies ist die "Jäger / Gather"

Ära der Menschheitsgeschichte.

Heute ist es viel einfacher, zu erhalten und zu konsumieren Zucker, und es wird geschätzt, dass unser Verbrauch 4-8 Pfund pro Jahr während der Altsteinzeit erhöht, um mehr als 100 jährlich Pfund Zucker heute. Stellen Sie sich vor dem Essen 100 Pfund reinem Zucker pro Jahr.

Dies hat natürlich einen Einfluss auf den Anstieg von Diabetes und der Tatsache, dass die Herzkrankheit ist die häufigste Todesursache in den Vereinigten Staaten. Dies ist einer der großen Gründe, warum viele Menschen sind so ungesund heute.

### **Wie funktioniert das?**

Die MCT-Fette in Kokosöl, die wir vorhin sprachen, helfen Sie sich voll und satt Ihren Heißhunger. Wenn die MCTs im Körper verarbeitet werden, bilden sie Ketone im Körper, die Hunger zu reduzieren helfen. Diese Ketone sind für die Eindämmung der Appetit.

Also, einfach durch das Kochen Ihr Essen in Kokosöl, werden Sie feststellen, dass Sie sich viel schneller, als Sie in der Regel zu werden. Gerade diese einfache Swap kann jene bösen Verlangen nach Zucker zu bekämpfen.

Diese MCTs steigern auch unsere Energie (wie im vorigen Kapitel beschrieben), was bedeutet, dass Kokosöl kann verwendet werden, um Zucker als Energiequelle zu ersetzen. So MCTs nicht nur Sie sich schneller fühlen, aber sie helfen auch im Kampf gegen die das Verlangen nach Zucker. Es ist eine Win-Win-Situation.

### **Wie man es benutzt**

Der einfachste Weg, Kokosöl zu verwenden, um sich voll und satt Ihr Verlangen ist einfach, um zwei bis drei Portionen in Ihre Ernährung jeden Tag hinzuzufügen. Dies könnte einfach, indem sie einen schönen großen Löffel am Morgen durchgeführt werden.

Außerdem gibt es zwei ganz besondere Möglichkeiten, um Kokosöl zur Eindämmung Heißhunger und geben Ihnen einen Energieschub zu verwenden. Die erste ist, nur um zwei Esslöffel essen (auf seine eigene, gerade aus dem Löffel) von Kokosöl -einer wird sofort geben Ihnen einen Energieschub und es wird Sie von Hunger für bis zu vier Stunden zu halten!



Die zweite ist, indem Sie die fantastische Rezepte in der Rezeptteil am Ende dieses Buches.

Vergessen Sie nicht, sie heraus zu überprüfen!

### **Brand-Kalorien, während Sie schlafen!**

In der modernen Welt, die meisten von uns leben nicht die Art von Lebensstil, die uns hilft natürlich fit zu bleiben oder gut schlafen. Die meisten von uns sitzen an einem Schreibtisch bei der Arbeit den ganzen Tag und dann nach Hause kommen, um fernzusehen oder starren auf einen Computer. Es ist eine sehr sitzende Lebensweise.

Es sei denn, wir haben eine gesunde Ernährung oder nutzen wir unsere eigene Zeit zu üben, werden wir wahrscheinlich anfangen, an Gewicht zugelegt. Leider ist dies nur allzu üblich.

Mit unserer aktuellen Lebensstile, müssen wir andere Möglichkeiten, uns in Form zu halten zu finden, und welchen besseren Weg, um in Form zu halten, als ein Lebensmittel, die Kalorien zu verbrennen wird, wenn Sie still du essen? Stellen Sie sich vor, dass - fit wie Sie schlafen zu halten!

### **Wie funktioniert das?**

Der Grund, Kokosöl verbrennt Kalorien während Sie ruhen gerade ist, weil es eine Erhöhung der Stoffwechsel verursacht. Stoffwechselfunktion ist entscheidend für die Aufrechterhaltung und Kokosöl kann Ihnen helfen, effizient zu halten es.

Wenn Ihr Körper zu verdauen und Verarbeitung von Lebensmitteln, es brennt in der Regel 10%

der Kalorien, die Sie verbrauchen. Also, wenn Sie 250 Kalorien verbrauchen, 25 von ihnen werden verwendet, um die Nahrung in Energie verwandeln, um Ihren Körper Brennstoff werden.

Allerdings, wenn Sie eine 250-Kalorien-Mahlzeit zu essen und das Pflanzenöl oder Butter mit Kokosöl zu ersetzen, wird Ihr Stoffwechsel zu beschleunigen und zu brennen etwa 15-20% (37,5

bis 50 Kalorien), was Sie verbraucht haben. Das ist ein dramatischer Anstieg!

Dies ist aufgrund der Art unseres Körpers verdauen die Molekülstruktur dieses Öl, und es bezieht sich auf die MCTs wir früher diskutiert und wie sie sind direkt in die Leber geleitet und Brennstoff verbrannt.

In einer Studie, durchgeführt unter Verwendung von Öl aus MCTs gemacht, hatten sie einunddreißig übergewichtige Männer und Frauen eine Diät, die etwas mehr als ein Esslöffel Öl für Frauen und knapp 2 Esslöffel für Männer enthalten. Ein Teil der Gruppe hatte Olivenöl, und ein Teil der Gruppe hatte die MCT-Öl.

Nach vier Monaten verlor der Olivenöl-Gruppe rund drei Pfund, aber die MCT-Öl-Benutzer durchschnittlich sieben Pfund verloren - das ist mehr als das Doppelte! Da die Gruppe mit MCT-

Öle verloren 233% mehr Gewicht als die Olivenöl-Gruppe, würde ich sagen, das ist ziemlich überzeugend.

Die Forscher vorgeschlagen, dass der Impuls für die von MCT hergestellte Stoffwechsel eine Rolle bei der Gewichtsabnahme.

### **Wie benutzt man es?**

Sie können Kokosöl zu verwenden, um den Stoffwechsel einfach durch Kochen mit ihm in Ihrer täglichen Mahlzeiten zu steigern. Und ja, das heißt, Sie müssen möglicherweise häufiger zu kochen.

Ersetzen Sie einfach das Pflanzenöl, die Sie normalerweise verwenden, um für einen netten Schub, um den Stoffwechsel zu kochen Ihre Nahrung mit Kokosöl.

Eine weitere gute Möglichkeit, von dieser Stoffwechsel anzukurbeln zu machen ist, es in Smoothies sowie hinzuzufügen. Dies wird nicht nur geben Sie Ihre Smoothie einen schönen Kokosgeschmack, aber es wird dazu beitragen, Ihren Heißhunger bremsen und steigern Sie Ihre Energie.

Wenn Sie eine Menge Energie Getränke konsumieren, dann kann dies eine schöne, natürliche Ersatz, die helfen, schneiden alle diese Chemikalien, Zucker und Koffein aus Ihrer Ernährung sein. Dies ist etwas, das mehr Menschen sollten auf jeden Fall tun.

Es gibt einen leckeren Smoothie Rezept für Sie am Ende dieses Buches versuchen.

Also, wenn Sie gehen, um herumsitzen bei der Arbeit den ganzen Tag sind - einfach, um Ihre Mahlzeiten fügen Sie etwas Kokosöl, und Sie werden in der Lage, diese zusätzlichen Kalorien zu verbrennen.

Warum nicht geben diesem einen Versuch?

## **Verlieren, dass Bauchfett!**

Bauchfett ist eine schwierige Frage.

Eines der größten Probleme, wenn Sie versuchen, Gewicht zu verlieren ist, dass das Fett scheint nie in den Orten, die Sie wollen, dass Drop-off. Der Mittelteil ist ein schwieriger Bereich des Körpers aufrecht zu erhalten.

Wenn Sie versuchen, das Gewicht von der Taille fallen sind, werden Sie wahrscheinlich feststellen, dass es zuerst kommt aus dem Gesicht oder die Arme! Egal, wie viel Sie Diät oder Übung, es wird nie in ganz so, wie Sie es wollen verschwinden.

Es ist wichtig, zu den möglichen Ursachen von Bauchfett aussehen, wenn Sie es richtig zu verlieren möchten.

## **Wie wird Bauchfett verursacht?**

Eine Ursache von Bauchfett kann Angst und Stress zu sein; dies liegt daran, Angst und Stress zu einer Reihe von Nebenwirkungen, von denen die eine Gewichtszunahme.

Wenn Sie von Angst und Stress leiden, werden Sie wahrscheinlich mehr Lebensmittel von schlechter Qualität, die reich an Zucker und raffinierte Kohlenhydrate sind zu essen. Es ist auch bekannt, dass das Fett scheint mehr um den Bauchbereich zu bauen, wenn Sie unter Stress leiden. Dies hat sich bewährt.

Zum Glück, zusammen mit der Energieerhöhung, Stoffwechsel und Appetit Unterdrückung, hat Kokosöl Stimmung Steigerung Qualitäten!

### **Wie kann Kokosöl heben die Stimmung?**

Die MCTs (da sind sie wieder!) Innerhalb Kokosöl helfen, die Hormone, Stress und Angst zu reduzieren auszugleichen. Es ist wie eine extreme endokrine Equalizer!

Sie helfen auch, das Gehirn die Produktion von Serotonin, das ein großer Faktor für das Wohlbefinden und das Glück ist zu tanken. Mehr Serotonin gleich eine glücklichere Person.

### **Wie Essen Kokosöl Hilfe Lose Your Fat Belly**

Wenn Stress und Angst helfen Ursache Bauchfett, dann der beste Weg zur Reduzierung Bauchfett ist es, einen Weg zur Reduzierung Ihrer Stress und Angst zu finden.

Wenn dies zu einem Teil Ihrer täglichen Routine, wird es auch helfen, die Chancen für Sie leiden unter Stress und Angst in die Zukunft, die Sie veranlassen, das Bauchfett wieder anziehen zu reduzieren. Es ist alles über Gleichgewicht.

Ein weiterer Grund für Kokosöl wird dazu beitragen, Bauchfett ist wegen seiner Qualitäten zur Eindämmung Heißhunger. Zucker hilft beim Aufbau Bauchfett, und wenn Sie sich auf Ihre Aufnahme von

Zucker zu schneiden, werden Sie feststellen, dass Ihr Bauchfett schnell zu starten, um wegzugehen.

Außerdem, wenn Sie sich mehr Energie werden Sie eine bessere Leistung, wenn Sie arbeiten, und dies wirkt sich direkt auf die Ergebnisse Ihres Trainings.

Also, es ist nicht nur eine Funktion von Kokosöl, dass Sie die Bauchfett zu verlieren hilft, aber alle Qualitäten kombiniert die beginnen zu verbrennen Ihr Bauchfett und halten Sie sie für das Leben. Es ist wie ein riesiges Puzzle, die zusammengefügt werden müssen.

Eine gute Möglichkeit, Kokosöl für Stressabbau zu verwenden, ist Kokosöl, um Ihren Kopf anzuwenden und sie in einer kreisförmigen Bewegung zu massieren. Sie können entweder das Kokosöl, indem sie an den Fingern schmelzen, oder Sie können es zuerst zu schmelzen und es auf Ihrer Haut, während es ein wenig warm. Indem Sie es auf dem Kopf zu massieren, wird es Sie beruhigen und es helfen, senken Sie Ihre Stress.

Natürlich ist der effektivste Weg, der Verwendung von Kokosnussöl, mehr davon in Ihre Ernährung zu konsumieren, so stellen Sie sicher, Sie verbrauchen mindestens einen Esslöffel Kokosöl pro Tag.

Sie können es nach rechts weg vom Löffel zu essen, und Sie können es verwenden, um Ihr Essen

kochen. Beide geben Ihnen alle Vorteile als bisher im Buch besprochen, und wird Ihnen helfen,

## **Kampf-Herz-Krankheit mit Kokosöl**

Herz-Krankheit ist immer ein großes Problem in den entwickelten Ländern.

Ich weiß, dass Sie wahrscheinlich gehört haben, Menschen, die sagen, dass alle gesättigten Fette sind schlecht in Ihrem gesamten

Leben und es ist schwer, etwas anderes zu glauben, aber die Wissenschaft hat so ziemlich, dass die Theorie widerlegt, indem jetzt. Gesättigtes Fett ist nicht das Problem.

Die gesättigten Fettsäuren in Kokosöl sind ideal auf die Erhöhung der guten Form von Cholesterin und somit die Verringerung der schlechten Art. Mit anderen Worten, durch den Verzehr von gesättigten Fetten, eine Person kann tatsächlich helfen zu kämpfen Herzerkrankungen.

Klingt verrückt, nicht wahr? Essen, Fett zu Herzerkrankungen zu kämpfen?

Verständnis der verschiedenen Arten von Cholesterin

Es kann alles ein wenig verwirrend ... aber wir brechen sie einfach.

Es gibt zwei verschiedene Arten von Cholesterin:

Eine heißt HDL, und die andere wird als LDL.

LDL-Cholesterin wird auch als "schlechte" Cholesterin bekannt und wurde auf diese Weise, weil es bekannt ist, die Arterien blockieren und verursachen Herzerkrankungen gilt. Dies ist zumindest, was die westliche Medizin predigt.

In Wirklichkeit gibt es nur einen "Cholesterol", aber die verschiedenen Varianten haben unterschiedliche Funktionen.

Jetzt HDL-Cholesterin wirkt in einer Weise, die das Risiko von Herzerkrankungen durch Entfernen von LDL-Cholesterin senken kann. Es wandelt auch das Cholesterin im Blut in eine nutzbare Form, was wiederum hilft, die Plaque-Ablagerungen in den Arterien und Kreislaufsystems. Es ist schon eine erstaunliche Anordnung.

HDL-Cholesterin hilft bei der Aufrechterhaltung der inneren Wände der Blutgefäße und Kreislaufsystems insgesamt. Was die Menschen müssen verstehen, ist, dass Schäden an den Innenwänden ist der

erste Schritt im Prozess der Atherosklerose. Atherosklerose ist eigentlich das, was bewirkt, dass Herzinfarkte und Schlaganfälle, und ist immer noch allzu häufig heute.

HDL reinigt die Wände der Arterien und hilft, sie gesund und effizient funktionieren zu halten.

## **Wie MCTs Kann Herz-Krankheits-Kampf**

Ja, ich bin über MCTs wieder zu sprechen, weil ihre Fähigkeiten sind recht umfangreich!

Ich bin speziell reden über die Fettsäuren in MCTs gefunden, die mittelkettige Fettsäuren genannt werden (MCFAs). Das Tolle an MCFAs ist, dass sie in der Lage, Dutzende von Krankheiten ermöglicht Organismen zu töten, und dies kann sehr nützlich im Kampf gegen Herzerkrankungen und halten Sie Ihre Gesamtkreislauf-System gesund.

In den 1970er Jahren entdeckten Wissenschaftler, dass Hühner mit dem Herpes-Virus infiziert begann, Atherosklerose zu entwickeln - ein seltsames Ergebnis.

In den 1980er Jahren wurden diese gleichen Entdeckungen in den Menschen, die sich mit unterschiedlichen Bakterien (zB Chlamydia Lungenentzündung) und bestimmte Herpes-Viren infiziert wurden gefunden.

Eine Studie am Baylor College of Medicine durchgeführt festgestellt, dass fast 70% der Patienten, die operiert für Atherosklerose geführt Antikörper im Zusammenhang mit Cytomegalovirus (CMV), eine Infektion der Atemwege. Dies waren alarmierende Ergebnisse, um es gelinde auszudrücken.

Studien haben weiterhin an Tieren, die mehr überzeugende Beweise, dass Bakterien tragen zur chronischen Entzündung und Plaque-Bildung zur Verfügung gestellt hat durchgeführt werden.

Die Entzündung ist ein echter Killer, und mehr Menschen brauchen, um sie als solche zu verstehen, wenn sie gesund zu erhalten.

**Wie funktioniert Coconut Oil Kampf Heart Disease** Um zu beginnen, Kokosöl in HDL-Cholesterin unglaublich hoch ist, so dass, wenn Sie es zu konsumieren werden Sie helfen, um den LDL-Cholesterin aus dem System zu löschen und Sie werden den Schutz Ihres Herzens. HDL ist groß bei der Reinigung Dinge.

Wie Sie sich vorstellen können, wenn Sie nicht viel in der Art von gesättigten Fetten im Moment aufwändig, Sie möglicherweise bis zu verstopfen die Arterien und Sie nichts zu helfen, brechen diese nach unten zu haben. Gibt es ein Gleichgewicht, hier zu erreichen.

Auch beachten Sie, dass die Leber ist meist zur Steuerung des Cholesterinspiegels, so dass die Aufrechterhaltung einer gesunden Leber kann drastisch verbessern Ihr Cholesterin Zahlen verantwortlich.

Wie zuvor erwähnt, enthält Kokosnußöl viel MCTs. Dies bedeutet, dass der Konsum von Kokosöl herausholen kann alle der Infektion-Zerschlagung Objekte im MCFA enthielt.

Denken Sie daran, wie wir bereits besprochen, wie Orte wie Sri Lanka verwendet, um Kokosöl als ihre primäre Nahrungsfett und ihre Sterblichkeitsrate von Herzerkrankungen zu essen war eine der niedrigsten in der Welt? Diese Feststellung macht Sinn, und demographischen Studien haben es immer und immer wieder bewiesen.

In den vergangenen Jahren hat sich Kokosölverbrauch in Sri Lanka eingetaucht, die durch pflanzliche Öle und Margarine wie westlichen Ländern ersetzt und folglich gestartet Herzraten steigen. Ähnliche Entwicklungen haben damit begonnen, in Gebieten Indiens als auch auftreten.

Diese Zahlen lügen nicht.



Also, wenn Sie zu vermeiden Herzerkrankung zu sterben wollen, dann ist die Antwort auf Kokosöl auf Ihre Ernährung so schnell wie möglich hinzuzufügen! Starten Sie noch heute!

## **So verwenden Kokosöl, um Herz-Krankheits-Kampf**

Der erste Schritt bei der Verwendung Kokosöl zu Herzerkrankungen zu bekämpfen, ist einfach, indem Sie es auf jede mögliche Weise!

Befolgen Sie die Rezepte habe ich am Ende dieses Buches aufgeführt und starten raubKokosÖl heute. Ihr Körper wird die Vorteile fast sofort spüren.

Es spielt keine Rolle, wie Sie Kokosöl in Ihre Ernährung zu bekommen, entweder; Sie mit ihm kochen oder essen Sie es nach rechts weg vom Löffel, beide Methoden sind ebenso wirksam.

## **Coconut Oil Kosmetik**

Es ist auch wahr, daß Kokosnuöl können große Verbesserungen an der Haut und der Haare bereitzustellen.

Wissenschaft behauptet, dass Sie diese Supernahrungsmittel für die Anti-Aging-Vorteile, Haarpflege verwenden und klären Akne. Viele Studien haben Licht auf dieses Thema zu vergießen.

In diesem Kapitel werde ich über all die verschiedenen kosmetische Vorteile, Kokosöl kann und erklärt die Wissenschaft hinter wie großer Schönheit Vorteilen führen.

## **Antialterung**

Die erste der kosmetische Vorteile von Kokosöl vorgesehen ist die Weise, dass es verwendet werden kann, um die Haut vor Akne heilen und Falten zu reduzieren. Dies gilt für sonnengeschädigte Haut als auch.

Die antibakterielle und antimykotische Eigenschaften von Kokosöl-Hilfe die Heilung der Haut und kann vor allem helfen, zu heilen

Schäden, die durch eine Überbelichtung verursacht.

Kokosöl ist auch reich an Antioxidantien und andere Vitamine, die, wenn Sie nicht bereits wissen, hilft der Haut, um effektiv zu heilen.

Die faltenreduzierenden Natur der Kokosöl ist die aufregendste seiner Anti-Aging-Eigenschaften

- es reduziert Falten auf folgende Weise:

Natürlichen feuchtigkeitsspendenden Eigenschaften Kokosöl sind brillant zur Verhinderung von Hauttrockenheit - alles, was Sie tun müssen, ist einfach reiben Sie es in Ihrer Haut täglich. Die empfohlene Frequenz zweimal am Tag, morgens und abends.

Kokosöl enthält auch eine wesentliche Emollient - ein Weichmacher ist ein Agent, um die Haut zu erweichen hilft - und das kann Ihnen helfen, zu minimieren Falten und halten Sie Ihre Haut schön weich. Weichere Haut ist besser Haut. Wer möchte nicht weichere Haut überhaupt?

Die antioxidativen Eigenschaften ich vorhin sprach Hilfe Altern verhindern durch freie Radikale verursacht. Beweise zeigen, dass wir älter werden, weil unsere Zellen akkumulieren Schäden durch freie Radikale im Laufe der Zeit, und das ist erwiesen, um wahr zu sein.

Antioxidantien den Alterungsprozess verlangsamen durch Anhalten der freien Radikale oxidiert und durch die Bildung von unfähig zu machen. Deshalb ist eine herzhaft Zufuhr von Antioxidantien ist für diejenigen, die gut altern empfohlen. Bio-Gemüse zu helfen, in diesen Prozess erheblich. In Kombination mit Kokosöl, wird Gemüse schön bei der Bekämpfung der Auswirkungen des Alterns hinzuzufügen.

## **Akne**

Außerordentliche Verbesserungen bei Akne leiden mit Kokosöl gefunden. Wenn Sie noch nie in die Akne vor sah, wird es durch eine Infektion in den Öffnungen der Talgdrüsen verursacht.

Diese Drüsen sondern Öle, um die Haut vor dem Austrocknen und Rissbildung zu halten, und sie sind für die Gesundheit der Haut notwendig, damit deren Wartung ist sehr wichtig.

Sie können bis Bakterien verstopft werden, und wenn dies geschieht, beginnt der Bereich entzündet, rot, geschwollen und schmerzhaft zu werden. Dies ist Akne!

Kokosöl kann fantastische Verbesserungen für Akne-Kranken zu schaffen, ob allein oder zusammen mit anderen Behandlungen eingesetzt. Und macht euch keine Sorgen - wie die meisten Menschen sind - über die Verwendung von etwas öligen auf Akne neigender Haut.

Denken Sie daran, dieses Öl ist gut für die Haut.

Einer der größten Gründe, dass Kokosöl hilft, ist, weil es enthält Caprin- und Laurinsäure, die zwei der mächtigsten antimikrobieller Mittel in der Welt sind. Viele Studien haben Licht auf diese antimikrobiellen Substanzen zu vergießen.

Wenn diese Säuren werden auf die Haut aufgetragen, Mikroben auf der Haut zu wandeln es in Monocaprin und Monolaurin, die antibakterielle, antivirale und antimykotische Eigenschaften aufweisen. Es ist eine Reaktion mit erstaunlichen Leistungen und Akne leiden sollte dies so schnell wie sie können versuchen!

Diese Verbindungen töten die Bakterien, die Akne verursachen und haben die Fähigkeit, den natürlichen pH-Wert der Haut, die wiederum reduziert die Chancen der Akne-Bakterien, um in erster Linie zu überleben wiederherzustellen. Betrachten Sie es als die ultimative Akne-Kämpfer!

Kokosöl kann auch Verbesserungen zu erstellen, indem Sie die Ware in Ihr Essen - aber Sie werden die besten Ergebnisse, indem sie direkt auf Ihr Gesicht, wenn Sie schauen, um von jedem Grad gegen Akne zu bekommen.

## **Lip Balm**

Kokosöl kann als Lippenbalsam verwendet werden, und es ist sehr effektiv bei der Behandlung rissige Lippen. Der beste Teil ist, dass nur eine jar finden Sie eine sehr lange Zeit dauern.

Kokosöl ist in der Tat genauso effektiv wie die chemischen Lippenbalsam, die Ihnen von den Geschäften kaufen kann, aber es ist eine viel gesündere Option, wenn Sie muss etwas zu verwenden. Es ist auch billiger, auf lange Sicht, wie man Glas wird mehr als ein Jahr dauern.

Sie sollten immer eine gesunde Wahl für Lippenpflege, weil Sie einen guten Teil der was auch immer Sie es anwenden zu konsumieren. Der Lippenbalsam, die Sie ständig auf den Lippen setzen nicht nur auf der Außenseite des Körpers zu bleiben, als Sie verbrauchen sie bis zu einem gewissen Grad zu tun. Dementsprechend möchten Sie nur die Dinge auf den Lippen, die Sie glücklich zu essen als Teil einer Mahlzeit wäre setzen.

Einige Lippenbalsam enthalten Inhaltsstoffe wie Mineralöl (Sie legen in Ihrem Auto das), was nicht ganz sicher, oder Oxybenzon, die eine chemische Verbindung, die krebserregend auf der Haut werden kann, ist zu konsumieren. Krebserzeugende, bedeutet, dass es Krebs verursachen.

Also, würden Sie lieber einen chemischen Cocktail oder die völlig natürliche Kokosöl auf den Lippen? Die Antwort ist einfach.

Ich glaube, Sie würden zustimmen, dass Kokosöl ist eine bessere Option für die Behandlung von trockene und rissige Lippen. Es ist all-natürliche, plus es wird halten Sie Ihre Lippen für viel länger als Erdöl mit Feuchtigkeit versorgt. Starten Sie es heute!

## Haarpflege

Kokosöl bietet eine Reihe von Vorteilen für Ihr Haar, und wenn Sie nach einem Weg, um Ihr Haar glänzend und schön zu halten suchen, dann werden Sie zu Kokosöl sehr oft verwenden möchten. Sie können es in den Morgen oder vor dem Schlafengehen zu tun.

Ein awesome Vorteil der Verwendung von Kokosnussöl auf Ihr Haar ist, dass es Schuppen besser als jede kommerzielle Anti-Schuppen-Shampoo behandelt - in der Tat, regelmäßige Anwendung von Kokosöl von Schuppen für immer los! Ich habe gesehen, dies den Menschen, die ich persönlich kenne und habe mit gearbeitet passieren. Es ist wunderbar!

Der beste Weg, Kokosöl auf Ihrem Haar als Haarkonditionierung für Gesundheit und Langlebigkeit zu verwenden. Es ist besser für Ihr Haar als jede synthetische Haar-Conditioner auf dem Markt, da Sie nicht wollen, all diese bösen Chemikalien auf dem Kopf.

Sie können eine große hausgemachte Haarspülung zu machen, indem man Henna mit Kokosnuss-Öl und warme Milch zu einer Paste.

Tragen Sie die Paste, um Ihr Haar für 20 Minuten und dann vollständig zu spülen. Es ist ein guter Weg, natürlich und gesund in den Haaren Regime zu bleiben.

Dieses Rezept für Haarspülung ist sehr effektiv, vor allem für trockenes Haar und hat keine Nebenwirkungen. Wenn es natürlich, es ist toll zu bedienen.

Eine weitere Möglichkeit, Kokosöl für die Haare Anlage zu verwenden, ist wärmt Öl, um Ihr Haar über Nacht anwenden und dann, um es in den Morgen abspülen. Wiederholen Sie diesen Vorgang einmal alle paar Tage für gesunde, starke, konditioniertes Haar. Nur eine geringe Menge erforderlich ist.

## Coconut Oil für die Zahngesundheit?

Haben Sie das Gefühl, als ob Sie könnte etwas Hilfe mit Ihrer Zähne und Zahnfleisch zu verwenden?

Haben Sie festgestellt, dass herkömmliche Dentalprodukte sind nicht hilft, so viel wie sie sagen, sie sollte? Mundgesundheit ist für die allgemeine Gesundheit äußerst wichtig, und nicht viele Menschen wissen dies.

Wenn dies der Fall ist, möchten Sie vielleicht, um die uralte Methode der Ölziehen versuchen.

### **Was ist Ölziehen?**

Ölziehen ist ein natürliches Heilmittel, die harmlosen Substanzen verwendet (wie Kokosöl) zu reinigen und entgiften den Zähnen und Zahnfleisch.

Es gibt Hinweise darauf, dass es natürlich Ihre Zähne, und es ist auch bekannt, um die Gesundheit Ihres Zahnfleisches zu verbessern, und entfernen Sie schädliche Bakterien. Die Wissenschaft hat Licht auf diese Ansprüche zu vergießen.

### **Welche Vorteile kann Öl-Ziehen an?**

Die Idee der Öl-Ziehen ist, um das Öl in den Mund für eine kurze Zeit swish jeden Tag. Legen Sie es in den Mund, und swish und gurgeln Sie es wie Sie Mundwasser würde. Das Öl wird Giftstoffe, ohne die Zähne oder des Zahnfleisches zu stören zu entfernen. Bitte stellen Sie sicher, dass Sie das Öl, wenn Sie fertig nicht schlucken.

Ölziehen kann mit jeder Art von Lebensmittel-Grade Bio-Öl durchgeführt werden. Die Wissenschaft hinter der Ölziehen ist sehr einfach: die Öle der schlechten Plaque auf den Zähnen zu binden und reduzieren die Anzahl der Bakterien im Mund. Es neutralisiert diese Bedrohungen.

Ein solches Bakterium Streptococcus mutans, die für ihre Rolle bei der Karies und Zahnfleischerkrankungen untersucht wurde. Ölziehen

mit Kokosnußöl ist gezeigt worden, um die Anzahl von Streptococcus mutans Bakterien im Mund zu verringern.

### **Wie Oil Pull**

Um zieht heute beginnen Öl, ist alles, was Sie tun müssen:

Setzen Sie 1 Esslöffel Kokosöl in den Mund.

Swish für 10 - 20 Minuten (das Öl cremeweiß sein, wenn spuckte).

Spucken in den Papierkorb (nicht schlucken wie es sein sollte voll von Bakterien sein).

Mit warmem Wasser abspülen.

Bürste gut, alle verbleibenden Bakterien entfernt gewährleisten.

### **Gibt es etwas, Kokosöl nicht tun kann?**

Jetzt Ihren Verstand hat wahrscheinlich von all den Dingen, dass Kokosöl tun können gesprengt worden.

Nicht auf wie ein schlechter Infomercial klingt ... Aber halt - es gibt noch viel mehr!

Kokosöl hat noch erstaunlicher Verwendungen, die Sie nie vorstellen können. In der Tat, kann ich garantieren, dass du nicht gedacht, dass Kokosöl konnte all diese Dinge zu tun.

Also, lasst uns sehen, was es tun!

### **Verwenden Sie Sonnenschutzmittel, wie**

Ja, Sie können wirklich nutzen kann Kokosöl als natürlicher Sonnenschutz! In der Tat verwendet die ersten kommerziellen Sonnenschutzmittel Kokosöl als ihre primäre Zutat.

Es ist wichtig, um sicherzustellen, dass Sie immer einen gewissen Schutz vor der Sonne, da UV-Strahlung ist die häufigste Ursache von Hautkrebs. Sun ist für die eigenen Heide, sondern in kleinen, geregelte Mengen.

Allerdings würde ich raten Notwasserung alle Ihre kommerzielle Sonnenschutzmittel wegen der Chemikalien in ihnen.

Ich weiß, das geht gegen die Ratschläge, die Sie in der Regel zu hören, aber die Forschung, die von verschiedenen Krebsstiftungen durchgeführt zeigt, dass einige der Chemikalien, die in kommerziellen Sonnenschutzmittel kann zur Entwicklung einiger Krebsarten und Störungen des Hormonsystems bei.

Die meisten handelsüblichen Sonnenschutzmitteln sind voll von Parabenen, die Konservierungsmittel, die auch in vielen anderen kosmetischen Produkten gefunden werden, sind.

Die Forschung hat festgestellt, dass Parabene kann das Risiko von Brustkrebs erhöhen und kann mit dem männlichen Fortpflanzungssystem stören.

Sonnenschutzmittel sind auch die schädlichen Chemikalien wie Oxybenzon, die wir im letzten Kapitel besprochen und retinyl palitata. Einige Untersuchungen haben retinyl paliatata in Kombination mit UV-Strahlen zu einer Erhöhung des Krebsrisikos verbunden. Diese Gefahr ist leicht zu vermeiden, wenn Sie einfach nicht mehr mit herkömmlichen Sonnenschutzmitteln.

Was ist gefährlich über die meisten Sonnenschutzmittel auf dem Markt heute ist, dass sie teilweise in die Haut ein. Denken Sie darüber nach, würden Sie eine Chemikalie, erhöhen könnte Brustkrebs oder Ursache Kontaktdermatitis, um in die Haut absorbiert werden? Ihre Haut ist

unser größtes Organ, und alles, was auf sie setzen wird schließlich in die Blutbahn zu erhalten.



Kokosöl bietet einen SPF (Sun Protection Factor) von etwa 8, das ist nicht sehr hoch, aber wenn man es oft anwendet, wird es halten Sie Ihre Haut mit Feuchtigkeit und machen es weniger wahrscheinlich zu brennen.

Der beste Weg, Kokosöl zu verwenden, wie ein Sonnenschutzmittel ist, um es mit anderen sicheren

Sonnenschutzmitteln,

Zinkoxid

zu

kombinieren.

Viele

dieser

sicheren

Sonnenschutzmittel können bei rechtmäßige Naturkostläden zu finden.

Zinkoxid wirkt als physikalische Barriere auf der Haut und bietet den gleichen Schutz wie trägt eine langärmelige T-Shirt (was der beste Weg, um sich vor der Sonne zu schützen ist!).

Das einzige Problem mit traditionellen Zinkoxid-Produkte ist, dass sie eine pastöse weiße Substanz lassen Sie alle über die Haut, eine Nebenwirkung, die nicht sehr ansprechend.

So ist die beste Option für Sie ist es, mikronisiertes Zinkoxid, der den gleichen Schutz bietet, aber ohne die unerwünschten Nebenwirkungen zu kaufen.

Der beste Weg, sie zu kombinieren ist, Zinkoxid Sonnencreme am Morgen zu verwenden, wenn Sie zuerst gehen in der Sonne, Sie

starken Schutz gegen UV-Strahlen zu geben. Nach ein paar Stunden, gelten Kokosöl, um der Haut Feuchtigkeit und ergänzen das Zinkoxid. Sie funktionieren gut mit einander.

Entfernen Augen Make-Up

### **Ladies, müssen Sie dies tun!**

Wenn Sie haben noch keine Make-up-Entferner im Haus herumliegen, keine Panik! Sie können tatsächlich nutzen Kokosöl als ein großes, natürliches Make-up-Entferner!

Befolgen Sie diese Anleitung, bevor Sie Ihr Gesicht am Ende des Tages zu waschen: legen Sie einfach etwas Kokosöl am Finger und reiben Sie mit dem Finger nach unten über Ihre Wimpern, um Augen-Make-up zu entfernen. Wiederholen Sie nach Bedarf.

### **Gesicht und Körper Feuchtigkeitscreme**

Wir haben viel über die feuchtigkeitsspendenden Eigenschaften von Kokosöl gesprochen, so dass ich denke, es wird kaum eine Überraschung, dass werde ich empfehlen, sie als tägliche Feuchtigkeitscreme oder Lotion zu sein.

Ich weiß, dass es schwierig sein kann, um weg von den regelmäßigen Feuchtigkeitscremes, die Sie zur Zeit bewegen, aber fragen Sie sich, würde man sie essen?

Wenn nicht ... warum sollten Sie sie auf Ihren Körper? Wenn es auf Ihren Körper, wird es im Inneren als auch am Ende.

Die meisten Dinge, die Sie auf Ihre Haut sind durch ihre Membranen absorbiert und gelangen in den Blutkreislauf. Wollen Sie wirklich die Chemikalien aus diesen Feuchtigkeitscremes im Blut?

Es ist das gleiche Konzept wie die Sonnenschutzmittel. Alle Kosmetika zu beurteilen, um festzustellen, ob sie sicher für den Körper ist. Natürliche ist immer am besten.

Also, da wir wissen, was Sie sollten nicht mit, warum sollten Sie mit Kokosöl werden?

Nun, wir haben bereits alle großen Vorteile gesehen, dass Kokosöl kann für Ihre Haut zu schaffen. Aber der beste Grund für die Verwendung Kokosöl als Feuchtigkeitsspender ist, dass die MCTs im Kokosöl wird die Haut tief eindringen, feuchtigkeitsspendende, ohne es entsteht ein Gefühl fettig.

Darüber hinaus enthält Kokosöl viel Vitamin E, die, wenn Sie nicht bereits wissen, beschädigte Haut zu erholen helfen.

Kokosöl ist auch ganz sicher, auf Babys und Kinder zu verwenden, und Sie brauchen sich keine Sorgen zu machen, wenn sie in den Mund Ihres Kindes bekommt. Denken Sie daran, es ist Nahrung.

Oder, wenn Sie keine Kinder haben, aber schwanger sind, dann Kokosöl ist ideal zur

Verhinderung von Schwangerschaftsstreifen!

Also, wenn Sie, um Kokosöl als Feuchtigkeitsspender verwenden möchten, können Sie einfach schmelzen sie und steckte sie direkt auf Ihre Haut oder Sie können eine der großen Rezepte am Ende dieses Buches sowohl für Kokosöl Körperbutter oder eine wirksame Lotion folgen .

### **Als ein Deodorant**

Ja wirklich! Kokosöl ist perfekt dafür, dass Sie Ihre eigene, natürliche, hausgemachte Deodorant.

Ich bin sicher, Sie werden sich vielleicht fragen, was genau falsch mit Ihrem normalen Deodorant ist. Es macht den Job, und ich bin sicher, dass Sie sich fragen, ob Sie wirklich wollen, um eine hausgemachte Deodorant ändern und riskieren die Peinlichkeit nicht arbeiten wollen.

Nur sehr wenige tatsächlich funktionieren gut, und die meisten sind gefährlich.

Nun, wenn Sie schon einmal auf einige der Zutaten in einer Dose Deodorant geschaut haben, können Sie die Liste der Chemikalien enthält es gesehen haben, und man könnte sich gefragt haben, welche Art von Problemen diese Chemikalien verursachen. Aluminium ist ein solches Anliegen.

Für den Anfang gibt es Parabene in Deodorants, und wir wissen, was für Probleme sie verursachen können, wie zuvor angegeben. Dann gibt es Phthalate, die Krebs, Geburtsschäden und Unfruchtbarkeit verursachen können. In der Tat, sind zu lang zur Liste der Probleme, die durch diese Chemikalien verursacht werden können!

Etwas, das gelegentlich enthalten ist, wird als Triclosan. Diese Chemikalie verursacht nicht nur schrecklichen Nebenwirkungen, aber es ist bekannt, dass die Entwicklung von Antibiotika-resistenten Bakterien beeinflussen! Nicht gut!

Wenn Sie noch nicht entschieden haben, dass damit der Wechsel auf natürliche Deodorants kann ein weiser sein, dann möchten Sie vielleicht zu prüfen, ob Sie wirklich sein Anwendung Aluminium-Verbindungen auf die Haut auf einer täglichen Basis möchten. Schwermetalle sind nicht gut für den Körper.

Aluminium ist ein wichtiger Bestandteil in Antitranspirantien, weil es bindet an Elektrolyte im Schweiß zu einem Gel-Stecker in der Leitung der Schweißdrüsen bilden. Es lässt sich im Prinzip die Poren und verhindert, dass der Körper zu tun, was sie tun soll.

Leider hat Aluminium einige unglaublich beängstigend Nebenwirkungen, einschließlich Krebs und Alzheimer-Krankheit! Diese Forderungen wurden von der Wissenschaft immer wieder bewiesen.

Wenn Sie wie ich sind, werden Sie denken, dass, wenn es eine natürliche, effektive Deo da draußen, werden Sie zu, es pronto wechseln wollen!

Kokosöl in der Lage, die Arbeit als natürliches Deodorant ist nur durch Anwendung auf die Finger und lässt sie, bevor sie auf den Achseln zu schmelzen. Mischen mit Backpulver wird es noch stärker. Es gibt zahlreiche Beispiele von Menschen mit Kokosöl auf eigene als Deodorant und bekommen fantastische Ergebnisse.

### **Baby-Creme**

Wie bereits erläutert, ist Kokosöl sehr sicher mit Kindern zu verwenden. Sie können es als Lotion für Ihr Baby zu verwenden, und es spielt keine Rolle, wenn es in den Mund Ihres Babys bekommt, weil es völlig sicher zu essen ist.

### **Hausgemachte Baby-Wash**

Sie können es auch verwenden, als hausgemachte Babywäsche. Denken Sie an all der Chemikalien, die in Ihrem Laden gekauften Babywäsche sind und fragen Sie sich, ob Sie denken, dass sie die Art von Dingen, die Sie wollen, um auf die Haut Ihres Babys setzen werden.

Denken Sie daran, dass die meisten der Dinge, die Sie auf Ihren Körper gehen in die Blutbahn, so wollen Sie wirklich diese Chemikalien gehen in den Körper Ihres Kindes?

### **Milchschorf Behandlung**

Kokosöl kann als Milchschorf Behandlung verwendet werden, auch! Milchschorf ist eine Pilzinfektion, aber die Anti-Pilz-Eigenschaften von Kokosöl wird die Ursache für dieses Problem mit Leichtigkeit anzugehen.

Um diesen Vorgang abzuschließen, massieren Sie das Öl in den Kopf des Babys und lassen Sie ihn für 20 Minuten - das Öl wird die

Flocken lösen und nähren die Kopfhaut des Babys. Wenn Sie das Öl erwärmen, bevor, anstatt es an den Fingern weich zu machen, stellen Sie bitte sicher, dass Sie überprüfen, dass es nicht zu heiß ist, bevor sie auf den Kopf des Kindes. Dann spülen Sie das Öl ab und mit einer Bürste die Haare des Babys zu kämmen, und entfernen Sie alle losen Flocken.

## **Windeldermatitis Sahne**

Kokosöl sorgt für eine große Windeldermatitis Sahne, dank der Haut-Reparatur Eigenschaften von Vitamin E - ist alles was Sie tun müssen, gelten Kokosöl in das Gebiet. Das Öl wird als Barriere wirken, um eine weitere Infektion zu stoppen und es wird die Haut, die bereits infiziert wurde, zu behandeln.

Wenn Sie mit einem Tuch Applikator sind, können Sie erkannt haben, dass einige Behandlungen wird es ruinieren; glücklicherweise Kokosöl wird nicht tun.

## **REZEPTE**

### **Coconut Gebratene Süßkartoffeln**

Zutaten:

- 3 Esslöffel rohe kalt gepresst zertifizierte Bio-Kokosöl
- 2 1/2 Pfund organische Süßkartoffeln
- 1/4 Teelöffel feinen Himalaya-Salz
- Gemahlener schwarzer Pfeffer
- Geriebene Zitronenschale

Anleitung:

- Schneiden Sie die Süßkartoffeln in kleine Stücke

- Heizen Sie den Backofen auf 400 Grad F
- Schmelzen Sie die Kokosnuss-Öl in einem Topf bei mittlerer Hitze
- In einer großen Schüssel werfen Kartoffeln mit Öl, Salz und Pfeffer
- Spread-Kartoffeln in einer einzigen Schicht auf ein Backblech mit Öl
- Roast für etwa 45 Minuten, dabei gelegentlich umrühren
- Übertragung auf eine Schüssel und werfen mit Limettenschale wieder
- Dienen! :)

### **Coconut Oil Schokolade Energieriegel**

#### Zutaten:

- 1/4 Tasse von Kakaobutter
- 1/3 Tasse roher kaltgepresstes zertifizierte Bio-Kokosöl
- 1/3 Tasse von Roh-Honig
- 1/3 Tasse von Kakaopulver
- 2 Tassen Kokosraspeln
- Stevia nach Geschmack (nicht zu viel gebracht ...)

#### Anleitung:

- Schmelzen Sie Kakaobutter in der Pfanne bei schwacher Hitze
- Hinzufügen Kokosöl in die Pfanne zu schmelzen
- Hinzufügen Roh-Honig in die Pfanne geben und gut umrühren

- Hinzufügen Kakaopulver in die Pfanne geben und mischen
- Hinzufügen Kokosraspeln in die Pfanne geben und mischen
- Stevia-In in die Pfanne geben und mischen
- Gießen Sie die Mischung in eine Backform mit Backpapier ausgekleidet und Ort in einem Kühlschrank bis gehärtet.
- Genießen! :)

## **The Sugar Buster**

Zutaten:

- Raw kaltgepresstes zertifizierte Bio-Kokosöl
- Nussbutter
- Natürlicher Honig

Anleitung:

- Schmelzen Sie die Kokosnuss-Öl
- Mix gleichen Teilen Nussbutter und Kokosöl
- Mix in Roh-Honig
- Übertragung auf einem Glas, die Sie mit sich herumtragen mit Ihnen
- Essen Sie, wann immer Sie das Verlangen nach Zucker!
- Das funktioniert!

## **Banana Colada Coconut Smoothie**

Zutaten:



- 1 Tasse Bio-Kokosmilch
- 1/3 Tasse Bio-Ananassaft
- 2 gefrorene Bio-Bananen
- 1/2 Tasse Ananasstücke
- 1/2 Tasse von organischen griechischen Joghurt
- 1 1/2 Teelöffel Vanille-Extrakt
- Prise Himalayasalz
- Getrocknete Kokosflocken

Anleitung:

- Kombinieren Sie alles außer dem getrockneten Kokos in einem Mixer
- Püree bis glatt
- Schmücken Sie mit Kokosraspeln nach Wunsch

### **Coconut Brathähnchen**

Zutaten:

- 1 ganze organische Freilandhuhn
- Himalaya-Salz und schwarzer Pfeffer
- 1 Bio-gelbe Zwiebel
- 1 Stange Sellerie Bio-

- 3 Knoblauchzehen - halbiert
- 1/4 Tasse geschmolzene Butter Gras gefüttert
- 1/4 Tasse geschmolzene Kokosöl
- 1/2 Tasse Hühnerbrühe
- 1 1/2 Esslöffel Maisstärke
- 2 Esslöffel Wasser

#### Anleitung:

- Heizen Sie den Ofen auf 425 Grad F
- Die Innereien entfernen
- Season der Hohlraum mit Salz und Pfeffer
- Stuff das Huhn mit Zwiebeln, Sellerie und Knoblauch
- Bürsten-Kokosöl und Butter auf Hühner
- Würzen Sie mit Salz, Pfeffer und Knoblauchpulver
- Platzierung in einer Pfanne braten
- Roast für ca. 12 Minuten
- Reduzieren Sie die Hitze auf 350 Grad und heften Sie das Huhn
- Roast 1 Stunde
- Baste Huhn mit Bratensaft alle 10 Minuten, bis auf den letzten 15 Minuten
- Gießen Sie Bratensaft in kleinen Topf Hühnerbrühe

- In mehr oder weniger Lager / Wasser, um den Reichtum einstellen
- Fügen Sie die Maisstärke, um das Wasser, um eine Aufschlammung zu machen und Schneebesen in die Soße, um die gewünschte Konsistenz zu erreichen
- Wischen Sie und kochen, bis die Sauce eingedickt ist
- Mit der gebratenes Huhn servieren! :)

### **Gesunde Coconut Cookies!**

#### Zutaten:

- 4 große Bananen, sicherzustellen, dass sie auch püriert werden
- 1/4 Tasse geschmolzene Kokosöl
- 1 Tasse 1/2 Teelöffel Vanille-Extrakt
- 2/3 Tasse Mandelkleie
- 2 1/2 Tassen von Haferflocken
- 1/3 Tasse von Kokos, geschreddert / ungesüßte
- 1/2 Teelöffel Zimt
- 1/2 Teelöffel des Himalaya-Salz
- 6 - 8 Unzen Schokolade-Chips
- 1 Teelöffel Backpulver

#### Anleitung:

- Heizen Sie den Backofen auf 360 Grad F

- Kombinieren Sie die Bananen, Kokosöl sowie die Vanille-Extrakt in einer Schüssel
- Beiseite legen
- Verwenden Sie eine andere Schüssel zusammen wischen Sie das Mandelkleie, Hafer, Zimt, Kokosraspeln, Salz und Backpulver
- Fügen Sie alle restlichen trockenen Zutaten und kombinieren sie.
- Klappen Sie in der Schokolade-Chips
- Setzen Sie kleine "Klumpen" der Teig auf ein Pergament gezeichnetes Backenblatt
- Backen Sie für 12 - 15 Minuten
- Genießen :)

## **Soy**

### **Abschluss**

Sie sollten jetzt sehr gespannt auf den Beginn Ihrer Reise in die gesundheitlichen Vorteile und umfangreiche Welt von Kokosöl sein.

Ich hoffe, Sie haben entweder eine Wanne mit rohen kaltgepresstes zertifizierte Bio-Kokosöl können Sie anfangen sofort, oder Sie einen bestellt haben und Sie warten nur auf Lieferung! Jetzt können Sie es kaufen zu jedem Lebensmittelgeschäft, wie es ist zu weit verbreitet.

Egal, ob Sie, um das Öl zum Kochen verwenden möchten oder Sie es für seine kosmetische Zwecke verwenden möchten, sollten Sie wollen, starten Sie es sofort!

Der Grund, warum ich sage Ihnen, starten Sie es jetzt ist, dass die Minute, die Sie, um es in Ihrem Tagesablauf zu verwenden starten, werden Sie profitieren von all seinen gesundheitsfördernden Eigenschaften zu beginnen.

Aber je länger Sie warten, desto mehr Schaden man tun, um sich selbst!

Also, den Teufelskreis jetzt und genießen Sie einen gesünderen Lebensstil mit Kokosnuss-Öl!

## ESSENTIELLE ÖLE FÜR ANFÄNGER

*Die wenig bekannte Geheimnisse, um ätherische Öle und Aromatherapie zur Gewichtsabnahme, Schönheit und Heil*

*Ella Marie*

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Abschluss

## **EINFÜHRUNG**

Sie könnten eine weitere Berühmtheit schwärmen von ihrer neuen Beauty-Produkt, eine seltene Öl aus Marokko gehört haben, oder vielleicht haben Sie die Transformation der Haut eines Freundes aus trocken und glanzlos, die umwerfend geschmeidig und strahlend erlebt haben.

Wenn Sie Ihrem Freund über die magische Elixier, das zu diesem raschen Wandel in der Qualität ihrer Haut gebracht Frage, äußert sie "ätherischen Ölen." Ihr Interesse nun geweckt; Sie und Touren bereit, die Welt der ätherischen Öle zu entdecken, und Sie müssen sie täglich nutzen, um positive Veränderungen in Ihrem Leben beeinflussen zu planen. Doch ein paar Tastendrucke später, finden Sie, dass die Entdeckung der Bereich der ätherischen Öle werden nicht wie eine einfache Aufgabe, nachdem alle. Suchbegriff "ätherisches Öl" ergibt 47.300.000 Ergebnisse auf Google und jede Seite hat ihre eigenen Bit Information mit einem eigenen Fakt und Fiktion. Ein Buch, das die praktische Anwendung von ätherischen Ölen und Rezepte, die Sie verwenden, um sogar noch potenter Öle, die durch Mischen von zwei oder mehr vorhandenen Öle zu erstellen gibt - wenn man nur ein Buch, das Informationen über ätherische Öle mit den Fakten, um es wieder präsentiert finden konnten, .

Das ist Ihre Aha-Erlebnis, für Sie das Buch, das tun wird, all das und mehr finden können. In diesem Buch werde ich Ihnen zu dem Thema von ätherischen Ölen und Aromatherapie einzuführen. Ich gebe umfassende Informationen über ätherische Öle und ihre Herkunft, Eigenschaften, Verwendungen, Speicherung und sichere Verwendung. Bis Sie dieses Buch zu beenden, werden Sie auch mit Wissen, wie man die Qualität von ätherischen Ölen in ihrer Reinheit, Güte und Integrität bestimmen, ausgestattet werden.

Also, lesen Sie weiter, wenn Sie bereit, diesen Schritt zu ein ätherisches Öl-Kenner zu nehmen; Ich verspreche Ihnen, es ist eine Entscheidung, die Sie werden es nicht bereuen.

**Was sind ätherische Öle?**

Ätherische Öle sind nicht eine neue Modeerscheinung, die sich in den letzten Wochen aufgetaucht ist; haben sie schon seit Ewigkeiten und wurden von Menschen in aller Welt für die kosmetische, spirituelle, medizinische und emotional erhebend Zwecke verwendet. Ätherische Öle sind die natürlichen aromatischen Verbindungen aus den Rinden, Samen, Wurzeln, Stängel, Blüten und andere Pflanzenteile extrahiert. Der Begriff "ätherisches Öl" ist von der ursprünglichen Bezeichnung "Quintessenz Öl" aus dem alten aristotelischen Ideen abgeleitet.

Aristoteles glaubte, dass die Materie wurde aus den fünf Elementen: Luft, Feuer, Wasser, Erde, und das fünfte Element, oder die "Quintessenz", dachte an den Geist oder Lebenskraft der Sache zu sein. Daher sind ätherische Öle gedacht, um den charakteristischen Duft der Anlage zusammen mit all seinen vorteilhaften Eigenschaften enthalten.

Heute wissen wir, dass es kein solches Element bekannt als die "Quintessenz", aber das bedeutet nicht, dass ätherische Öle bestehen nicht. Es gibt sie, und sie wichtige biologische Rolle in den Werken, die sie produzieren zu spielen. Die meisten ätherische Öle gewinnen Bestäuber, ihre Anlagen von den verführerischen Düften, die sie abgeben. Dies ist für Pflanzen biologisch wichtig, da sie müssen von Insekten und kleinen Tieren, um zu überleben bestäubt werden, aber wir Menschen haben festgestellt, diese Düfte wohltuende und manchmal zu belebend sein.

Ätherische Öle spielen auch die Rolle der Verteidigung in Pflanzen wegen ihrer antibakteriellen und antimykotischen Eigenschaften; sie haben die gleichen antibakterielle und antimykotische Rollen zu spielen, wenn unsere Haut aufgetragen und haben sogar gezeigt worden, um das Nachwachsen von gesünder und stärker Haut anregen. So können Sie sehen, ätherische Öle haben wichtige verführerisch, Schutz und regenerativen Eigenschaften, die wir Verwendung, wenn wir wissen, wie sie richtig zu nutzen machen.

In der Tat haben ätherische Öle von verschiedenen Zivilisationen und Kulturen seit Tausenden von Jahren verwendet worden. Lesen

Sie weiter und entdecken Sie, wie alte Zivilisationen extrahiert und verwendet verschiedene ätherische Öle aus verschiedenen Pflanzen und wie Sie sie heute benutzen.

## **Geschichte Ätherische Öle**

### **ÄGYPTEN**

Es gibt Hinweise darauf, dass die alten Ägypter wurden unter Verwendung von aromatischen Ölen so früh wie 4500 v.Chr. Sie waren ein wichtiger Teil der ägyptischen Kultur, weil sie für die Religion, Kosmetik, Meditation, Heilung und anderen Bereichen des Lebens eingesetzt wurden.

Die alten Ägypter zusammengebraut einen berühmten Kräutermischung von sechzehn verschiedenen und speziell gemischt Zutaten hergestellt, um eine Substanz, die als bekannt zu erstellen "Kyphi." Kyphi wurde als Parfüm verwendet wird, als Medizin, aber auch als Weihrauch.

Spezielle ätherische Öle wurden jedem ägyptischen Gott zugeteilt und sogar Pharaonen waren ihre eigenen einzigartigen Mischungen gegeben. An einer Stelle im alten ägyptischen Geschichte, wurden nur die Priester dürfen bestimmte ätherische Öle haben, weil diese ätherischen Öle wurden notwendig, Fürbitten mit ihren Göttern gilt.

### **CHINA**

Die Chinesen ersten Verwendung von ätherischen Ölen zwischen 2697 und 2597 v.Chr begonnen; Das war während der Herrschaft des legendären Gelben Kaiser Huang Ti. Es wird angenommen, er die Gelbe Karte genannt Autor "des Gelben Kaisers Book of Internal Medicine." Dieses Buch enthält eine Fülle von Informationen über verschiedene ätherische Öle und Aromastoffe, und es wird immer noch von vielen östlichen Heil Praktizierenden heute genutzt.

### **INDIEN**



Der traditionellen indischen Medizin als "Ayurveda" bekannt wurde unter Verwendung von ätherischen Ölen in der Heiltränke für mehr als 3000 Jahre. Ihre medizinischen Skripte Liste über siebenhundert Substanzen (wie Ingwer, Zimt, Sandelholz und Myrrhe) und deren ätherische Öle als potente Heiler. Es ist interessant, dass der ayurvedischen Medizin wurde erfolgreich eingesetzt, um die unwirksamen Antibiotika, die bei Ausbruch der Beulenpest anwesend waren zu ersetzen. Zusätzlich zu ihrer medizinischen Zwecken, ätherische Öle wurden auch philosophisch und spirituell durch Ayurvedic Praktiker verwendet, weil sie glaubten, um einen göttlichen Teil der Natur zu sein.

## **GRIECHENLAND**

Die Griechen nahm die Kenntnis der ätherischen Öle von den Ägyptern und aufgezeichnet sie zwischen 400 und 500 v.Chr. Außerdem nahmen sie das Wissen der Ayurveda-Medizin von den Indianern und gliederte sie in ihre bestehenden Körper des Wissens.

Es war diese Mischung aus Wissen aus dem alten Ägypten und alten Indien, dass der griechische Arzt Hippokrates, auch bekannt als der Vater der Medizin, verwendet werden, um die Auswirkungen von etwa dreihundert verschiedene Pflanzen, darunter Safran, Thymian, Kümmel, Majoran, Pfefferminze und dokumentieren bekannt. Hippokrates hat einen wichtigen Beitrag zur modernen Medizin gemacht, wie wir sie heute kennen, und alle Ärzte haben, um ein Versprechen, wie die "Hippokratischen Eid," zu Ehren des verstorbenen Hippokrates bekannt sind.

Ein weiterer bemerkenswerter griechische, die Pflanzen und die ätherischen Öle, die sie zu guten medizinischen Verwendung enthalten, setzen, war Galen. Er war ein Chirurg an einer Schule für Gladiatoren, und es wird gesagt, dass kein Gladiator, der unter seiner Obhut gegeben wurde erlag seinen Verletzungen und starb. Galen machte gute Verwendung von ätherischen Ölen, und bald wurde er zum Sein Leibarzt des großen römischen Kaisers Marcus Aurelius befördert. Galen hat umfangreiche Forschungen über Pflanzen und deren Eigenschaften und unterteilt Pflanzen in viele

verschiedene Heil Kategorien. Einige dieser Kategorien werden noch heute verwendet wird.

Griechische Soldaten machte auch Verwendung von ätherischen Ölen. Sie trugen Salben von Myrrhe mit ihnen, um Infektionen zu behandeln, wenn sie gingen, um zu kämpfen.

## **ROM**

Die Römer machten Verwendung von ätherischen Ölen auf unterschiedliche Weise. Anstatt sie als Arzneipflanze, sie nutzten sie für kosmetische und therapeutische Zwecke, und sie für die großen Mengen an parfümierte Öle, die sie in ihre Kleidung, Bettwäsche, und Einrichtungen angewandt bekannt waren. Es war auch üblich, Römer, um ätherische Öle in ihren Bädern und Massagen in verwenden.

Roman Ärzte waren eifrige Leser der durch Heuchler und Galen hergestellt Literatur, und während der Untergang des Römischen Reiches, floh die römischen Ärzten in andere Länder mit Kopien dieser antiken Texten. Diese Texte wurden später in verschiedenen Sprachen wie Arabisch und Persisch übersetzt.

## **PERSIEN**

Ein Wunderkind wie Ali ibn-Sana bekannt (auch bekannt als Avicenna die arabische bekannt) wurde zu einem beliebten und gelehrten Arztes durch den zarten Alter von 12. Er schrieb mehrere Bücher über achthundert Pflanzen und ihrer unterschiedlichen Auswirkungen auf den menschlichen Körper. Er war auch der Erste, der den zu entdecken und notieren Sie die Methode der Destillation von ätherischen Ölen aus pflanzlichen Materialien. Seine Methoden der Destillation werden heute noch genutzt.

## **EUROPA**

Die Ritter und ihre Heere bestanden auf umfangreiches Wissen über pflanzliche Arzneimittel, die sie während der Zeit der Kreuzzüge in

ganz Westeuropa und dem Nahen Osten gelernt. Die Ritter erwarb das Wissen, wie man die ätherischen Öle aus anderen Zivilisationen zu destillieren, und sie haben sie verwendet werden, um Duftstoffe zu machen.

Im 14. Jahrhundert, während der Zeit der Beulenpest, die Europäer verbrannt Kiefer und Weihrauch in den Straßen zur Abwehr von "bösen Geistern." Weniger Menschen tatsächlich starben an der Pest in den Bereichen, in denen dies geschehen war.

Viele Europäer kam mit wertvollen Literatur, die immer noch in einigen Bereichen noch heute verwendet wird. Chief unter ihnen waren die Französisch Chemiker René-Maurice Gattefosse und Nicholas Culpeper.

Es war René-Maurice Gattefosse, der den Begriff "Aromatherapie" geprägt, während er die Untersuchung der antiseptischen Eigenschaften der ätherischen Öle, und er ging später ein Buch im Jahr 1928 veröffentlicht, die anschaulich beschreibt, ätherische Öle und ihre heilenden Eigenschaften. Dieses Buch hatte einen tiefgreifenden Einfluss auf die medizinische Praxis in Frankreich zu der Zeit. René-Maurice Gattefosse entdeckte die heilenden Eigenschaften von Lavendel wegen eines, das in seinem Labor, in dem er schwer verbrannt wurde eingetreten war Zufall. Um den Schmerz der Verbrennung zu verringern, schnell eingetaucht er die betroffene Hand in der Flüssigkeit, die ihm am nächsten war. Diese Flüssigkeit wurde das ätherische Öl von Lavendel, und zu seiner Überraschung die Wunde ohne Narbenbildung oder Infektion geheilt.

Nach dieser Entdeckung, er, zusammen mit einigen anderen Kollegen durchgeführt umfangreiche Forschung auf die heilende Wirkung von Lavendel, Lavendel und bald wurde in allen Krankenhäusern in Frankreich eingesetzt. Wenn der Spanischen Grippe schließlich seinen Weg in das Land von Frankreich, starb keine Krankenhauspersonal als Folge der Krankheit, und dies wurde ihre umfangreiche Verwendung von Lavendel und anderen ätherischen Ölen antiseptische gutgeschrieben.

"The Complete Herbal" ist ein Buch, das wertvolles Referenzmaterial über viele verschiedene Krankheitsbilder und deren Behebung mit den ätherischen Ölen aus Pflanzen enthält. Es wurde

von Nicholas Culpeper im Jahre 1653 geschrieben, und es wird noch heute verwendet.

So können Sie sehen, ätherische Öle wurden für verschiedene Zwecke seit Anbeginn der Zeit verwendet. "Aber wie haben sie von den Pflanzen zu entfernen, das Wesen?", Werden Sie fragen. Nun, das wurde auf verschiedene Weise geschehen.

## **WIE WERDEN ätherischen Ölen?**

Sie werden überrascht sein zu wissen, dass Hauptverfahren verwendet werden, um ätherische Öle zu machen gibt es schon seit mehr als fünftausend Jahre gewesen sein. Diese Methode ist die Destillation, und es funktioniert langsam Wasser oder Dampf bis zwingt durch die Pflanzenmaterialien, um die flüchtigen Bestandteile zu entfernen. Diese flüchtigen Komponenten (die sich hauptsächlich aus Wasser und dem ätherischen Öl bestehen) werden dann gekühlt und dann das ätherische Öl von dem Wasser getrennt.

Ein weiteres Verfahren, das verwendet wird, die ähnlich wie die Destillation ist Perkolation oder hydro Diffusion. Der Unterschied bei diesem Verfahren ist, dass Dampf durch das Pflanzenmaterialien von oben statt nach unten gezwungen wird.

Es gibt ein weiteres Verfahren in ätherisches Öl-Extraktion verwendet werden, die eine Diskussion wert ist. Diese Methode wird verwendet, um vor allem Zitrusfrüchte ätherische Öle zu extrahieren, und es ist Ausdruck bezeichnet. Bei diesem Verfahren wird keine Wärme beteiligt ist, sondern stattdessen wird das Öl aus dem Pflanzenmaterial über mechanische Druck gezwungen.

Sie fragen sich vielleicht, was der Unterschied zwischen einem Ausdruck gebracht ätherisches Öl und seinen Amtskollegen destilliert werden. Nun, zum Ausdruck Öle gelten als stabiler als ihre

Pendants destilliert, und sie haben in der Regel ein besseres Aroma. Dennoch können Sie mit den ätherischen Ölen zu verwenden und die Vorteile von ihnen, solange sie für Ihren Zweck geeignet sind. Aber wie würden Sie eine geeignete ätherische Öl wissen von einer Fälschung einer - wie könnte man die Qualität eines ätherischen Öls zu erzählen? Lesen Sie in den nächsten Abschnitt; Ihre Antworten auf Sie warten.

## **Bestimmung der Qualität von Ätherische Öle**

So viele Faktoren ins Spiel kommen und beeinflussen die Gesamtqualität eines ätherischen Öls.

Alles, was die Pflanzen, aus denen Sie das ätherische Öl zu extrahieren betrifft die endgültige Qualität

des

Öls

beeinflussen.

Daher

Umgebungstemperatur,

Bodenqualität

und

Anbaubedingungen eine große Rolle spielen in der Gesamtqualität des Endprodukts. Die Techniken, die Sie verwenden, um das Öl zu extrahieren kann auch Auswirkungen auf die Qualität des ätherischen Öls. Wenn Sie von oben erinnern kann, wurde festgestellt, dass zum Ausdruck Öle hatte eine bessere Qualität als ihre Pendants destilliert, und dies nur aufgrund der Verfahren verwendet werden, um das Öl zu extrahieren war. Trotz all der verschiedenen Faktoren, die ins Spiel kommen und Auswirkungen auf die Qualität des ätherischen Öls kann, gibt es drei wesentliche

Dinge, die Sie für den Käufer aussehen: Klasse, Integrität und Reinheit.

## **KLASSE**

Sie sollten nicht die Klasse als einzige Methode zur Bestimmung der Qualität eines ätherischen Öls, weil, wie alles andere, ist Grading subjektiv, und eine Person kann eine bestimmte Probe betrachten, um von einem mittelmäßigen Grad sein, während eine andere Person hält es normal zu sein. Grading ist oft getan, nur um festzustellen, welche ätherisches Öl besten für eine bestimmte Verwendung ist. Doch die Klasse eines bestimmten ätherischen Öls einen Hinweis zu geben, um seine Qualität, so sollte es nicht völlig ignoriert werden, wenn Sie den Kauf Ihrer ätherisches Öl sind. Achten Sie immer darauf, dass Sie ein ätherisches Öl, das für die therapeutische Anwendung extrahiert wurde, und ist von einem hohen Grade zu kaufen.

## **INTEGRITÄT**

Integrität bezieht sich hier einfach an, ob ein ätherisches Öl ist von einem natürlichen pflanzlichen Quelle, im Gegensatz dazu, in einem Labor hergestellt oder chemisch verändert.

Ätherische Öle mit Integrität nicht zu trennen (was darauf hindeuten würde, dass sie mit irgendeiner Art von Pflanzenöl verdünnt wurde), wenn sie gefroren sind, und sie haben nicht einen Alkoholgeruch (was darauf hindeuten würde, dass einige Alkohol wurde in sie gesetzt).

## **REINHEIT**

Ein reines Öl ist eines, das nicht in irgendeiner Weise verdünnt wurde. Einige Hersteller möchten die ätherischen Öle, die sie mit Alkoholen, pflanzliche Öle, ähnlich riechende ätherische Öle, und andere Lösungsmittel verkaufen zu verdünnen, so dass sie weniger von der realen ätherisches Öl verwenden können, und einen Gewinn

zur gleichen Zeit. Testen Sie für die Integrität des ätherischen Öls, bevor Sie es kaufen.

## **Ätherische Öle: Sicherheit und Lagerung**

Wenn Sie gerade gekauft haben, haben Sie sich eine Flasche begehrter ätherisches Öl, denken Sie vielleicht Möglichkeiten, wie Sie sie speichern und sie sicher zu halten, so dass es für eine lange Zeit dauern kann. Befolgen Sie diese Tipps und Tricks und Ihre ätherischen Öle werden mit Ihnen für die kommenden Jahre sein.

Bewahren Sie Ihre ätherischen Öle in dunkel gefärbten Flaschen vor direkter Sonneneinstrahlung. Die dunkel gefärbten Flaschen filtern die UV-Licht, die sonst dazu führen würde, die ätherischen Öle zu brechen. In der Vergangenheit waren sie immer in der bernsteinfarbene Flaschen aufbewahrt, aber auch dunkelblau-Flaschen sind in Ordnung.

Die Flasche sollte an einem kühlen Ort fest verschlossen gelagert werden. Es ist wichtig, dass die Temperatur des ätherischen Öls nicht viel über den Tag variieren, da dies kann dazu führen, dass zu brechen. Sie können den Kühlschrank, aber das ist nicht notwendig.

Sie sollten auch ätherische Öle zu halten außerhalb der Reichweite von Tieren und Kindern.

Tiere und Kinder sind sehr neugierig und sie zu öffnen oder brechen Sie die Flaschen, verschlucken Sie den Inhalt oder schneiden sich. Als solche sollten Sie sicherstellen, dass Sie Ihre ätherischen Öle aus ihrer Reichweite.

Es ist auch wichtig, dass Sie Ihre ätherischen Öle in Bereichen, in denen Funken oder Flammen nicht speichern. Viele ätherische Öle wie Pfefferminze, Kiefer, orange, und Tanne sind leicht entzündlich, so irren auf der Seite der Vorsicht und halten Sie Ihre ätherischen Öle Von offenen Flammen und Funken.

## **POPULAR ätherische Öle**

## **LAVENDEL ÖL**

Lavendel ist eines der beliebtesten ätherischen Ölen Sie auf dem Markt finden, und dies ist wegen der verschiedenen Nutzen für die Gesundheit. Es ist bekannt, zur Behandlung von Schmerzen, Nervosität zu beseitigen, verbessern die Durchblutung, Behandlung von Erkrankungen der Atemwege, desinfizieren Sie die Haut, und die Kopfhaut unter anderem.

Lavendelöl wird aus den Blüten des Lavendels Pflanze, *Lavandula angustifolia*, die vor allem entlang der Mittelmeerküste wurde gemacht. Es dann langsam auf den Rest der Welt zu verbreiten, wie mehr Menschen bewusst wurde seine Nützlichkeit und Vielseitigkeit. Das Lavendelöl wird vor allem durch Wasserdampfdestillation extrahiert. Diese Blumen sind duftende Natur und wurden traditionell für die Herstellung von Potpourri verwendet. Interessant ist, dauert es etwa £ 150 Lavendel Blätter, nur ein Pfund Lavendelöl zu produzieren und im Durchschnitt wird ein Morgen Land nur Ausbeute etwa £ 12 Lavendelöl.

Du bist wahrscheinlich zu sehen, Lavendel als Zutat in verschiedenen Parfüms, Lotionen, Gele, Infusionen, Seifen, ätherische Öle und Salben verwendet werden, und ich bin sicher, Sie werden überrascht sein, wenn Sie entdecken, dass es eine Welt der anderen Vorteile, die Lavendel schenkt denen, die es zu nutzen. Es fügt sich auch gut mit vielen anderen ätherischen Ölen, einschließlich Kiefer, Zedernholz, Geranie, Muskatnuss und Muskatellersalbei.

### **Gemeinsame Nutzung Lavendelöl HEUTE**

Bug Repellent: Die meisten Fehler, wie Mücken, Motten und Mücken, können nicht dulden, die starke Duft von Lavendel ätherisches Öl, so können Sie es verwenden, wenn Sie nach draußen gehen für einen effektiven, wohlriechende Insektenspray. Einfach ein paar Tropfen des Lavendelöl auf die Teile der Haut, die ausgesetzt werden, wenn Sie sich außerhalb und diese lästigen Viecher werden Sie zu vermeiden.



Lavendelöl ist auch entzündungshemmend, so dass, wenn einer dieser lästigen Viecher nicht bekommen, um dich beißen, ein paar Tropfen Lavendelöl einfach auf die betroffene Stelle auftragen und verabschieden, um die Schwellung und die Schmerzen.

Schlaf: Wenn Sie Probleme haben, schlafen in der Nacht, kann Lavendel in Schritt und helfen.

Wussten Sie, dass es verwendet wurde, um Hotels in insomniacs für Alter zu induzieren? Ja es hat! Lavendelöl hat eine beruhigende Wirkung auf das Nervensystem, und es ist erwiesen, um zu schlafen Regelmäßigkeit in Menschen, die ein paar Tropfen es um ihre Kissen beantragen, bevor sie für die Nacht zurückziehen zu erhöhen. In der Tat, es war wie eine beruhigende und schlaffördernde Wirkung auf manche Menschen, dass diese Leute waren in der Lage, es zu benutzen, um die Beruhigungsmittel, die ihren Ärzten verschrieben vollständig ersetzen für sie besser in der Nacht zu schlafen.

Des Nervensystems: beruhigende Wirkung Lavendelöl die auf das Nervensystem macht es ein ausgezeichnetes Stärkungsmittel für Angst und für die Nerven. Das erfrischende Aroma steigert die geistige Aktivität, während zur gleichen Zeit beseitigt nervöse Erschöpfung. Sie können es verwenden, um Ihre Kopfschmerzen und Migräne zu bekämpfen, und Sie können auch verwenden, um emotionalen Stress, Nervosität und Depressionen zu lindern. Eine Studie wurde durchgeführt, in dem einige Schüler, der gerade einen Test zu nehmen waren, wurden aufgefordert, etwas Rosmarin und Lavendelöl inhalieren. Sie werden froh zu wissen, dass die Testteilnehmer, die den Rosmarin und Lavendelöl Einatmen zeigten signifikante Rückgänge in Angst und andere Formen psychischer Stress. Es gab auch eine Erhöhung ihrer kognitiven Funktion, so dass regelmäßig und mit dem Vertrauen Lavendelöl, zu wissen, dass es gut für den Geist ist.

Akne: Wenn Sie auf den Rat von bemerkenswerten Aromatherapeuten und Dermatologen zu hören, wird Lavendelöl einer der wichtigsten Stoffe, die Sie in Ihrem Kampf gegen Akne zu

verwenden. Sie sagen, dass es eines der mächtigsten Substanzen, die verwendet werden können, um Akne in beiden Jugendlichen und Erwachsenen zu behandeln.

Akne ist eine Erkrankung, die, wenn es eine Ansammlung von Talg in der Nähe der Talgdrüsen, weil eine bakterielle Infektion auftritt. Die Bakterien ernähren sich von dieser Talg und später vermehren. Als Ergebnis wird der Bereich infiziert, dann wird es gereizt und dann sichtbaren Wunden zu erkennen, manchmal mit einer gewissen Menge an Narbenbildung.

Doch Lavendelöl ist nachgewiesen worden, Wunder auf Akne behaftete Haut, weil es hemmt nicht nur das Wachstum von Bakterien, aber es fördert auch die Durchblutung des betroffenen Bereich und dadurch fördert gesunde Haut Zellbildung. Es reduziert auch die Überproduktion von Talg, und dies hilft, zu reduzieren und zu Akne Bildung zu verhindern.

Zur Verwendung dieser leistungsfähigen Anti-Akne-ätherisches Öl zu machen, setzen Sie einfach ein paar Tropfen auf einem Tupfer aus Baumwolle und dann gilt es auf den betroffenen Bereich. Eventuell müssen Sie dieses Verfahren, um Ihren individuellen Bedürfnissen passt zu ändern, weil, wenn Ihre Haut ist empfindlich, wäre es ratsam, die Lavendelöl zu verdünnen, bevor Sie es auf die Haut aufzutragen. Es wird immer noch die gleichen Eigenschaften haben, nur in abgeschwächter Form.

Lavendel ist auch verwendet worden, um viele andere Hauterkrankungen wie Psoriasis, Falten, anderen Entzündungskrankheiten und sogar Narbengewebe zu behandeln. Lavendelöl beschleunigt den Heilungsprozess der Schnitte, Wunden, Verbrennungen und Sonnenbrand. So zögern Sie Lavendelöl zu verwenden, um die Gesamtqualität Ihrer Haut zu verbessern.

Schmerzlinderung: Lavendelöl ist hervorragend zur Linderung von verschiedenen Arten von Schmerzen, auch diejenigen, die durch Rheuma, Wund und Verspannungen, Verstauchungen, Muskelschmerzen, Hexenschuss, Rückenschmerzen und

verursacht. Gelenkschmerzen können auch mit Lavendelöl, um den betroffenen Bereich zu massieren entlastet werden. Sagen bye-bye, um Ihre Beschwerden und Schmerzen für immer, wenn Sie sich für diese potente Schmerzmittel zu verwenden.

Erkrankungen der Atemwege: Lavendelöl ist auch weit verbreitet in der Behandlung von verschiedenen Erkrankungen der Atemwege, einschließlich Erkältungen, Husten, Grippe, Bronchitis, Keuchhusten, Nasennebenhöhlen, Mandelentzündung, Kehlkopfentzündung und sogar verwendet. Seine anregende Natur hilft, sich zu lösen und beseitigen Schleim blockiert den Atemflächen und Staus verursacht. Die antibakteriellen Eigenschaften von Lavendelöl und seine Dampf auch zur Bekämpfung von Infektionen der Atemwege. Um Atemwegserkrankungen zu lindern, wenden Sie den Lavendel auf die Haut Ihres Rücken, Brust und Hals, oder Sie können es auf Ihre Inhalator oder Zerstäuber hinzufügen und atmen Sie den Dampf.

Haarpflege: Lavendelöl hat sich gezeigt, als sehr wirksam gegen Läuse Eier, Läuse und Nissen.

Diese Insekten werden nicht wollen, Nachbarn mit dem Lavendelöl und wird schnell zu evakuieren ihre Heimat (Kopfhaut), wenn Sie es reiben täglich mit ein paar Tropfen Lavendelöl.

Lavendelöl wurde auch gezeigt, als sehr hilfreich bei der Behandlung von Haarausfall, vor allem bei Menschen, die von Alopezie, ein Zustand, in dem der Körper lehnt seinen eigenen Haarfollikel zu leiden, und es ist auch wirksam bei der Bekämpfung der männlichen Haarausfall.

Einfach reiben Sie das Lavendelöl in die Kopfhaut und beobachten Sie den Unterschied.

Blutzirkulation: durch schlechte Durchblutung? Lavendelöl ist der Weg zu gehen! Es verbessert die Durchblutung der Organe des Körpers und erhöht damit deren Niveaus der Sauerstoffversorgung. Es fördert die Muskelkraft und sogar steigert die Gehirnaktivität. Wenn Sie Lavendelöl regelmäßig verwenden, Ihre Haut sieht

strahlender und gesünder, weil sie ständig mit Blut gespült. Es senkt auch den Blutdruck und schützt vor Arteriosklerose und Herzinfarkt, die Krankheiten oft mit schlechter Durchblutung assoziiert sind. Auch Diabetiker, die oft leiden unter niedrigen Durchblutung kann die Verwendung dieses Produktes zu machen, indem wir sie in die betroffenen Gebiete oder Einatmen der Dämpfe aus einem Inhalator oder Zerstäuber.

Es ist wichtig zu beachten, dass Sie nicht zu kombinieren Lavendel mit Sedativa. Sie können es verwenden, um die Drogen zu ersetzen, aber nicht kombinieren, da dies zu viel Schläfrigkeit verursachen.

### **Muskateller, Salbeiöl**

Sie haben wahrscheinlich von Salbeiöl gehört, aber mehr als wahrscheinlich, das ist das erste Mal, wenn Sie hören nichts über Muskatellersalbei Öl. Nun, Sie können dies prüfen, der Cousin von regelmäßigen Salbeiöl sein. Obwohl regelmäßige Salbeiöl hat ähnliche Vorteile wie Muskateller, Salbeiöl, hat es sich gezeigt, mehr Nebenwirkungen haben, und Muskatellersalbei Öl ist das eine, die bevorzugt, weil es viel milder und sicherer wird.

Der Salbei ist eine mehrjährige Pflanze, die nur in Syrien, Italien und Südfrankreich gefunden werden verwendet. Heutzutage wird es weltweit von den europäischen Regionen nach Russland aus Marokko in die Vereinigten Staaten von Amerika angebaut. Dieses Kraut, die so genannte Muskatellersalbei, wächst von Mai bis September. Der Muskatellersalbei Öl wird aus den Blättern und Knospen der Salbei Kraut durch Wasserdampfdestillation extrahiert.

Salbei wird verwendet, um die Gesundheit der Augen bezogene Probleme zu behandeln, es ist ein Antidepressivum, euphorisch, krampflösende, krampflösend, emmenagogue und Aphrodisiakum, und es hat andere gesundheitliche Vorteile.

### **Gemeinsame Nutzung Muskatellersalbei OIL HEUTE**

Beruhigt die Augen: Muskatellersalbei Öl seit Jahrhunderten verwendet, um Sehstörungen, wie angespannt oder müde Augen zu behandeln. In der Tat, das Wort "Clary" kommt vom lateinischen Wort "clarus", die klar bedeutet, und es wurde häufig als "klaren Augen" in der Vergangenheit. Wenn Sie mit Sehstörungen und wollen ein natürliches Produkt, um Ihr Sehvermögen zu verbessern, dann holen Sie sich Muskatellersalbei Öl. Erhalten Sie etwas Wasser und ein paar Tropfen Muskatellersalbei Öl darin. Dann genießen Sie ein sauberes Tuch in die Mischung und drücken Sie sie über die Augen oder das betroffene Auge mindestens 10

Minuten. Tun Sie dies jeden Tag, bis Sie Ihre Vision verbessert.

Antidepressivums und Euphoric: Muskatellersalbei Öl ist das Öl am Tag verwenden, wenn Sie nach Gefühl sind. Es hat sich gezeigt, um das Vertrauen, Selbstwertgefühl, mentale Kraft und Hoffnung zu stärken, und es ist daher sehr gut bei der Behandlung der verschiedenen Formen der Depression. Es induziert Gefühle von Freude und große Freude, und es wird Sie mit dem Wunsch, Ihr Leben in vollen Zügen zu leben zu füllen. Ob Sie, weil der Einsamkeit depressiv sind, können Ausfälle in Ihrer Karriere oder Privatleben, Unsicherheit, der Tod eines geliebten Menschen, oder aus anderen Gründen, das Einatmen der verdünnten Dampf einiger Muskatellersalbei Öl ein sehr langer Weg zu helfen, sich besser fühlen zu gehen.

Krampflösende und Krampflösende: Wussten Sie, dass Muskatellersalbei Öl kann zusätzlich zu den bestehenden Medikamenten zur Behandlung von Krampfanfällen eingesetzt werden? Ja, es kann auf jeden Fall! Dies liegt daran, Muskatellersalbei Öl reduziert oder beruhigt Krämpfe, ob sie von Epilepsie oder eine andere psychische oder nervöse Störung hervorgerufen werden. Es entspannt die Nerven und verhindert, dass diese Krämpfe auftreten dabei. Es ist auch gut für die Behandlung von Spasmen, krampfartige Cholera, krampfartigen Husten, Atembeschwerden, Muskelkrämpfe, Bauchschmerzen und sogar Kopfschmerzen.

Emmenagogue: eine der breitesten bekannten Verwendungen von Muskatellersalbei Öl ist für die Regulierung der Menstruation. Ja, das ist richtig Damen - das ganz natürliche Produkt Ihren Perioden zu regeln wird, zu lindern Menstruationsbeschwerden, und die Schmerzen zu reduzieren ohne negative Nebenwirkungen. Es gibt keine Notwendigkeit, zum Frauenarzt gehen und verbringen ein kleines Vermögen für ihn die Sie schreiben eine Droge, die sowieso

Muskatellersalbei Öl enthält; nutzen Sie einfach das Öl als Massageöl und reiben Sie es in Ihren Unterleib und in den unteren Rücken, wenn es zu weh tut.

Aphrodisiac: Die Männer werden lächeln, wenn sie diese andere Verwendung der Muskateller, Salbeiöl zu lesen, und es ist in der Tat wahr - ist Muskatellersalbei Öl ein starkes Aphrodisiakum und ist seit Jahrhunderten verwendet worden, um die Libido zu steigern. Es erhöht den Testosteronspiegel bei Männern und Frauen, und dies führt zu einer Erhöhung des sexuellen Interesses und Leistung. Also, wenn Sie glauben, dass Sie vom Pferd in diesem Bereich gefallen und Sie sichern zu erhalten, verwenden Sie drei Tropfen des Muskatellersalbei Öl und massieren Sie es in Ihre Hände und Gesicht soll.

Muskatellersalbei Öl ist sicher für die Ingestion und hat in der Vergangenheit verwendet, um Bakterien, die im Verdauungstrakt leben, zu kämpfen. Es zeigt moderate antibakterielle Aktivität gegenüber verschiedenen Bakterienstämmen, wie Klebsiella, Staphylococcus aureus, Proteus mirabilisspecies und Listeria monocytogenes. Es ist auch sehr gut bei der Abtötung von gefährlichen Pilzstämmen wie Penicillium, Aspergillus, Fusarium und Candida-Spezies.

Frauen sollten Muskatellersalbei Öl während der Schwangerschaft zu vermeiden, weil es Menstruationsfluss anregt. Es sollte auch von Frauen, die ihre Östrogenspiegel zu regulieren müssen gehalten werden.

## **Geraniumöl**

Die Geranie Pflanze ist ein mehrjähriger Strauch mit spitzen Blättern und kleinen rosa Blüten, die indigenen nach Südafrika ist. Es gibt viele Sorten dieser Strauch, aber die Pelargonium graveolens ist die Vielfalt verwendet, um den renommierten Geranie ätherisches Öl zu machen.

Wie die Lavendel und Salbei Öle wird der Geranie ätherisches Öl aus den Blättern und Stängeln der Pflanze über Wasserdampfdestillation extrahiert.

Der Geranienöl wird meist noch heute verwendet, um Blutungen zu stoppen, fördern die Zellgesundheit und erhöhen beim Wasserlassen, unter anderem.

### **Gemeinsame Nutzung Geraniumöl HEUTE**

Blutstill: Ich wette, Sie würden mir nicht glauben, wenn ich Ihnen sagte, dass Geranie kann verwendet werden, um die Blutung zu stoppen, oder Blutungen als Laie es nennen würde.

Geranium stoppt Blutungen auf zwei verschiedene Arten. Erstens bewirkt es, die Blutgefäße zusammenzuziehen, so dass er beschränkt und hält schließlich den Blutfluss von beschädigten Arterien, Venen und Kapillaren. Zweitens, es beschleunigt die Blutgerinnung und damit hilft bei der Heilung von Wunden. Durch das Stoppen übermäßige Blutungen, hilft Geranie, Giftstoffe aus der Eingabe Ihrer Wunden und damit eine Infektion verursacht zu verhindern. Verdünnen Sie die Geranie und legen Sie es über Ihre Schnittwunden und Prellungen, die starke Blutungen zu stoppen.

Cytophylactic: Abgesehen davon, dass eine blutstillende, hilft Geranien auch Ihren Körper durch die Förderung der Zellgesundheit, Förderung der Regeneration der neuen Zellen und das Recycling von abgestorbenen Zellen. Dies hilft allen Körperzellen, einschließlich der Keimzellen und verbessert den Stoffwechsel des Körpers.

Diuretikum: Geranium erhöht Wasserlassen. Nach der Lektüre dieses, ich bin sicher, viele von Ihnen sind lächelnd; "Warum sollte ich meine Wasserlassen? Zu erhöhen", werden Sie fragen.

Nun, das Wasserlassen einer von drei Methoden, die der Körper, sich von Giftstoffen zu befreien. Die anderen Methoden sind Schwitzen und Ausscheidung, aber Wasserlassen ist wohl die wichtigste von allen. Wenn Sie urinieren, die Beseitigung von Giftstoffen wie Harnsäure, Harnstoff, Gallensalze, Krankheitserreger, Schwermetalle, einige Schadstoffe, schädliche synthetische und chemische Stoffe, und manchmal sogar zu viel Zucker. Je mehr Sie urinieren, wird das Ihren Blutdruck senken, weil jedes Mal, wenn Sie urinieren, Sie Natrium zu beseitigen, und dies hilft, den Blutdruck senken. Also, Sie sehen, durch die Erhöhung Ihrer Wasserlassen Frequenz, Geranie hilft Ihnen, gesünder und giffrei zu machen.

Deodorant: Die erhebende und angenehme Duft von Geranien-Öl ist alles, was Sie brauchen, um diese Bereiche zu halten riech wunderbar. Es ist mild auf der Haut, es hat einen lang anhaltenden Geruch und seine antibakteriellen Eigenschaften werden Sie riecht frisch für eine lange Zeit zu halten. So setzen einige Geranien auf einem sauberen Waschlappen und reiben Sie es auf die Bereiche, die Sie den ganzen Tag frisch zu halten.

Wurmmittel: Für diejenigen unter Ihnen, die das Lesen von Darm-Würmern leiden, ist Geranie ätherisches Öl das Öl für Sie! Geranium alle Ihre lästigen interne parasitäre Würmer zu töten, und es kann sogar in Kindern zu verwenden. Trinken Sie drei vor fünf Tropfen Geranie pro Tag und die lästigen Parasiten nicht mehr sein.

Neuronale Degeneration: Einer der traurigsten Teile des Alterns ist das neuronale Generation, die manchmal stattfindet, und die Abhängigkeit, die mit ihm kommt. Möchten Sie nicht, sich selbst und die, die Sie von neurodegenerativen Erkrankungen wie Demenz und Alzheimer liebe zu schützen? Wenn Ihre Antwort Ja ist, dann müssen Sie werden mit Geranie ätherisches Öl. Es ist nachgewiesen worden, Mikroglia-Zellen, Zellen, die integraler Bestandteil im Kampf gegen die neuronale Degeneration sind zu



aktivieren. Bei Mikrogliazellen aktiviert sind, reduzieren sie pro-inflammatorische Substanzen wie Stickstoffmonoxid, das aus Entzündung, die neuronale Degeneration in den Nervenbahnen führen kämpft. Geranium Öl hat eine synergistische Beziehung mit dem Gehirn, und wenn Sie es regelmäßig nutzen, können Sie diese gefährlichen und potenziell tödlichen neuronalen degenerativen Erkrankungen verhindern kann. Legen Sie ein paar Tropfen Geranie in Ihrer Nahrung jeden Tag, und Sie werden auch auf Ihrem Weg zur Abwehr von neuronaler Degeneration.

Adstringierend: Eine herbe ist eine Substanz verwendet, zu verkleinern oder zu verengen Körpergewebe. Geranium Öl neigt dazu, als Adstringens, dass es die Muskeln, Zahnfleisch, Felle, Darm, Blut und Gewebe Vertrag macht funktionieren. Dazu gehören auch die Muskeln des Bauches, die Ihnen getönten Look. Es verhindert auch, die Haut durchhängt und beugt Zahnverlust durch Festziehen bis das Zahnfleisch, und es ist sehr gut bei der Verringerung der Falten, weil es strafft die Gesichtshaut. Also, wenn Sie wollen jünger, frischer und straffer aussehen, fügen Sie drei bis vier Tropfen Geraniumöl in Ihrem Körper-Lotion und es auf Ihre Haut täglich.

Geranium kann auch bei der Behandlung von Dermatitis, Akne, Ekzemen und anderen Hauterkrankungen sowie Infektionen des Hals-, Nasen- und anderen Atmungsorgane verwendet werden. Geranium ist gut für die Behandlung von Geschwüren, Verbrennungen, Neuralgien, Mandelentzündung, und auch nach der Menopause-Syndrom (PMS). Es ist für beide psychische Funktionstüchtigkeit und Stimmungen zu verbessern und ist daher weit verbreitet in der Behandlung von chronischer Angst und Depression verwendet wird, und es ist manchmal in Wut-Management eingesetzt.

Geranium ist häufig mit Bergamotte, Engelwurz, Lavandin, Lavendel, Basilikum, Karottensamen, Zedernholz, Citronella, Jasmin, Zitrone, Orange, Limette, Grapefruit und Rosmarinöl gemischt.

Geranium ist nicht zur Anwendung bei schwangeren Frauen oder bei Frauen, die stillen empfohlen. Es sollte auch nicht auf Babys oder Kleinkinder verwendet werden.

## **Sandelholzöl**

Sandelholzöl hat sich in den religiösen Festen und Heiligtümer in Indien seit prähistorischen Zeiten verwendet worden. Es ist ein teures Öl, und die Nachfrage nach ist sehr hoch, aber die Zahl der Bäume zur Verfügung zu stellen sie schwinden durch den zweiten. Die Sandelholzbaum, *Santalum album*, ist parasitär und sehr schwer zu propagieren; In der Tat muß der Baum für mindestens dreißig Jahren wachsen, bevor es für die Ernte ist. Wenn der Baum zu diesem Zeitpunkt geerntet, enthält er eine erhebliche Menge an Kernholz, das wertvollste Teil der

Sandelholzbaum.

Heutzutage

ist

das

Sandelholzöl

hauptsächlich

durch

Wasserdampfdestillation gewonnen, aber wieder in den Tag, Hydrodestillation war die primäre Methode verwendet werden, um sie zu extrahieren. Es wird gesagt, dass der Hydrodestillation Verfahren ergibt ein Öl, das ein sehr feines Aroma.

Es ist am besten in der westlichen Welt als reich, warm, süß und holzig ätherisches Öl als Zutat in duftenden Produkte, wie Parfums, Kosmetika, und Aftershave benutzt bekannt. Es hat viele Vorteile;

es ein Antiseptikum, einem entzündungshemmenden und einem "cicatrisant" unter anderem.

**Antiseptische:** Sandelholzöl wirkt wie ein sehr gutes Antiseptikum. Was ist interessant, über diese antiseptische beachten ist, dass es sicher ist für die interne und externe Verwendung und kann helfen, interne Geschwüre und Wunden vor Infektionen zu schützen. Es führt die gleiche Arbeit, wenn es topisch angewendet wird - sie schützt Wunden, Wunden, Pickel und Furunkel davor septischen. Also das nächste Mal, wenn Sie mit einem wunden, fürchte dich nicht, ein paar Tropfen Sandelholzöl auf die Wunde zu verwenden, um es von Mikroben zu schützen.

**Entzündungshemmende:** Das ätherische Öl von Sandelholz und auch seine Paste sind sehr gut in der Bereitstellung Befreiung von vielen verschiedenen Arten von Entzündungen einschließlich Entzündungen des Verdauungs, Ausscheidungsorgane, Kreislauf- und Nervensystem. Es ist besonders nützlich in Fällen von Kreislauf- und Nervenentzündungen und kann verwendet werden, um den betroffenen Organsystem wieder zum Laufen in kürzester Zeit. Setzen Sie einfach drei vor vier Tropfen Sandelholzöl in einem Glas Wasser zu beginnen und erhöhen die Konzentration, wenn die Mischung nicht stark genug. Trinken Sie jeden Tag, bis Ihr Zustand bessert.

**Cicatrisant:** Sandelholzöl ist ideal für beruhigende die Felle von sowohl jungen Kinder und Erwachsene. In der Tat, sie lindert nicht nur die Haut, aber es hilft auch Narben und Abschürfungen heilen schneller. Es kann in Lotionen, Öle etc. in die Haut für positive Ergebnisse gebracht und mit Feuchtigkeit versorgt werden. Die starke heilende Wirkung von Sandelholzöl haben nun löste viele Hersteller von Hautpflege-Cremes, Lotionen, Seifen und um das Öl als Teil ihrer Hauptbestandteile enthalten. Also das nächste Mal, wenn Sie nehmen Sie Ihre Schönheitslotion Besuche das Etikett und sehen, ob Sie bereits ernten einige Vorteile von Sandelholzöl.

**Karminative:** Sandelholzöl verursacht Entspannung, wo es verwendet wird, auch in den Darm.

Als solches, wenn es verschluckt wird, lockert sich der Bauch-und Darmmuskulatur und macht es viel leichter für die überschüssigen Gase dort entweichen kann. Es hilft auch, um die Bildung von überschüssigen Gase in erster Linie zu verhindern, und das ist großartig, weil wir alle wissen, wie peinlich es sein kann, wenn diese Gase an der falschen Stelle und Zeit zu entkommen. Ein paar Tropfen Sandelholz in Ihrem Wasser ist umso verdauungs Sie jemals brauchen werden.

Lösend: lösend ist eine Substanz, Staus lockert in der Brust, wodurch es einfacher für Sie zu husten. Sandelholzöl wirkt Wunder in diesem Bereich und hat für eine lange Zeit als schleimlösend gesperrt-up Bronchiolen und Lunge zu behandeln verwendet worden. Massieren Sie einfach ein paar Tropfen des Öls in die Brust und Hals und den ganzen Schleim, die verhindern, hat man von Atmung richtig werden in der ein Wimpernschlag kommen.

Blutdrucksenkende: Gerade als Sie dachten, dass Sandelholz ätherisches Öl könnte nicht besser sein, es ist nur das gemacht haben! Ein weiterer großer Qualität Sandelholzöl ist, dass es kann verwendet werden, um den Blutdruck zu senken. Das bedeutet, dass es in dem Haus eines jeden Menschen mit Bluthochdruck sein. Es kann für diesen Zweck aufgenommen wird, oder es kann auch topisch angewandt werden können - es würde immer noch dieselbe Wirkung der Erniedrigung des Blutdrucks in diesem lokalisierten Bereich aufweisen.

Memory Booster: Sandelholz stimuliert Ihren Geist, verbessert das Gedächtnis, und erhöht die Konzentrationsfähigkeit. Es ist besonders gut für Studenten, weil es all dies tut und lindert Stress und Angst auch. Die Schüler sind besonders anfällig für Stress und Anspannung, und Sandelholzöl wird Wunder in ihrem Leben arbeiten und ihnen helfen, an ihrem besten

durchzuführen.

Tonic: Sandelholzöl ist auf dem Bauch und an den Nerven, Kreislauf- und Verdauungssystem beruhigend. Daher kann es von Kindern

aller Altersgruppen verwendet werden, und es ist eine sehr gute Gesundheit Stärkungsmittel für alle.

## **Bergamotte-Öl**

Die fast reifen Früchten der Bergamotte Orangenbaum, Zitrus bergamia ist kalt gepresst oder in der Hand gedrückt, um die Bergamottöl ergeben. Dieser Baum wurde durch Kreuzung eine orange Baum und ein Zitronenbaum gemacht, und die Frucht ist gelb mit einem birnenartige Form. Über hundert Bergamotte Orangen nur fünfundachtzig Gramm oder 3 Unzen zu produzieren, der Bergamotte-Öl. Obwohl es seinen Ursprung in Südostasien hatte, wurde sie in größerem Umfang in der Küsten, südlichen Teil des Italien hergestellt, wie zum Beispiel in Sizilien und in Reggio di Calabria. In der Tat war die Frucht nach der Stadt Bergamo in der Lombardei, Italien, wo es häufig verkauft gefunden benannt. Die Bergamotte Baum wird auch in Brasilien, der Türkei, Marokko, Argentinien, und der Elfenbeinküste aufgewachsen.

Bergamottöl ist seit Jahrhunderten für eine Vielzahl von Zwecken verwendet worden sind; einige der wichtigsten Anwendungen sind im Folgenden erörtert.

## **Gemeinsame Nutzung von Bergamotte OIL HEUTE**

Verwendet in der Kosmetik, Deodorants, Lufterfrischer: Bergamotte-Öl hat ein einzigartiges Aroma, das subtil würzigen noch einzigartig fruchtig ist. Als solches wird das Öl häufig kosmetischen Produkten, Parfüms, Sprays, und viele Lufterfrischungs zugegeben. In der Tat ist Bergamotte-Öl ein wichtiger Bestandteil der ursprünglichen 4711 Eau de Cologne von Johann Maria Farina in Deutschland zu Beginn des achtzehnten Jahrhunderts. Bergamotteöl wird auch als Deodorant wegen seiner frisches Aroma und ihre desinfizierenden Eigenschaften verwendet wird. Es hemmt das Wachstum von geruchsbildenden Keime und ihre starke Zitrusduft ist sehr angenehm für die Nase. Um Bergamotte-Öl als Deodorant verwenden, einfach zu dämpfen einen sauberen Waschlappen mit ihm und es auf Ihre Unterarme.

Fruchtige Aromen: Bergamotte ist bekannt für seine ausgeprägte Aroma in beliebten Tees wie Lady Grey und Earl Grey verwendet. Es wird auch in Norwegen in der Bergamotte-Geschmack Snus, einer zuckerfreien, rauchloser Tabak aus dem achtzehnten Jahrhundert. In der Türkei gibt viele Konditoreien aromatisiert mit Bergamotte.

Reizmittel, Antidepressiva, und Beruhigungs: Bergamotte-Öl hat bestimmte Stoffe, wie Limonen und alpha Pinen, die natürliche stimulats und Antidepressiva sind. Sie schaffen ein Gefühl der Freude, Frische und Energie in Fällen von Depression und Traurigkeit durch die Verbesserung der Durchblutung. Sie helfen auch, die richtige Stoffwechselrate durch die Stimulierung Hormonausschüttung zu erhalten. Diese stimulierende Wirkung erhöht die Sekretion von Insulin, Galle und Verdauungssäfte und dadurch helfen, die Verdauung und Assimilationsprozesse im Körper. Es hilft bei der Zersetzung von Zucker und senkt so den Blutzucker, weil dieser Eigenschaft. Fügen Sie ein paar Tropfen Bergamotteöl, um Ihren Vaporizer und atmen Sie den süßen Duft; Sie werden glücklicher und stärker zu spüren.

Bergamotte-Öl enthält auch viele verschiedene Flavonoide, die als Beruhigungsmittel zu wirken.

Sie werden Ihre Nerven zu beruhigen und reduzieren Sie Ihren Stress, Angst und Spannung. Dies kann helfen, zu heilen oder zu behandeln Erkrankungen wie Depression, Schlaflosigkeit, Bluthochdruck, und Schlaflosigkeit. Zusätzlich stimuliert Bergamotteöl die Aktivität bestimmter Hormone wie Serotonin und Dopamin, die Gefühle der Sedierung und Entspannung zu induzieren.

Schmerzstillende: Wenn Sie müde von der Einnahme schwere Dosierungen von analgetische Pillen für Muskelschmerzen, Verstauchungen, schreckliche Kopfschmerzen und andere Beschwerden sind, dann können Sie Bergamotte-Öl anstelle von ihnen zu ersetzen. Auf diese Weise können Sie auch die gefährlichen Nebenwirkungen dieser over-the-counter Medikamente zu vermeiden. Bergamottöl reduziert Gefühle von Schmerz in Ihrem

Körper durch die Stimulierung der Sekretion von Hormonen, die die Empfindlichkeit der Nerven, um Schmerzen zu lindern. Reiben Sie eine reichliche Menge der Bergamotte-Öl in das betroffene Gebiet und die Schmerzen, die Sie dort das Gefühl schnell abklingen.

Verdauungs: Möchten Sie Ihr Verdauungssystem zu verbessern und zu verhindern, Magen-Darm-Komplikationen zu suchen? Wenn Ihre Antwort Ja ist, dann kann Bergamotte-Öl zu Ihrer Rettung kommen. Es erhöht den Sekreten des Verdauungs Säuren und Enzyme und aktiviert sie auch. Sie erhöht die Sekretion von Galle, ermöglicht eine leichtere Verdauung durch Regulieren Peristaltik des Darms und verringert Belastungen auf den Darmtrakt. Es reguliert daher Stuhlgang, reduziert Verstopfung und verhindert effektiv, dass Magen-Darm-Komplikationen wie Darmkrebs und anderen gefährlichen Bedingungen. Geben Sie Ihrem Verdauungssystem einen Schub durch das Trinken von drei vor vier Tropfen Bergamotte in etwas Milch oder Honig jeden Tag.

Fiebermittel: Ein Fiebermittel ist eine Substanz, die Körpertemperatur senkt und dadurch senkt Fieber. Bergamotte wirkt als ausgezeichnete Fiebermittel aus zahlreichen Gründen. Erstens, es hat antibiotische und andere antimikrobielle Eigenschaften, die aus der Protozoen, Viren und Bakterien, die in der Regel dazu führen, Fieber, Infektionen abzuwehren helfen. Dazu gehört auch die Malaria Protozoen, das Influenza-Virus und die Typhusbakterien. Zweitens regt Bergamotteöl Drüsensekretion und steigert auch den Stoffwechsel. Beide Maßnahmen werden dazu beitragen, die Toxizität im Körper zu reduzieren, reinigen, die Drüsen und hilft im Kampf gegen den Fieber. Um Bergamotte-Öl als Fiebermittel verwendet, verwenden Sie es einfach, den ganzen Körper, insbesondere Kopf und Nacken zu massieren. Sie sollten auch die Menschen ermutigen, mit dem Fieber in die entspannende Aroma atmen.

Cicatrissant: Als ein cicatrissant werden Bergamotteöl helfen, Ihre Narben und andere Marken verschwinden durch die gleichmäßige Verteilung der Pigmente in der Haut, auf die es angewendet wird.

Dies wird in Noten verblasen im Laufe der Zeit und enthüllt attraktive, gleichmäßig getönten Haut führen. Dieses Öl kann besonders nützlich für diejenigen, die von schrecklichen Akne, die spürbare und Narben auf der Haut für Jahre verlassen kann leiden. Die

Fähigkeit von Bergamotte-Öl als cicatrisant handeln hat viele Hautpflege-ProduktHersteller und Kosmetikhersteller verursacht, es in ihre Cremes, Beauty-Seifen und Lotionen verwenden. Sie können einige Tropfen des Bergamotte in Ihrem Lotion und Schönheitscreme zu platzieren, oder Sie können es zu einem sauberen Waschlappen hinzufügen und es auf den betroffenen Gebieten direkt.

Es ist wichtig zu beachten, dass eine der Hauptkomponenten der Bergamottöl ist Bergapten, einer Substanz, die giftig wird, wenn es dem Sonnenlicht ausgesetzt wird. Als solche müssen Bergamottöl immer von Sonneneinstrahlung geschützt werden, und es sollte immer in dunklen Bereichen und in dunklen Flaschen aufbewahrt werden. Sie sollten versuchen, direkte Sonneneinstrahlung für wenigstens 48 Stunden nach der Anwendung von Bergamottöl, um Ihre Haut zu vermeiden.

Bergamotte ätherisches Öl mischt sich gut mit Zedernholz, Salbei, ho Blatt, Geranie, Neroli, Citronella, Lavendel, Weihrauch, Jasmin, Mandarine, Palmarosa, Zitrone, Mandarine, Rosenholz, Zypressen, schwarzer Pfeffer, Geranie, Rosmarin, Orange, Sandelholz, Muskatnuss , betiver und Ylang-Ylang-Öl.

## **Ylang-Ylang-Öl**

Die weichen, süßen, blumigen Duft des Ylang-Ylang-Öl hat sich eine romantische Lieblings der ganzen Welt gemacht. Es ist Dampf aus den Blüten des Ylang-Ylang-Baumes, der Ylang-Ylang destilliert, und der Name bedeutet, Ylang-Ylang Blume der Blumen wörtlich. In Indonesien sind die Blüten des Ylang-Ylang-Baumes in den Betten der vor kurzem verheiratete Paare verstreut.



Die Qualität der Ylang-Ylang ätherisches Öl, das von der Ylang-Ylang-Pflanze gewonnen wird, hängt stark von der Tageszeit, dass die Blumen abgeholt werden. Am frühen Morgen ist die beste Zeit, um die Blumen zu pflücken, weil zu diesem Zeitpunkt die höchste Menge und auch die beste Qualität von Öl zur Verfügung steht.

Antidepressivum: Wenn Sie nach Gefühl und Sie wollen nicht zu einem anderen ätherischen Ölen vor für Ihre schlechte Laune ausprobieren, warum nicht versuchen, Ylang-Ylang? Ylang-Ylang ist als leistungsfähiges Antidepressivum für Jahre benutzt worden, und es kämpft Depression, die durch den Geist zu entspannen und Körper. Es induziert Gefühle der Hoffnung und Freude und kämpft gegen diese negativen Gefühle von Traurigkeit, Angst oder chronischer Stress, die bekommen können Sie sich dabei. Selbst diejenigen, die sich in einem Nervenzusammenbruch oder eine akute Schock werden kann von der Ylang-Ylang ätherisches Öl profitieren.

Seborrhoe: Seborrhoisches Ekzem, Seborrhoe oder kurz, ist eine schmerzliche Krankheit, die, wenn unsere Talgdrüsen Fehlfunktion auftritt. Es bewirkt, dass die unregelmäßige Talgproduktion und die daraus Infektion der Zellen der Epidermis. Es ist sehr schmerzhaft und unansehnlich und führt zu einer blassgelben oder weißen Haut, die leicht ablöst. Dieses Peeling auf der Augenbrauen, Wangen, Kopfhaut erfolgt in der Regel und bei allen anderen Haarfollikel gefunden werden. Ylang-Ylang ätherisches Öl ist der Führer bei der Heilung der entzündlichen Situation, dass seborrhoisches Ekzem bringt; es reduziert Hautreizungen und Rötungen durch die Behandlung der Infektion, während Regularisierung Talgproduktion. Beginnen Sie mit sechs Tropfen Ylang-Ylang-Öl in einen sauberen Waschlappen und es auf die Haut zweimal täglich; Sie kann die Konzentration bei Bedarf zu erhöhen.

Antiseptische: Mit jeder Wunde, die Sie oder Ihre Familie bekommt, es kommt mit ihm die

Chance auf eine schwere Infektion von Bakterien und anderen Mikroorganismen. Das Risiko von Komplikationen ist noch höher,

wenn die Wunde wurde mit einem Eisen-Objekt vorgenommen, so bleibt eine Chance, es immer von Tetanuserreger infiziert. Schützen Sie sich und Ihre Familie durch die Behandlung Ihrer Wunden mit Ylang-Ylang-Öl, das die Wunden von Viren, Bakterien und Pilze und damit Tetanus oder Sepsis schützt. Es hilft auch, beschleunigen den Heilungsprozess der Wunde.

Aphrodisiac: Wenn Sie wieder zu aktivieren oder zu verbessern, die Romanze zwischen Ihnen und Ihrem Herzblatt möchten, können Ylang-Ylang wirklich helfen, dass Schub zu geben. Es ist sehr nützlich für diejenigen, die Interesse an Sex aufgrund von Depressionen, Stress oder enorme Arbeitsbelastung verloren haben. Manchmal, aufgrund der Stress des modernen Lebens, können wir unsere Libido zu verlieren, aber das sollte nicht als Dauerzustand werden. Reiben Sie Ylang-Ylang ätherisches Öl am ganzen Körper, wenn Sie, dass Extra-Antrieb benötigen.

Blutdrucksenkende: Hoher Blutdruck hat sich in den letzten Jahren ein wachsendes Problem für Jung und Alt. Darüber hinaus, wobei die blutdrucksenkende Medikamente zur Senkung des Blutdrucks verwendet wurden, die negative Auswirkungen auf die Gesundheit der Menschen, die sie benutzen. Ylang-Ylang-Öl ist eine natürliche und wirksame Alternative, die verwendet werden können, um den Blutdruck in der Bluthochdruck senken.

Nervine: Ylang-Ylang ätherisches Öl ist sehr effektiv bei der Stärkung des Nervensystems. Es repariert alle Schäden des Nervensystems und stärkt sie. Es schützt die Nerven aus zahlreichen verschiedenen Störungen und reduziert die Belastung auf die Nerven als auch. Legen Sie ein paar Tropfen des Ylang-Ylang ätherisches Öl in Ihre Getränke täglich und geben Sie Ihrem Nervensystems eines gesunden Schub.

Ylang-Ylang ätherisches Öl wurde auch verwendet, um Infektionen von einigen inneren Organe einschließlich des Darms, des Magens, der Harnwege und der Doppelpunkt zu heilen. Es hilft denen, die von Müdigkeit, Schlaflosigkeit, Frigidität und anderen stressbedingten Erkrankungen leiden. Es ist sehr effektiv bei der Beibehaltung der

Haut jung und geschmeidig, und es hilft, um es durch die Beibehaltung des Fett- und Feuchtigkeitshaushalt der Haut mit Feuchtigkeit versorgt.

Einige Fälle von Kopfschmerzen, Übelkeit und Empfindlichkeit wurden beobachtet, wenn

Menschen die Ylang-Ylang ätherisches Öl in übermäßigen Mengen. Wenn es in den empfohlenen Dosen genommen ist es nicht toxisch ist und keine Irritationen verursachen.

Ylang-Ylang-Öl mischt sich gut mit anderen ätherischen Ölen wie Sandelholz, Lavendel, Grapefruit, und Bergamotte.

## **Ätherische Öle für die BEAUTY**

Wie Sie sehen können, sind die meisten ätherische Öle Multitalent und kann Ihnen helfen, eine Reihe verschiedener Aspekte Ihres Lebens zu verbessern. Dennoch gibt es einige ätherische Öle, die speziell zur Verbesserung der Schönheit angepasst sind. Ob es sich um die Verbesserung der Qualität der Haare, Nägel oder der Haut, werden diese ätherischen Öle haben Sie auf der Suche strahlend und von Ihrer besten Seite, wenn Sie sie verwenden, wie empfohlen.

## **ROSE und seine vielen DERIVATE**

Die meisten Menschen assoziieren Rosen mit Romantik und ihre süßen Gerüche, aber wussten Sie, dass Öle stieg kann Wunder auf Ihrer Haut zu arbeiten? Auszüge aus dem zarten Rose blühen kann bei allen Hauttypen verwendet werden, und sie sind häufig in Hautpflege-Produkte für die reife, empfindliche oder trockene Haut enthalten.

Die zwei Rosenarten, die in der Regel in der Hautpflege verwendet werden, sind die Rosa centifolia und der Rosa damascena. Das Rosa damascena stammt aus Bulgarien und hat einen tiefen und starken Geruch; das Rosa centifolia, von einigen als der marokkanische bekannt Rose oder der Kohl Rose, hat einen

sauberen, Licht und Duft. Beide sind für die ätherischen Öle, die von ihren Blumen kommen geschätzt, und es dauert Zehntausende von Rosenblüten auf 1 Unze Rose ätherisches Öl zu machen. Dies macht Rosenöl eines der teuersten ätherischen Öle um, aber die gute Sache ist, dass die unverfälschte Öl ist sehr konzentriert, und so ein paar Tropfen kann ein langer Weg zu gehen. Die Blüten werden gepflückt, wie sie in den frühen Stunden des Morgens Entfaltung.

Rosenöl enthält eine komplizierte Anordnung von Antioxidantien, Mineralstoffe und Vitamine, die es eine ausgezeichnete emollient zur Befeuchtung stumpf und trockene Haut zu machen. Es hat auch adstringierend, antiseptisch und entzündungshemmende Eigenschaften, um die Haut zu straffen, Behandlung von Akne, und die Entzündung zu verringern und Rötungen. Rosenöl ist oft in der Kontrolle von Hauterkrankungen wie Neurodermitis und Psoriasis verwendet, und es ist toll zu Raffineriehautstruktur. Eine Studie, die kürzlich am Rosenöl durchgeführt hat sogar bewiesen, dass es hilft bei der Heilung von Wunden der Haut, und wenn Sie es einatmen, es senkt die Konzentration des Stresshormons Cortisol im Körper und verringert die Menge an Wasser, die aus verloren deine Haut. Reiben Sie ein paar Tropfen Rosenöl in die Haut des betroffenen Gebietes und entspannen, während es heilt sie von innen nach außen.

Zusätzlich zu den oben beschriebenen Eigenschaften, Rosenöl hilft auch, Sie noch schöner durch beruhigende und entspannende Sie aussehen. Je glücklicher Sie sind, desto schöner werden Sie sehen, und Rosenöl kann ein langer Weg in die Herstellung und Sie glücklicher und erregt das Gefühl zu gehen. Fügen Sie einige Tropfen der Rose ätherisches Öl zu Ihrem Badewasser täglich und Sie werden den Unterschied in der Qualität und Textur der Haut zu sehen.

Ein weiteres Derivat aus der Rosenpflanze ist die Hagebuttenkernöl. Dieses Mal ist es von den kleinen Früchten, die sich hinter den Blüten der *Rosa moschata* oder *Rosa rubiginosa* sitzen gemacht.

Hagebuttenkernöl ist reich an Proteinen und Ölen, und es enthält hohe Mengen an Vitamin C. Alle diese Eigenschaften helfen, um Ihre Haut weich und mit Feuchtigkeit versorgt.

Es ist auch das einzige Pflanzenöl um, dass natürlich enthält Vitamin A / Retinol. Retinol ist äußerst nützlich bei der Behandlung von Falten, Linien und andere Zeichen des Alterns auf die Haut. Wildrosenöl auch verlangsamt die Bildung von Pigmenten, wie Sonnenflecken oder Altersflecken, so dass es eine gemeinsame Zutat in der beliebtesten Marken der Anti-Aging-Cremes, Hautaufheller, und Sonnenschutzmittel. Sie können sicher die Wildrosenöl, um Ihre Lieblings-Lotionen und Cremes hinzuzufügen; es wird nur helfen, ihre feuchtigkeitsspendende und schützende Wirkung zu verbessern.

Die endgültige ätherisches Öl, das aus den Rosen abgeleitet ist, die wir über die in diesem Buch wird zu sprechen, ist Rosenwasser oder Rose Hydrosol; einige Leute wissen, wie Rosen Destillat oder Rosenblütenwasser. Um die Rose Hydrosol erhalten, werden die kleinen Flecken von Rosenknospen in Kupfer Brenneren gedämpft, um das flüchtige therapeutischen Verbindung in das Wasser freizugeben. Es ist ein komplizierter Vorgang und das ätherische Öl wird abgezogen und die Rose Hydrosol, die Bestandteile der Blume und Mikromoleküle des ätherischen Öls enthält, eingefangen wird tropfen. Es wird oft in Haarwässern, Toner und Gesichtsnebel verwendet, weil seine antibakteriellen Eigenschaften helfen, zu schützen und auch die Haut auszugleichen. Setzen Sie etwas Rosenwasser in Ihr Shampoo, wenn Sie Ihre Haare waschen oder verwenden Sie es als Ihre persönliche Haaröl. Haar und Kopfhaut werden es Ihnen danken.

## **JASMIN**

Jasmine ist eine der berühmtesten Blumen, die Sie je gesehen habe. Egal, wo Sie in die Welt zu gehen, gibt es immer jemanden, der mit seinen erfreulichen noch süß und romantisch Duft vertraut sein wird. Die Blumen sind schön und sie blühen nur in der Nacht, die Luft mit ihren verführerischen Duft. Das Wort Jasmine ist persischen

Ursprungs und wird aus dem Wort, das bedeutet, abgeleitet "ein Geschenk Gottes." Der Name Jasmine ist ein gebräuchlicher Name für Mädchen auf dem indischen Subkontinent und in der Region Naher Osten. Die Blume ist mit Liebe und Romantik verbunden sind und ist die Inspiration für viele Dichter seit Anbeginn der Zeit.

Die Jasmin ätherisches Öl aus den Blüten der Pflanze Jasmin durch Wasserdampfdestillation extrahiert. Die Vielfalt der Jasmin, die hauptsächlich verwendet wird, ist die *Jasminum Officinale*. Das *Jasminum grandiflora* ist auch allgemein verwendet.

Jasmine ist seit langem für die Hautpflege und zur Behandlung von dehydrierten, spröde und trockene Haut verwendet. Es kann eine allergische Reaktion hervorrufen, wenn sie auf offene Wunden oder rissige Haut verwendet wird, so muss darauf geachtet werden. Dennoch ist es immer noch bei der Behandlung von Dermatitis und Ekzeme verwendet und ist sehr wirksam bei der Heilung dieser Erkrankungen. Einfach reiben Sie ein paar Tropfen des Öls in den betroffenen Gebieten täglich vor dem Schlafengehen.

Jasmine hilft auch, um die Elastizität der Haut wieder herzustellen. Es ist gut für Fading Narben und Dehnungsstreifen, und es hilft, gleichmäßiger Ton alle verschiedenen Arten von Haut, von empfindlich gereizt, um zu trocknen, um fettig.

## **ARGANÖL**

Sein Alias allein lässt Sie wissen, was ein Schatz dieses ätherische Öl ist: Arganöl, auch als flüssiges Gold bekannt. Es ist aus dem gigantischen Arganbaum, *Argania spinosa*, die wachsen kann sein mehrere Meter hoch und stammt aus Marokko stammt. Das Arganöl selbst wird aus den Kernen der Argan-Baum, und es ist äußerst reich an Nährstoffen wie Vitamin E und Fettsäuren ist. Es ist diese Fülle an wertvollen Nährstoffen, die sie gut für die Haut und Haare machen, und es ist ein beliebtes Öl der Wahl für viele Prominente, die sich leisten können, um es in Hülle und Fülle zu kaufen. Dieses Öl ist nicht nur für die Reichen und Schönen; jemand Arganöl verwenden können, um positive Veränderungen in ihrem Körper.

Argan-Öl ist sehr feuchtigkeitsspendend, und als solcher ist es allgemein als Feuchtigkeitsspender verwendet, um die Haut zu erweichen. Es wird in die Haut leicht absorbiert, und es ist nicht reizend und nicht-ölig. Es kann über den ganzen Körper verwendet werden, einschließlich der Hals und Gesicht. Glätten Sie einfach ein paar Tropfen des Öls in die Haut nach der Reinigung und sanft einmassieren es wie jedes andere Gremium oder Gesichtslotion. Sie können es als ein Serum, indem Sie Ihre Nachtcreme, nachdem das Öl in die Haut absorbiert worden zu verwenden. Sie können auch ein paar Tropfen des Argan-Öl in Ihr Badewasser oder Body-Lotion, und Sie werden immer noch die gleichen positiven Ergebnissen führen. Es ist sicher für den Einsatz auch auf die zarte Haut des Babys.

Sie können brauner Zucker, Vanille-Extrakt, und Arganöl zu verwenden, um eine exquisite Peeling-Lippe scheuern und Feuchtigkeitscreme zu erstellen. Fügen Sie einfach ein paar Tropfen des Arganöl zu einigen feinen braunen Zucker und Vanille-Extrakt (genug, um Ihre Lippen zu decken). Massieren Sie es leicht in Ihre Lippen mit kreisenden Bewegungen und dann spülen Sie es ab für sexier Lippen.

Wenn Sie müde von Ihren alten Gesichtsmaske oder wenn Sie es ein organisches Lift geben wollen, fügen Sie einfach einige Arganöl in den Mix. Drei Tropfen Arganöl, ein Esslöffel Honig, drei Teelöffel griechischen Stil Joghurt und einem Esslöffel Zitronensaft wird die beste hausgemachte verjüngende und Aufhellung Gesichtsmaske Sie jemals brauchen werden. Wenden Sie es auf eine saubere, trockene Gesicht und lassen Sie es für mindestens zehn Minuten. Dann waschen Sie sie mit etwas warmem Wasser. Wenn Sie den Aufwand, Ihre eigenen

Gesichtsmaske nicht stattfinden kann, müssen Sie einfach nur ein paar Tropfen des Arganöl mischen in Ihren Laden gekauften Maske für zusätzliche Hautverjüngung.

Menschen, die leiden unter Ekzemen haben oft juckende, schuppige und rohe Haut und sogar sie enorm von der Reparatur von Kraft von Arganöl profitieren können. Die Fettsäure und Vitamin E-Gehalt

versorgen die Haut mit den Nährstoffen, die es braucht, um sich selbst zu reparieren, und es wird auch verhindern, dass weitere Schäden und Reizungen. Ekzeme zu verringern, geben Sie eine kleine Menge des Arganöl direkt auf die betroffene Haut und massieren Sie es sanft in die Haut, bis alle es absorbiert worden. Andere Arten von Haut, die wund, rissig, gereizt, oder beschädigt kann auch von einer täglichen Dosis von Arganöl profitieren. Es wird den Schmerz zu lindern und die Entzündung zu verringern, und, wie gesagt, wird es die Heilungsrate zu erhöhen. Sogar Dehnungsstreifen kann durch die tägliche Anwendung von Arganöl in den Bereich minimiert werden.

Akne ist eine andere Hauterkrankung, die viele auf der ganzen Welt quält. Sind Sie müde und satt der Verwendung dieser Laden gekauften Feuchtigkeitscremes und Öle, die nur verschlimmern Ihre acneic Zustand? Wenn Ihre Antwort Ja ist, dann wählen Sie Arganöl den ganzen Weg! Es ist nicht fettende und wird dazu beitragen, Ihre Haut durch den natürlichen Feuchtigkeitshaushalt. Es ist auch mit natürlichen Antioxidantien, um Entzündungen zu behandeln und zu heilen geschädigten Hautzellen helfen gefüllt.

Geben Sie einige Tropfen Ihres Arganöl, um Ihre Akne-Haut befallen, nachdem Sie es reinigen und trocken tupfen. Reiben Sie sie sanft in die Haut zweimal täglich für leichte Akne, oder Sie können sogar mehr Anwendungen für chronische Akne. Dann entspannen Sie sich einfach und küsse Ihre Akne woes Abschied für immer.

Wenn Sie mit harten Absätzen und Nagelhaut finden sich, ist es Zeit, holen Sie eine Flasche Arganöl. Massieren Sie ein paar Tropfen des Öls in die Nagelhaut täglich, um sie weich zu machen und zu fördern Nagelwachstum. Sie können das Arganöl als Behandlung über Nacht für Ihre gerissen oder beschädigt Fersen zu verwenden. Einfach massieren eine reichliche Menge in Ihre Füße und Zehen, bevor Sie zu Bett gehen. Bedecken sie mit einer Socke und Sie werden zu einer gesünderen und weicher Füßen aufwachen.



Wenn Sie dachten, Arganöl nur gut für Ihre Haut und Nägel, dann sind Sie falsch gedacht. Es

kann auch Wunder wirken für Haar und Kopfhaut auch! Argan-Öl ist auch nachgewiesen worden Haare glänzender, seidiger und weicher zu machen; ist es der perfekte Anlage, wie sie mit Feuchtigkeit und schützt das Haar, Bedingungen Haar und macht es seidig glatt. Es hilft, um Spliss zu behandeln und es bändigt krauses Haar auch. Was will man mehr in einem Conditionierer stellen? Ersetzen Sie es anstelle von Ihrem nutzlosen Laden gekauften Anlage das nächste Mal, wenn Sie Ihre Haare waschen, und Sie werden angenehm überrascht von den Ergebnissen überrascht sein.

## **AROMA**

Aromatherapie ist die Wissenschaft und Kunst der Verwendung von natürlich extrahierte ätherische Öle aus Pflanzen zu harmonisieren, Gleichgewicht und fördern die Gesundheit von Geist, Seele und Körper. Es zielt darauf ab, spirituellen, psychologischen und physiologischen Prozesse zu vereinheitlichen, um angeborene Heilungsprozess des Einzelnen zu verbessern.

Einfach ausgedrückt, Aromatherapie wird mit dem Duft von ätherischen Ölen, die Körper, Geist und Seele zu heilen.

Sie können die verdünnten Öle in die Haut reiben und atmen Sie die lieblichen Geruch. Sie können ein paar Tropfen der ätherischen Öle, um Wasser in eine Sprühflasche hinzufügen, und verwenden Sie es als Lufterfrischer, oder Sie können eine Duftkerze, indem Sie ein oder zwei Tropfen des Öls in das geschmolzene Wachs der Kerze beleuchtet werden. Fallen euch noch andere Möglichkeiten, wie Sie das angenehme Aroma der ätherischen Öle zu genießen denken?

Während Sie das tun, lassen Sie mich Ihnen zu einigen anderen ätherischen Ölen, die große für die Aromatherapie einzuführen.

## **Ätherisches Zitronenöl**

Zitronenöl ist ein Favorit wegen seiner therapeutischen Qualitäten und sauberen Duft. Es erleichtert die Symptome von Arthritis und Akne, und es hilft bei der Verdauung und Konzentration. Es stammt aus der Citrus Limonum Pflanze, und das Öl wird aus der Schale über kalte Ausdruck extrahiert. Fügen Sie einige Tropfen des Zitronenöl, um Ihren Diffusor oder Verdampfer, um Ihre Energie zu erhöhen. Oder es zu Ihrem Lotion hinzuzufügen, massieren Sie es in Ihrer Haut, und atmen Sie das angenehme Aroma. Für ein Immunsystem zu stärken, ein paar Tropfen zu Ihrem Badewasser und lassen Sie es in die Haut genießen, während Sie den Duft einatmen.

Verwenden Sie keine Zitronenöl, wenn Sie in die Sonne gehen, da bestimmte Verbindungen innerhalb kann es mit den UV-Strahlen der Sonne reagieren auf Schadstoffe erstellen möchten.

### **Teebaumöl**

Der Teebaum ätherisches Öl extrahiert von den Stielen und Blättern der Melaleuca Alternifolia Anlage über Wasserdampfdestillation. Sie können es auf Ihre Diffusor oder Verdampfer hinzuzufügen und atmen es und wiederbelebt werden, oder Sie können es auf Ihre Haut auf viele verschiedene Arten anzuwenden. Mischen Sie das Teebaumöl mit Ihrem Lieblings-Creme, Öl oder Lotion und massieren Sie es in Ihrer Haut oder es zu Ihrem Badewasser. Sie können auch ein paar Tropfen des Teebaumöl Massage direkt in die Haut für eine sofortige Hebung.

Teebaumöl ist ein bekanntes Stärkung des Immunsystems und hilft zur Bekämpfung von Infektionen.

### **Ätherisches Pfefferminzöl**

Setzen Sie den pep wieder in Ihrem Schritt whiffing etwas ätherisches Pfefferminzöl heute. Es ist eine mehrjährige Pflanze, die bekannt ist, um Energie zu steigern, erhöhen die geistige Wachheit und haben eine erfrischende, kühle Wirkung. Ätherisches Pfefferminzöl wird über Wasserdampfdestillation aus dem mentha

piperita extrahiert, und es wird allgemein in Mundwasser, WC, Lotionen, Massageöl, und Verdampfer gefunden. Es verbessert auch Stimmungen, bekämpft Reizungen und Rötungen, fördert die Verdauung und lindert Symptome von Staus.

Vorsicht ist bei der Verwendung von Pfefferminze genommen werden, aber, weil das Menthol enthält es kann eine Mühe, einige Menschen. Halten Sie es von kleinen Kindern und benutzen Sie es nicht, während Sie schwanger sind.

### **Rosmarin ätherisches Öl**

Für eine natürliche Aufzug oder Speicherlade, fügen Sie ein paar Tropfen Rosmarinöl zu Ihrem Badewasser oder Luftbefeuchter. Rosemary ist eine wunderbare geistige Stimulans. Es geballte Leistung, wenn es um Aromatherapie kommt und hat als heilig seit Jahrhunderten.

Die Anlage, *Rosmarinus officinalis*, ist ein holzig, mehrjährige Pflanze, und das Öl wird durch Wasserdampfdestillation aus dem blühenden Teil der Pflanze extrahiert. Es ist bekannt, Sinusitis und Überlastungsprobleme zu lindern und auch die Gedächtnisleistung steigern. Sie können sie mit der Massageöle und Lotionen zu mischen, um Arthritis, schmerzende, steife Muskeln, Gallenblase und Leber Staus und andere Verdauungsprobleme zu helfen. Sie können auch sie in Ihre Shampoo, um Ihr Haar zu wachsen und zu heilen Ihre Kopfhaut.

Rosmarin sollte nicht von schwangeren Frauen, Menschen mit hohem Blutdruck, oder Menschen mit Epilepsie verwendet werden.

### **Eukalyptus ätherisches Öl**

Eukalyptusöl hat eine starke Duft, der leicht erkennbar ist. Es kommt aus dem Eukalyptusbaum, die in Australien heimisch ist. Es gibt mehr als fünfhundert Sorten von Eukalyptusbäumen, und das Öl wird Dampf von den Zweigen und Blättern einiger destilliert. Es hat

die Fähigkeit zur Konzentration zu erhöhen, und es ist ein sehr effektives Mittel gegen Atemwegserkrankungen.

Eukalyptusöl ist auch gut für die Abwehr von Migräne und es auch in einem Befeuchter gestellt und eingeatmet.

Epileptiker sollten es vermeiden, Eukalyptusöl. Frauen, die stillen oder schwanger sind, sollten auch vermeiden, mit dem Öl. Wenn es in hohen Dosen eingenommen wird, kann es tödlich sein.

Gemeinsame Leiden und die wesentlichen Ölmischungen, die verwendet werden, sie zu heilen Vielleicht wollen Sie nicht zur Verwendung eines einzigen Öl zu machen, aber Sie sie mischen zu schüren etwas, das speziell für ein bestimmtes Problem formuliert werden soll. Sich nicht zu fürchten; Ätherische Öle werden immer noch zur Rettung kommen.

### **Halsschmerzen oder Mandelentzündung**

Zutaten:

2 Tropfen Gewürznelke ätherische Öl

3 Tropfen Geranie

Anfahrt:

Mischen Sie in einem Diffusor und tief einatmen bei Halsschmerzen Erleichterung. Alternativ können Sie einen Tropfen von jeder der oben auf den Hals für die gleiche Halsschmerzen Erleichterung aufgeführten Bestandteile reiben.

### **CELLULITE**

Zutaten:

20 Tropfen Grapefruitöl

20 Tropfen Geraniumöl

Anfahrt:

Mischen Sie die oben genannten Zutaten in einer Unze Mandelöl oder fraktioniertes Kokosöl und wenden es auf die betroffene Stelle täglich

## **INSEKTENSCHUTZMITTEL**

Zutaten:

1-2 Tropfen Lavendel, Rosmarin, oder Teebaumöl

3-5 Tropfen Geranie

Anfahrt:

Alle Zutaten gut zusammen und wenden es auf dem Teil der Haut, die der Witterung ausgesetzt gelassen wird.

## **AKNE**

Zutaten:

5 Tropfen Manuka oder Neuseeland Teebaum oder regelmäßige Teebaumöl

6 Tropfen ätherisches Lavendelöl

1 Tropfen Geranie ätherisches Öl

1 Flüssigunzen fraktioniertes Kokosnussöl oder Jojobaöl

Anfahrt:

Gießen Sie die fraktioniertes Kokosnussöl oder Jojobaöl in eine sehr saubere Flasche und fügen Sie die Manuka, Lavendel, Geranie und ätherischen Ölen. Dicht schließen Sie die Flasche und rollen Sie es für eine Minute oder zwei, um die Zutaten zu mischen. Eine kleine Menge auf den Rücken, Hals oder Gesicht, aber sicher sein, um die

Nase, die Lippen, die Augen zu vermeiden, und in den Ohren. Jedes Mal, wenn Sie es verwenden, sanft rollen die Flasche, um sicherzustellen, dass die ätherischen Öle richtig gemischt werden

## **MENSTRUATIONSBESCHWERDEN**

Zutaten:

3 Tropfen ätherisches Lavendelöl

4 Tropfen Zypresse ätherisches Öl

5 Tropfen ätherisches Pfefferminzöl

1 Flüssigunzen Jojoba

Anfahrt:

Mischen Sie die Lavendel, Zypresse, und Pfefferminzöle gut mit dem Jojobaöl. Mischen Sie sie in einem dunklen, saubere Glasflasche und sanft einmassieren eine kleine Menge in Ihrem Bauchbereich, wenn Sie das Gefühl Krämpfe.

## **CONGESTION**

Zutaten:

4 Tropfen ätherisches Pfefferminzöl

25 Tropfen Ravensara ätherische Öl

30 Tropfen Eukalyptus ätherisches Öl

Aromatherapie Inhalator oder Wattebausch

Anfahrt:

Mischen Sie die Pfefferminze, Ravensara, und Eukalyptusölen in einem dunklen, saubere Glasflasche, vorzugsweise eines mit einem

eingebauten Tropfeinsatz oder der Öffnung Minderer.

Wenn Sie die Aromatherapie-Inhalator haben, genießen Sie den Einsatz in das ätherische Öl-Gemisch, die Sie erstellt und setzen Sie sie in das Rohr und befestigen Sie die Kappe. Heben Sie den Inhalator, um Ihre Nase und atmen Sie tief so viel wie nötig. Sie können auch zwei bis drei Tropfen auf einen Wattebausch auftragen und atmen Sie das ätherische Öl-Mix aus dem Wattebausch.

## **SCHLAFLOSIGKEIT**

Zutaten:

5 Tropfen Bergamottöl

5 Tropfen Muskatellersalbei ätherisches Öl

10 Tropfen Römische Kamille ätherisches Öl

Anfahrt:

Mischen Sie die Bergamotte, Muskatellersalbei und Römische Kamille Öle gut in einem dunklen, saubere Glasflasche. Fügen Sie ein oder zwei Tropfen der Sie in Schritt erstellt Gemisch vor, um ein Gewebe und legen Sie das Gewebe in dem Kopfkissen, damit Sie einschlafen in der Nacht.

## **ABSCHLUSS**

Ätherische Öle sind vielseitig Geschenke aus der Natur, die verwendet werden können, um Ihr Leben in vielerlei Hinsicht zu verbessern. Sie sind leistungsstark Substanzen, die helfen, Ihren Körper, Geist und Seele zu heilen. Es gibt verschiedene Arten von ätherischen Ölen mit jedem ätherisches Öl mit seinen eigenen einzigartigen Satz von Vorteilen. Sie sind einer der potentesten Allround-Heiler, die die Natur uns gesegnet hat, und, wenn sie kombiniert werden, können sie eine noch stärkere Verteidigung gegen gemeinsame Leiden und die gelegentlichen seltenen

diejenigen zu geben. Einige von ihnen sind sehr volatil, aber so lange, wie Sie wissen, wie zu benutzen und bewahren Sie sie sicher, sie werden mit Ihnen für eine sehr lange Zeit, und sie werden Ihnen von innen heraus zu heilen.

Wie man trockene Kräuter

*The Ultimate Guide to Leicht*

*Trocknen Kräuter zu Hause*

*Ella Marie*

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Abschluss



## Einführung

Es ist kein Geheimnis, dass Kräuter seit Jahrtausenden für ihren Nährwert und medizinische Zwecke verwendet werden. Die Tatsache, dass sie immer noch in zahlreichen Kulturen der ganzen Welt verwendet werden, bestätigt ihre gesundheitlichen Vorteile. Im Supermarkt, jedoch können Sie am Ende zahlen hohe Kosten für frische Kräuter von fragwürdiger Qualität.

Man kann nie wirklich wissen, was Sie bekommen. Einige Online-Websites behaupten, dass sie die beste Qualität haben. Aber nach wem? Wie beurteilen Sie die Wahrheit, wenn einige Online-Unternehmen ehrlich sind, während andere nur versuchen, einen hohen Gewinn aus Ihrer Unwissenheit zu verwandeln. Finden Sie das beste Angebot und die beste Qualität ist schwierig, wenn nicht unmöglich.

Eine Alternative zum Kauf von Kräutern ist jedoch das Wachstum Ihres eigenen und dann ernten sie. Sie sind lustig, zu wachsen und kosten nicht viel. Sie wissen nicht einmal, was Sie benötigen, und Sie sind verfügbar für Sie zu nutzen, wenn Sie bereit sind. In diesem E-Book werden Sie über Ernte, Trocknung und Aufbewahrung Ihrer Kräuter, so dass sie später mitgekocht und serviert werden, zu lernen.

Um Kräuter zu wachsen, können Sie viel Raum nicht benötigen, so dauert es nicht eine große angelegte Garten. Sie können entscheiden, die Kräuter im Freien zu wachsen, aber sie würden auch auf dem Fensterbrett in Ihrer Küche passen. Sie müssen nicht, um Tausenden von Stunden um sie zu kümmern.

Sie werden jedoch müssen einige Zeit und Energie in die Anfangsphase der Pflanzen zu investieren. Sie brauchen die richtige Menge an Wasser und Sonnenlicht. Sie müssen auch gelegentlich beschneiden sie, so dass die toten Blätter nicht stehlen wichtige Nährstoffe aus der gesunden Pflanze.

Der Trocknungsprozess selbst ist auch sehr wichtig zu verstehen. Wenn die Kräuter sind nicht richtig getrocknet, sie verschimmelt wachsen können und werden zerstört. Nicht ordnungsgemäß getrockneten Kräutern auch nicht den gleichen Wert, den Sie wollen, anzubieten oder zu

erwarten.

Jetzt können Sie werden erkennen den Wert von Kräutern, sondern darauf, dass man nicht wachsen sie sich. Zu oft scheuen die Menschen weg von etwas Neuem. Stattdessen sollten Sie fett und zu umarmen diese Gelegenheit. Starten ist der erste Schritt zur Erreichung alle Vorteile.

Es ist deine Entscheidung.

Darüber hinaus ist es nicht schwer, Kräuter trocknen, und das E-Book wird Ihnen helfen, viele Möglichkeiten zu erkunden. Welche Methode Sie wählen, um zu verwenden kommt oft auf die persönlichen Vorlieben. Oder möchten Sie vielleicht ein paar Optionen zu versuchen und sehen, was passt am besten auf Ihre Bedürfnisse.

Sie brauchen nicht, ein Experte zu wachsen und trocknen Sie Ihre eigenen Kräuter sein.

Allerdings brauchen Sie, um ein grundlegendes Verständnis der Schritte beinhaltet. Die richtige Lagerung ist genauso wichtig wie das Trocknen der Kräuter. Der Schlüssel ist, die Kräuter einsatzbereit haben, wann immer Sie es wünschen.

Sie werden sehr glücklich mit den Ergebnissen aus Wachsen und Trocknen Ihrer eigenen Kräuter sein. Hier finden Sie die genauen Zutaten, Nährwerte und medizinische Zwecke zu kennen.

Wenn so viele Laden gekauften Artikel mit Chemikalien und Pestiziden behandelt, kann homegrown Lebensmittel auch Sie mit etwas Ruhe-of-mind.

## **Kapitel 1**

### **Warum Drying Herbs ist wichtig**

Trocknen von Kräutern richtig ist wichtig, damit sie ihre Ernährung oder medizinische Werte nicht verlieren. Es macht keinen Sinn, die Zeit, um zu wachsen und ernten sie zu nehmen, aber dann den Ball fallen, wenn es um Trocknung und Lagerung kommt.

### **Verhütung**

Verhinderung von Schimmel, Hefen und Bakterien wachsen auf Ihrem Kräutern ist unerlässlich.

Dies kann nur durch Entfernung des gesamten Feuchtigkeit aus ihnen ausgerichtet werden.

Leider kann Feuchtigkeit nicht zu sehen, aber seine Präsenz in Kürze bekannt sein: wenn Sie ein Glas oder eine Tüte mit Ihrem getrocknete Kräuter zu öffnen, werden sie zerstört werden. Die Farbe und der Geruch wird sofort an, wenn etwas nicht stimmt. Wenn Sie sie vollständig trocknen, jedoch müssen Sie nicht diese Frage.

### **Zugänglichkeit**

Es kann nahezu unmöglich sein, immer frische Kräuter in der Umgebung. Sie haben nicht sehr lange dauern. Jedoch, wenn Sie sie zu trocknen, werden sie bereit für Ihren Einsatz zu jeder Zeit.

Sie können schnell von zu Hause auf sie zugreifen statt hetzen in den Laden auf der Suche nach frischen Kräutern.

Sie werden auch ein gutes Gefühl zu wissen, dass sie, ohne Chemikalien angebaut. Sie können nicht wissen mit Sicherheit, wenn Sie von einer Firma, getrocknete Kräuter kaufen. Wenn Sie etwas, das ganz natürlich ist wollen, ist es am besten, der seinen Ursprung gewährleistet werden.

Idealerweise sollten Sie genug Kräuter wachsen, die Sie durch den Herbst- und Wintermonaten zu bekommen. Auf diese Weise können Sie haben genug, bis zum Frühjahr, wenn Sie mehr als mit Anbau und Ernte neue zu starten. Getrocknete Kräuter für mehr als ein Jahr lagern, wie sie beginnen, ihre gesamten Wert verlieren. Es kann schwer auf den ersten sein, um abzuschätzen, wie viel Sie über mit einem Jahr, aber tun Sie am besten zu beurteilen.

Achten Sie auf, wie viel und häufig Sie Kräuter nun, und während Ihrem ersten Jahr, so dass Sie sich für die Zukunft anzupassen. Wenn Sie mehr benötigen, ist es am besten, verschiedene Pflanzen in den verschiedenen Phasen des Wachstums zu halten. Dann müssen Sie nicht ganz von vorne anfangen und warten, bevor Sie mehr von der verfügbaren Kräuter haben.

## **Kosten**

Sie werden deutlich weniger Trocknungs verbringen Sie Ihre Kräutern, als Sie sie kaufen. In der Tat, werden Sie auf den gesamten Prozess der wachsenden ihnen ernten sie, trocknet sie und speichert sie, als Sie sie kaufen weniger ausgeben.

Wenn Sie Kräuter häufig verwenden, wird diese Sie Geld sparen und macht sehr viel Sinn. Wie Sie mehr über die gesundheitlichen Vorteile verschiedenen Kräutern bieten, werden Sie geneigt, sie noch mehr als Sie jetzt tun zu verwenden. Geld zu sparen ist ein Bonus, den Sie wollen nicht, um darauf zu verzichten.

Zusätzlich was, wenn Sie ein chronisches Gesundheitsproblem zu entwickeln aufgrund ungesunder Ernährung? Sie werden am Ende die Ausgaben sogar noch mehr auf Arztbesuche, Zuzahlungen, Selbstbehalte, und Medikamente. Viele Kräuter tatsächlich helfen, Krankheit zu verhindern, und dass bis zu mehr Geld in der Tasche bleiben hinzufügen können.

## **Nutzen für die Gesundheit**

Verschiedene Arten von Kräutern bieten entweder Ernährungs- oder medizinischen Wert. Einige von ihnen bieten beides! Es ist wichtig, diese Attribute zu verstehen, wenn man bedenkt, Anbau, Ernte, Trocknung und speichert sie.

Verbringen Sie einige Zeit das Lesen von Informationen und Fallstudien von namhaften Bücher oder Websites. Sie werden feststellen, dass, immer und immer wieder lernen, zeigen die Ergebnisse, dass der Verzehr von verschiedenen Kräutern macht die Menschen fühlen sich besser und reduziert die Symptome der gesundheitlichen Problemen.

Die Welt der modernen Medizin kann die Verwendung von Kräutern nicht vollständig verstehen

- noch - aber sie können den Wert, den sie bieten nicht ignorieren. Es ist auch eine Tatsache, dass seit Jahrhunderten verlassen unsere Vorfahren auf Kräuter und natürliche Heilmittel für das Überleben.

Wenn Sie Kräuter verwenden, wie verwiesen, gibt es kein Gesundheitsrisiko für Sie. Wenn es um die Gewinnung von Ölen aus Kräutern kommt, denken Sie daran, dass sie sehr potent sind.

Nur ein paar Tropfen wird ein langer Weg! Mit all diesem Hintergrund haben Sie nichts zu, indem Kräutern einen Versuch zu verlieren.

## **Nährwert**

Viele Menschen kochen mit Kräutern, weil sie ihre Aromen mögen. Allerdings entwickelt diese Geschmack, weil die Zutaten angeboten Nährwert.

Unsere Vorfahren nicht essen verarbeitete Lebensmittel oder große Mengen an Zucker, und sie Tag für das Überleben in körperlicher Arbeit Tag beschäftigt. Die Lebensmittel, die sie gegessen wurden ausgewählt, um ihnen die beste Nährwert bieten. Das war nicht nur, um ihre Körper die Bedürfnisse passen, aber, um das Risiko von Gesundheitsproblemen als auch zu reduzieren.

Zimt, zum Beispiel kann dazu beitragen, den Stoffwechsel an. Folglich reguliert den Blutzuckerspiegel. Dies gilt vor allem für Menschen, die einen signifikanten Anstieg der Blutzuckerspiegel nach den Mahlzeiten zu erleben.

Getrocknete Gewürznelken, auf der anderen Seite, bieten starke Antioxidantien. Sie helfen, das Risiko für verschiedene Gesundheitsprobleme zu reduzieren, und kann Ihren Körper, um Funktion von seiner besten Seite aufgefordert.

Dies sind nur einige der Beispiele, wie Kräuter können Ihnen helfen, viel besser fühlen, aber auch zur Verbesserung der Geschmack Ihrer Lebensmittel. Wir alle müssen essen, also warum nicht etwas, das gesund und schmackhaft ist essen?

### **Medizinischen Wert**

Getrocknete Ingwerpulver natürlich entzündungshemmend und ist ein Paradebeispiel für ein Kraut mit großem medizinischen Wert. Es kann helfen, die Schmerzen und Beschwerden, die oft mit verschiedenen Formen von Arthritis zu reduzieren.

Mit all der großen Informationen da draußen, sind mehr Menschen geneigt, getrocknete Kräuter für medizinischen Wert zu verwenden. Dies kann ihnen helfen, die Kosten für teure Medikamente zu vermeiden. Es kann auch helfen, die harte Nebenwirkungen von solchen Medikamenten zu vermeiden.

Allerdings bedeutet dies nicht, dass die Verwendung von getrockneten Kräutern ist ein Ersatz für die medizinische Versorgung. Sie sollten darauf achten, nicht zu diagnostizieren und zu behandeln sich selbst oder andere zu sein. Arbeiten Sie immer mit Ihrem medizinischen Fachkräften zu bewerten und zu behandeln gesundheitliche Bedenken.

Scheuen Sie sich nicht zu sagen, dass Sie Ihren Arzt, dass Sie Kräuter für medizinische Zwecke entweder nicht nutzen. Obwohl sie nicht oft verschreiben Kräutern gesagt, sie sollte auch nicht sagen,

sie nicht zu verwenden. Es ist wichtig, immer ehrlich mit Ihrem Arzt, so dass sie wissen, was Sie verbrauchen und wie oft.

Beachten Sie, dass viele Kulturen überlebt seit Hunderten von Jahren unter Berufung auf Kräuter. Sie hatten nicht Krankenhäusern und anderen Einrichtungen, wo sie für die Pflege zu gehen, wie wir es heute tun. Viele Verbraucher wie die Idee des "geht zurück zu den Grundlagen" und die Vermeidung von Medikamenten.

Es gibt einige allgemeine Regeln, die Sie folgen müssen, wenn Sie zu wachsen und Ernte Kräuter für medizinische Zwecke zu planen. Sie sind:

Wachsende die richtigen Kräuter für Ihre Gesundheit braucht.

Sicherstellen, dass der Boden, in dem Sie sie pflanzen ist nicht voll von schädlichen Chemikalien.

Heben Sie Ihre Kräutern Vormittag oder am frühen Nachmittag, so der Tau verdampft ist. (Dew wird das Risiko von Schimmel zu erhöhen.)

## **Kapitel 2**

### **Kommissionierung Kräuter zu trocknen**

Sobald Sie die Kräuter wachsen entschieden haben, müssen Sie die Anweisungen für die genau einzuhalten. Einige werden mehr Wasser oder Sonnenlicht als andere erfordern. Achten Sie auf die Art, wie sie aussehen und ändern Sie Ihre Pflege-Routine, wenn die Dinge nicht gut laufen.

Beschriften Sie Ihre Kräuter, auch wenn Sie pflanzen sie, weil so viele gleich aussehen, wenn sie zu wachsen beginnen. Sie müssen sich darauf verlassen, was ein bestimmtes Kraut ist, bevor Sie es für seinen Nährwert oder medizinische Zwecke zu verwenden.

Es ist auch wichtig, um einen guten Blick auf die Blätter der Kräuter zu halten, wie sie wachsen.

Nehmen Sie sich Zeit, um sie auszusondern und zu Teilen der Pflanzen, die beschädigten oder erkrankten aussehen zu entfernen. Wenn Sie sehen, dass der Schaft verfärbt ist, wird das Laub hängenden, oder die Anlage hat schwarze Flecken, wissen Sie, Sie ein Problem, das nicht ignoriert werden kann.

Einige Kräuter müssen gezogen werden, während andere zu schneidenden müssen. Es gibt auch diejenigen, die gezupft werden müssen. Mit der richtigen Methode ist wichtig, damit Sie nicht zu beschädigen oder zu ruinieren, was Sie ernten. Sie müssen scharfe Messer und scharfe Schere, um den Job richtig zu tun.

### **Verwenden Sie die gesamte Anlage**

Nicht automatisch werfen die Anlage und verwenden Sie nur seine Wurzeln. Nur bestimmte Arten von Kräutern arbeiten auf diese Weise. Stellen Sie sicher, dass Sie die richtigen Informationen für die Kräuter mit dem Sie arbeiten können. Die Art und Weise, um ein Kraut ernten vielleicht nicht die beste für den nächsten zu sein.

Wählen Sie die Blätter, die die gesündeste bis zur Ernte zu suchen. Die älteren Blätter sind nicht dabei, Sie so viel Wert zu bieten. Sie können sie zu sammeln und sie als Mulch für Ihren Garten, damit sie nicht gehen zu vergeuden. In Abhängigkeit von den Kräutern Sie wachsen sind, können Sie mit:

Blätter

Stiele

Samen

Blütenköpfe

Rinde



Wurzeln

## **Wenn bis zur Ernte**

Zu wissen, wann zu schneiden und zu ernten, die Kräuter auf den ersten einschüchternd sein.

Wenn Sie zu früh, können Sie Ihren Ertrag zu klein sein; wenn Sie zu spät sind, können die Pflanzen beschädigt werden. Drinnen wächst sie in kleinen Töpfen ist der einfachste Weg, um ein gutes Auge behalten.

Jedes Kraut variiert, wenn es bereit, geerntet werden soll. Das heißt, Sie brauchen, um sich mit den Details der einzelnen Kräuter Sie wachsen vertraut. Beim ersten Start aus, halten Sie sich an nicht mehr als drei Kräutern. So können Sie sich auf sie, ohne Gefühl überwältigt.

Als Ihr Niveau an Komfort und Know-how wächst, können Sie beginnen, weitere Kräuter pflanzen. Sie wollen die Grundlagen nach unten zu bekommen und Ihre Zeit zu verwalten, aber.

Andernfalls alle Arbeit, die Sie in den Anbau von ihnen wird eine Verschwendung gelegt.

Nicht wenige Kräuter, die Menschen wachsen grüne Pflanzen, die Samen bringen wird. Sobald die Samen entwickelt haben, werden die Pflanzen, die nicht weiter wachsen. Sie haben ihren beabsichtigten Zweck diente. Wählen Sie die Blätter oft mehr Laub zu ermutigen, zu wachsen, bevor diese Samen angezeigt. Solche Kräuter sind Basilikum, Schnittlauch, Petersilie.

Basil muss während des Wachstumsprozesses häufig geschnitten werden. Wenn Sie erlauben, zu wachsen ungezähmt, es gestreckt steigt aus. Wenn Sie es trimmen, werden Sie feststellen, dass die Pflanze wächst nach außen als auch nach oben. Es wird auch ein sehr tiefgrüne Farbe. Es ist bereit zu ernten, wenn es etwa 12 "hoch und hat einige grüne Blätter.

Schnittlauch neigen dazu, sehr schnell wachsen. Sie wachsen vor allem im Frühjahr und Sommer. Wenn Sie sie häufig verwenden, pflanzen sie in verschiedenen Töpfen zu unterschiedlichen Zeiten. Dies ermöglicht Ihnen, Ernte und Trocknung einige, während andere noch wachsenden und bereit sein wird, in ein paar Wochen zu ernten.

Petersilie kann sehr schwierig zu schneiden, wenn es bereit zu ernten ist. Besorgen Sie sich die gesamte Blatt und halten Sie ihn rund um den Stiel. Nip es in dem Bereich, wo es beginnt zum

Verklumpen. Die älteren Blätter sind hart, so zu vermeiden, schneidet sie.

Sie benötigen, um zu ernten Rosmarin, bevor es holzig wird. Schneiden Sie die Triebe, aber nicht in die Zweige, die holzigen und ohne Blätter geschnitten. Sie können Rosmarin in Trauben trocknen, also keine Sorge, wenn Sie ziemlich viel es sofort zu ernten.

Der beste Weg, Basilikum geerntet wird mit einer Schere, die fest zwischen dem Daumen und Zeigefinger gehalten werden. Snip direkt über einem Paar von Blättern, wo man neues Wachstum zu sehen. Wenn man unter einem Blatt geschnitten wird, wird der Schaft zu kurz ist, weiterhin zu wachsen. Stattdessen wird es verdorren, und Sie müssen, um sie zu ersetzen.

Capsicum geschnitten werden sollte, wenn es sich dreht Veränderungen Farben. Viele Leute schneiden, wenn sie noch grün. Allerdings, wenn Sie geduldig sind, wird es beginnen, gelb, rot und orange. Das ist, wenn Sie sollten es zu ernten. Sie müssen sehr vorsichtig sein mit den Stielen, da sie sehr spröde sind sein.

Mint ist eine der einfachsten Kräutern zu wachsen und zu ernten. Snip aus gesunden, reifen Blätter. Dies wird es ermöglichen, weiter zu wachsen und für Sie, um mehr zu ernten, wenn Sie es brauchen.

Oregano hat eine sehr flache Wurzeln, so dass Sie müssen vorsichtig sein, mit ihnen zu sein.

Dies ist eines der wenigen Kräuter in dem Sie aufgefordert werden, um die älteren Blätter schnippeln und zu nutzen. Lassen Sie die jüngeren Blätter, in Kraft bleiben, so dass sie weiter wachsen und gedeihen können.

Mit Salbei, schnippeln die jüngeren Blätter noch zart sind. Aber Sie wollen nicht mehr geschnitten als die Hälfte der Anlage. Wenn Sie das tun, wird es neue Blätter produzieren mehr für dich. Versuchen, es zu früh in den Tag zu ernten, wenn die Blätter trocken vom Tau sind.

Aber warten Sie nicht, bis es zu heiß wird oder die ätherischen Öle werden von der Hitze der Sonne getrocknet werden.

Thymian ist ein anderes Kraut mit sehr flachen Wurzeln, so dass Sie es mit Sorgfalt zu ernten müssen. Verwenden Sie eine Schere, um entfernen Sie vorsichtig, was Sie brauchen. Achten Sie

darauf, nicht zu viel Kraft zu verwenden, oder Sie werden die gesamte Anlage zu entwurzeln.

Wenn Sie ernten Schalotten, von der Außenwelt abgeschnitten und arbeiten Sie sich in. Sie werden sehen, das Zentrum der Anlage hat die neuen Triebe entstehen. Sie werden diese äußeren Blättern Sie weggeschnitten ersetzen.

Dies ist kaum eine erschöpfende Liste, also keine Sorge, wenn Sie Anweisungen für die Kräuter, die Sie interessiert sind, wächst nicht sehen. Ein wenig Forschung online wird Ihnen sagen, die besten Methoden für Anbau und Ernte von anderen Kräutern. Sie können sich auch Schritt-für-Schritt-Videos online, die sehr hilfreich sein kann, wenn Sie zuerst anfangen, Ihre eigenen Kräuter wachsen.

## **Kapitel 3**

### **Vorbereitung auf die**

### **Trocknungsprozess**

Die Einträge, die für den Trocknungsprozess vorbereiten müssen wirklich hängen von der Methode, die Sie verwenden. Keine Sorge, keiner von ihnen erfordern teure Geräte oder so etwas. Die meisten Menschen haben fast alles, was sie bereits in ihrer Heimat brauchen.

## **Zeit**

Es ist wichtig für Trockenkräuter, weil Sie nicht den Prozess überstürzen. Sie müssen die Kräuter der richtige Weg, erfolgreich zu trocknen. Es Sie nicht bereit sind, diese Zeit zu ermöglichen, gibt es keinen Punkt in selbst ab. Denken Sie daran, dass der Prozess kann länger die ersten paar Male Sie ernten zu nehmen. Danach werden Sie in der Lage, um es schneller und effizienter zu machen.

## **Zubehör**

Die Lieferungen müssen, hängt von der Methode, die Sie zum Trocknen verwenden möchten.

Sie werden diese Optionen in einem späteren Capitel lesen Sie über und können dann entscheiden.

Wenn Sie gehen, um die Kräuter zum Trocknen aufhängen, müssen Sie Bindfäden.

Sie müssen auch Jutesäcke oder Käse Tuch. Diese Einzelteile sind, die Kräuter zu decken, so dass die Sonneneinstrahlung wird nicht berauben sie ihres Wertes. Die UV-Strahlen hilft ihnen trocken, aber zu viel Belastung verringert den Gesamtwirkungsstärke der Kräuter.

Wenn Sie vorhaben, das Gerät zu verwenden, müssen Sie mehrere Backbleche. Dies ermöglicht Ihnen, die Kräuter in einer einzigen Schicht gelegt. Sie können eine Dörrgerät mit Schalen oder Ihrer Mikrowelle zu verwenden.

Einige Leute mögen Handschuhe verwenden, damit sie nicht die Kräuter direkt berühren. Holen Sie Einweghandschuhe, damit Sie sie

ein und aus während des gesamten Prozesses zu nehmen, wie Sie benötigen. Sie können ein Paket von Einweg-Handschuhen für nur ein paar Dollar zu bekommen.

## **Verpackung und Kennzeichnung**

Sie müssen auch Taschen oder Gläser für die Speicherung von getrockneten Kräutern erfolgreich. Sie sollten auch nicht kennzeichnungspflichtig. Dies wird in mehr Tiefe in einem späteren Capitel abgedeckt werden.

Sie brauchen keine große Gläser, wenn Sie die Kräuter in großen Mengen verwendet werden soll. Sie können kleine Glasgefäße, die Kork-Deckel haben zu bekommen. Diese sehen toll aus und sie haben nicht viel Platz. Sie können ganz einfach beschriften und zugänglich halten.

## **Arbeitsbereich**

Sie werden viel Platz zum Arbeiten benötigen, um Ihre Kräuter erfolgreich ernten. Eine Küchentheke oder Küchentisch ist eine gute Option. Stellen Sie sicher, alles wird abgewischt und getrocknet, bevor Sie die Arbeit mit den Kräutern zu starten.

Wenn Sie mit einem Trocknungsverfahren, die mehrere Wochen dauern wird sind, müssen Sie diesen Raum für die erforderliche Menge an Zeit ungestört zu halten. Es ist dieses Problem mit dem Raum, der oft Menschen ermutigt, schneller Kräutertrocknungsverfahren, wie der Ofen oder Dörrgerät zu verwenden.

Wenn jedoch hängen, um zu trocknen, werden sie nicht viel Platz überhaupt. Sie werden Ihren Arbeitsbereich wieder benötigen, obwohl, wenn sie vollständig trocken sind. Dies ist, wenn Sie gehen, um sie zu bröckeln und verpacken sie.

## **Wasch- und Reinigungs**

Sie müssen die Kräuter, die Sie gewonnen haben, bevor Sie sie zu trocknen waschen. Verwenden Sie eine Bürste mit steifen Borsten zur schonenden Entfernung keine Rückstände oder Boden.

Eine Nagelbürste ist ideal, weil es klein und passt snugly um Ihre Finger für einen guten Griff.

Spülen Sie den Rückstand und Schmutz mit warmem Wasser. Vorsichtig trocken tupfen mit Küchenpapier, um das überschüssige Wasser zu entfernen. Sie können auch ermöglichen, dass die Kräuter, um auf ein Handtuch auf den Tresen zu trocknen, während Sie mit anderen arbeiten.

Einige Verbraucher überspringen Sie diesen Wasch Teil des Prozesses. Sie rechnen es wird die Kräuter länger, um zu trocknen. Allerdings, wenn Sie nicht waschen sie, riskieren Sie, Schmutz und Rückstand immer in Ihrer Nahrung, wenn Sie mit ihnen zu kochen.

Das Waschen nicht mehr als ein paar Minuten, und Sie sanft pat können die Kräuter mit Papiertüchern trocken. Führen Sie diesen Schritt in dem Bemühen, die Menge an Zeit, die Sie Ihre Kräuter zum Trocknen zu reduzieren überspringen nicht. Sie werden später möchten auf Sie die Zeit, es zu tun genommen hatte!

## **Extraktionen**

Wenn es um die Kräuter Verwendung für Arzneimittel geht, müssen Sie möglicherweise die Flüssigkeiten aus der Pflanze zu extrahieren. Auf diese Weise werden Sie nicht wirklich werden mit

Hilfe

der

Pflanzenmaterialien,

wie

Blätter

oder

Stängel.

Es

gibt

drei

Hauptextraktionsmethoden Sie benutzen können. Die, die Sie wählen können eine persönliche Präferenz können je nach Bedarf, Komfort, und / oder der Art der Pflanze sie aus Extrahieren. Es ist eine gute Idee, alle drei Optionen prüfen, bevor Sie eine endgültige Entscheidung treffen.

Diese Optionen sind:

Infusion

Dekokt

Tinktur

## **Infusion**

Sie können den Begriff tisane austauschbar mit Infusion verwendet zu hören. Es ist eines der häufigsten und schnellste Verfahren der Extraktion. Du wirst brauchen: Eine kleine Eisenpfanne

Ein Glaskrug

Ein Teesieb

Ein Haushalt Skala

Verwenden Sie keine Pfannen, die aus Aluminium oder Kupfer bestehen. Sie können Partikel, die in Ihrem Verdauungssystem zu

lösen. Sie können auch dazu führen, die Kräuter, um einen bitteren Geschmack haben.

In etwa einem halben Liter kaltes Wasser in die Pfanne geben. Hitze, bis das Wasser kocht und schalten Sie die Hitze. Fügen Sie die Kräuter, um das Wasser, wenn es noch warm, aber nicht mehr kochendem ist. Rühren Sie vorsichtig, damit die Kräuter vollständig untergetaucht, aber darauf achten, nicht zu beschädigen.

Ermöglichen, dass die Pflanzen im Wasser für 10 Minuten bleiben. Gießen Sie die Flüssigkeit durch das Sieb in den Glaskrug. Mit einigen Kräutern, die Sie benötigen, um sie zwei oder drei Mal aufgrund ihrer Potenz belasten. Stellen Sie sicher, Sie in diese Informationen für, welche Kräuter mit dem Sie arbeiten zu suchen.

## **Dekokt**

Ein weiteres gemeinsames Verfahren zur Herstellung von Kräuter für Medizin Abkochung. Das ist nicht schwer zu lernen, aber viele Menschen finden, dass, um sich voll zu beherrschen, sie, müssen sie oft üben. Dies ist eine gute Methode, wenn Sie sehr kleine Mengen an Medizin machen wollen.

Platzieren Sie eine Unze getrocknete Kräuter in einer Pfanne mit einem halben Liter Wasser und bringen es zum Kochen bringen. Reduzieren Sie die Hitze und lassen Sie die Flüssigkeit zum Kochen fortzusetzen. Halten Sie ein Auge auf sie und vom Herd nehmen, wenn das Volumen in der Pfanne auf etwa  $\frac{1}{4}$  der ursprünglichen Flüssigkeit reduziert.

Belasten Sie es gut. In der Regel wird diese Methode verwendet, wenn Sie aus Rinde oder Wurzeln von Kräutern Extrahieren. Wenn Sie eine große Menge des extrahierten Element benötigen, ist dies nicht die beste Methode, um zu wählen.

## **Tinktur**



Mit diesem Verfahren zur Extraktion aus Kräutern, werden Sie Alkohol statt Wasser verwenden, da es effektiver ist. Es zieht mehr der wertvollen medizinischen Eigenschaften als Wasser kann.

Das ist, warum einige herbalists werden die Pflanzen in Alkohol tränken, bevor sie sie benutzen.

Verwenden Sie kein Methanol oder Holzgeist für diese Methode der Extraktion. Anderenfalls kann eine Person, die sehr krank werden oder sogar sterben. Weichen Sie über eine Unze ein Kraut in einem halben Liter Alkohol für 8 Wochen. Schütteln Sie den Behälter jeden Tag für die ersten 4 Wochen. Dann einfach lassen Sie es für die nächsten 4 Wochen zu sitzen. Und Dehnung an dem Ende der 8 Wochen Zeitrahmen.

## **Kapitel 4**

### **Trocknungsverfahren**

Sie haben mehrere Möglichkeiten, wenn Trocknen Sie Ihre Kräutern. Manche Menschen haben eine Methode, die sie die ganze Zeit. Für andere, es hängt von den Arten von Kräutern, die sie verwenden. Auch hier sollten Sie ein paar Möglichkeiten zu erkunden, um zu entscheiden, was am besten für Sie.

Egal welche Methode oder Methoden, die Sie verwenden möchten, nicht einschüchtern lassen!

Trocknen von Kräutern ist viel einfacher, als Sie vielleicht gedacht haben. Nehmen Sie sich Zeit, einige Grundlagen zu lernen und alles wird gut.

### **Wann werden sie trocken?**

Sie müssen die Kräuter vollständig trocknen genügend Zeit. Die Pflanzen sind vollständig trocken, wenn sie brüchig und zerfallen in der Hand mit Leichtigkeit. Zerquetschen Sie nicht die Blätter, bis Sie tatsächlich bereit sind, sie zu nutzen.

Beachten Sie, dass, wenn die Kräuter sind nicht ganz trocken, werden sie anfällig für Schimmel und andere Probleme. Dann müssen Sie wegwerfen, die Kräuter nicht profitieren von Ihren Bemühungen. Geben Sie ihnen die Zeit, die sie vollständig trocknen müssen, und Sie werden mit den Ergebnissen zufrieden sein.

## **Grundlegende Tipps**

Bevor wir uns in die eigentliche Trocknungsverfahren, gibt es einige grundlegende Tipps, möchte ich mit Ihnen teilen. Sie können Ihnen helfen, ein solides Verständnis darüber, warum Sie in gewisser Weise trocknen zu gewinnen.

Die Trocknung ist die traditionelle Methode, die von frühen Hochkulturen zur Konservierung von Kräutern verwendet wurde. Auch wenn die Methode ist alt, bedeutet es nicht, es ist nicht effizient. Wie das Sprichwort sagt, müssen Sie nicht neu zu erfinden das Rad, um Ergebnisse zu erhalten, dass die Arbeit!

Wie in einem früheren Kapitel erwähnt, immer die Zeit nehmen, Ihre Kräuter zu reinigen, bevor Sie sie zu trocknen beginnen. Sie wollen nicht, damit Schmutz und Rückstand zum Verweilen ein.

Verwenden Sie niemals Pestizide, um Ihre Kräutern entweder wachsen. Dies führt in Gegenwart von Toxinen, auch nachdem Sie sie gewaschen haben. Verwenden Sie alle natürlichen Methoden der wachsenden Ihre Kräuter für den besten Gesamtnutzen. Achten Sie darauf, sie auch nach dem Spülen trocknen. Sie müssen alle von der Oberflächenfeuchtigkeit zu entfernen.

Überprüfen Sie die Kräuter, die Sie bereit sind, zu trocknen. Wenn es irgendwelche Anzeichen einer geschädigten oder toten Laub, das ist die Zeit, um es zu entfernen. Wenn er verweilt es wird Ihre Pflanzen schädigen.

## **Hängen im Sonnenlicht**

Sie können Ihre Kräuter in kleinen Bündeln organisieren und binden sie zusammen mit String.

Hängen Sie sie auf den Kopf auf der Veranda in einem Gebiet, wo sie viel Sonnenlicht bekommen. Machen Sie nicht Ihre Bundles zu eng oder die Luft nicht in der Lage, durch sie zirkulieren können.

Da UV-Strahlen können Kräutern verfärben und oft zu verringern ihre Wirksamkeit, sollten dafür vorzulegen. Sie können dies mit einem Leinwandbeutel, die in Stücke geschnitten worden ist, zu tun. Binden Sie es rund um die Kräuter, während sie trocknet werden und es erlaubt das Sonnenlicht und die Luft zu kontaktieren, aber die Kräuter nicht beschädigen.

Sie können wahlweise hängen sie in Ihrem Haus in einem Raum, der gut belüftet ist trocken. Der Raum muss auch viel Sonnenlicht bekommen. Der Dachboden ist eine gute Idee, weil es näher an der Sonne ist. Der Keller, auf der anderen Seite, wird wegen der begrenzten Sonnenlicht zu arbeiten. Plus, Kellern oft feucht, und die Anwesenheit von Feuchtigkeit wird nicht zulassen, Ihre Kräuter richtig trocknen.

Es kann ein paar Wochen dauern, bis die Kräuter auf diese Weise erfolgreich zu trocknen. Nach einer Woche, jeden Tag überprüfen Sie sie. Wenn sie nicht auseinanderfällt, wenn Sie sie kneifen, geben Sie es an einem anderen Tag und erneut prüfen.

### **Lufttrocknung auf Screens**

Wenn Sie nicht über eine Veranda haben, können Sie die Kräuter auf Bildschirmen, die Sie in Ihre Fenster setzen sich auszubreiten. Sie können sogar hängen sie von der Decke, so dass sie Sonnenlicht, ohne in die Quere kommen können. Lufttrocknung funktioniert am besten für Kräuter, die in der Regel niedrig sind Feuchtigkeit. Dazu gehören Dill, Oregano und Rosmarin.

### **Rahmentrocknung**

Während Rahmens Trocknen Sie Ihre Kräutern ist zeitaufwendig, fühlen sich viele Menschen es gibt ihnen die besten Gesamtergebnisse. Es ist die Zeit und Mühe, sie in sie zu investieren lohnt.

Viele herbalists verwenden Sie diese Methode auch, wie sie fühlen, die Kräuter zu halten die meisten Potenz durch den Trocknungsprozess.

Für dieses Verfahren müssen Sie eine Holzkiste, die etwa 3 Meter an allen Seiten ist. Sollte der Deckel aus Glas bestehen. Den Boden mit Folie und stellen Sie sicher, es gibt genügend Belüftung. Legen Sie die Kräuter auf der Folie in einer einzigen Schicht. Sichern Sie den Deckel und stellen Sie sicher, die Kräuter drehen jeden Tag, bis sie trocken sind.

Platzieren Sie den Rahmen in einem Gebiet, wo die Kräuter können viel Sonnenlicht jeden Tag zu bekommen. Stellen Sie sicher, die Box ist wasserdicht im Falle eines regen in der Nacht. Die regen können die Kräuter zu Schimmel führen. Es kann bis zu 6 Wochen für diese Art von Kräuter-Trocknung statt Vollständigkeit.

## **Mikrowelle**

Eines der am meisten bequemer Geräte in der Küche ist die Mikrowelle. Es ist sicherlich eine schnelle und einfache Weise zu erwärmen, um Lebensmittel und Artikel, die Sie kochen wollen auftauen. Warum nicht verwenden, um zu helfen, beschleunigen den Prozess der Trocknung Kräutern?

Der richtige Weg, dies zu tun ist, um eine einzelne Schicht aus trockenen Blätter zwischen einem Paar von Papierhandtüchern zu platzieren. Verwenden Sie schwere Papierhandtücher, damit sie nicht auseinander fallen. Legen Sie die Papierhandtücher und Kräuter in die Mikrowelle für 2

Minuten auf hoch. Lassen Sie sie vollständig abkühlen lassen.

Überprüfen Sie die Kräuter, und wenn sie nicht vollständig versprödet, geben ihnen mehr Wärme. 30-Sekunden-Schritten werden empfohlen, um die Gefahr der seng reduzieren. Die Gesamtzeit wird jedoch auf die Leistung Ihres Mikrowellen- und der Art der Kräuter Sie Trocknen sind abhängen.

## **Ofentrocknung**

Wenn Sie eine große Menge von Kräutern zum Trocknen haben, können die Mikrowellenmethode zu langsam sein. Sie kann die Dinge beschleunigen und erhalten Sie hervorragende Ergebnisse bei der Verwendung von Ihrem Ofen. Legen Sie die Kräuter in einer einzigen Schicht auf ein Backblech. Heizen Sie den Backofen auf nicht mehr als 200 ° F. Lassen Sie die Kräuter, um in den Ofen für 5 Minuten sitzen.

Wenn sie vollständig abgekühlt sind, werden sie spröde sein sollte. Wenn nicht, können Sie sie in den Ofen wieder in einer Zeit zu erhitzen, ein paar Minuten. Erneut wird die Art der Pflanze die Menge der Zeit, die sie erfolgreich getrocknet werden beeinflussen.

Viele Leute mögen Sie den Backofen oder die Mikrowelle Verfahren zum Trocknen aufgrund der Bequemlichkeit. Es stimmt, können Kräuter mit diesen Verfahren in einer Sache von Stunden im Vergleich zu einer Angelegenheit von Wochen trocknen. Es gilt vor allem für hohe Feuchtigkeits Kräutern wie Schnittlauch, Minze und Basilikum.

Allerdings müssen Sie sehr vorsichtig sein, dass Sie die Kräuter nicht verbrennen zu tun. Wenn Sie sie zu verbrennen oder über-trocknen Sie sie, werden sie nicht gehen, um gut schmecken oder bieten viel Nährwert. Denken Sie daran, Sie wollen nicht, dass die Kräuter kochen, entfernen Sie einfach die Feuchtigkeit. Ofentrocknung kann auch die Wirksamkeit der Kräuter zu verringern um rund ein Drittel.

## **Dörr**

Sie können eine Maschine namens Dörrgerät verwenden, um die Feuchtigkeit aus Kräutern zu entfernen. Sie können von \$ 100 bis \$ 400 kosten je nach Größe, Marke und Qualität. Dies ist ein großartiges Werkzeug, wenn du kannst Budget für eine solche verwenden.

Mit einem Dörrgerät, können Sie die Temperatur einstellen und Sie können bequem nutzen Sie den Timer, so dass Sie nicht vergessen, über sie zu überprüfen. Sie zirkulieren auch die Luft, die für das Trocknen der Kräuter gleichmäßig ist.

Für die besten Ergebnisse, kaufen ein Entwässerungsmittel, die Runde ist. Sie kommen mit Stapeln von Schalen, so können Sie eine Schicht aus Kräutern auf jeder der Schalen gelegt und dehydrieren sie zur gleichen Zeit. Das spart Energie und reduziert die Gesamttrocknungszeit für alle Ihre Kräutern.

## **Salztrocknung**

Während Salztrocknung ist nicht so populär wie andere Methoden, ist es noch erwähnenswert.

Sie können nicht-jodiertes Speisesalz verwenden, um Blätter zu trocknen. Legen Sie sie in einem Tablett und dann streuen Sie das Salz auf sie. Es kann bis zu 4 Wochen dauern, bis sie auf diese Weise, um zu trocknen.

Stellen Sie sicher, Sie weg schütteln Sie die extra Salz, bevor Sie sie verpacken. Am besten ist es, sie in Gläsern verpackt, anstatt Plastiktüten, wenn Sie diese Methode verwendet haben.

## **Einfrieren**

Es ist auch möglich, um Kräuter einfrieren. Viele Menschen, die in hoher Luftfeuchtigkeit Gebieten leben, verwenden Sie diese Option. Die Feuchtigkeit in der Luft macht es praktisch unmöglich für sie, um ihre Kräuter trocknen genug, ohne den Einsatz von umfangreichen Wärme Optionen.

Sobald die Kräuter wurden gewaschen, blanchieren in kochendem Wasser, das ist. Lassen Sie die Kräuter, um im Wasser für 1 Minute bleiben. Haben Sie einen Behälter mit Eiswasser bereit.

Bewegen Sie sie sofort aus dem kochenden Wasser auf das Eisbad.

Trockentupfen, verpacken sie in Gefrierbeutel und steckte sie weg. Achten Sie darauf, die Luft zu entfernen und dicht schließen. Sie sollten auch richtig zu kennzeichnen jede Tasche. Wir werden weiter diskutieren Kennzeichnung im nächsten Kapitel.

## **Kapitel 5**

### **Wie Getrocknete Kräuter Speichern**

Sobald Ihre Kräuter trocken sind, müssen Sie einen weiteren Schritt zu gehen auf -

Verpackungen für die richtige Lagerung. Es ist wichtig, nicht auf den Ball auch hier fallen lassen, oder alle Ihre Zeit und Mühe wird gegangen zu vergeuden.

Es ist eine gute Idee, zu dem Sie die getrockneten Kräutern zu speichern, bevor Sie überhaupt angefangen haben zu denken. Sie müssen nicht zu viel Platz benötigen, aber man braucht einen Ort, trocken und dunkel ist, zu tun. Sie wollen auch nicht, um sie in der Küche zu speichern, wie sie Speiseöl oder einem anderen schweren Gerüche absorbieren kann.

Bewahren Sie auf der Waschküche, auch, wenn sie abholen können den Geruch und Geschmack der Trockner Blatt. Der Keller, natürlich, ist eine schlechte Option aufgrund seiner Feuchtigkeit.

Wenn Sie in einem Gebiet mit hoher Luftfeuchtigkeit leben, können Sie sogar brauchen, um eine de-Luftbefeuchter in der Gegend um die Kräuter als Vorsichtsmaßnahme ausführen.

### **Gläser oder Taschen**

Es gibt einige, die über mit Gläsern oder Kunststoffbeutel, um Ihre getrockneten Kräutern speichern streiten. Beide Methoden werden verwendet, und wahrheitsgemäß, es scheint nicht, ein Vorteil der einen über den anderen zu sein.

Viele Verbraucher, wie die Gläser, weil sie sie zu recyceln. Sie wissen, das Glas wird nicht die Umwelt schädigen. Versuchen Sie, dunkel gefärbte Glas zu verwenden, wenn möglich.

Andere, wie die Bequemlichkeit der Taschen und sie weniger Raum zu speichern. Taschen können leicht gestapelt werden.

Es kommt wirklich auf eine persönliche Entscheidung. Vermeiden Sie die Verwendung von Metallbehältern, wie sie Ihre Kräutern geben kann einen metallischen Geschmack. Vermeiden Holzcontainer, da sie Feuchtigkeit aufnehmen.

Unabhängig davon, welche Art und Weise Sie sich entscheiden, stellen Sie sicher, dass die Behälter luftdicht verschlossen. Für Gläser, bedeutet dies, gut ausgestattete Deckel. Sichern Sie sie so fest wie Sie können. Mit den Taschen, entfernen Sie die Luft und sicherstellen, dass der Verschluss vollständig gesichert.

## **Beschriftung**

Immer beschriften Sie Ihre Gläser oder Taschen von Kräutern. Dies ist sehr wichtig, weil so viele von ihnen können gleich aussehen. Ihr Etikett sollte beinhalten:

Art der Kräuter

Ein Teil der Anlage

Datum verpackt

Trocknungsverfahren

Niemals mehr getrocknete Kräuter auf einem Glas, bis es komplett verschwunden ist. Ansonsten können die älteren Kräutern nicht so



potent sein, wie Sie wollen, oder dachte, sie waren. Nach einem Jahr, fangen sie an Wirksamkeit zu verlieren.

Wenn Sie mehr von einem Kraut speichern müssen, erzeugt ein zweites Gefäß für sie. Diesen zweiten Glas hinter der ersten, so dass Sie nicht versehentlich verwenden Sie es zuerst. Sobald das erste Gefäß wird aufgebraucht, dann bewegen und das zweite Glas.

Dies ist die gleiche Art von sich drehenden Konzept, Lebensmittelgeschäfte verwenden für ihre Produkte. Sie bewegen sich die älteste Stück nach vorne und legte das neueste auf der Rückseite.

Diese Art der Rotation sorgt für einige Elemente nicht im Regal verweilen länger als andere.

## **Wo to Store**

Sie möchten Ihre getrockneten Kräutern weg von Sonnenlicht und Feuchtigkeit zu speichern.

Achten Sie darauf, nicht legen Sie sie in den Keller oder einem anderen Ort, wo es kann Feuchtigkeit und Zugluft sein müssen. Vermeiden Sie in der Küche wie die Gerüche Speicherung von anderen Lebensmitteln können sie ruinieren!

Bewahren Sie niemals Ihre Kräuter überall, die ein Kind oder ein Haustier, sie zu erreichen ermöglicht. Während Kräuter sind sicher, sie in den falschen Händen kann gefährlich sein.

Einige von ihnen sind sehr stark und könnte ein Kind oder Haustier krank machen, wenn sie direkt verbraucht wird. Kinder und Haustiere sind sowohl neugierig, und einige Kräuter riechen sehr gut!

Wenn Sie Ihre Kräutern angezeigt werden sollen, noch brauchen Sie nicht zu viel Platz. Wenn Ihr Bereich begrenzt ist, prüfen, ein Over-the-door-Rack. Sie können es innerhalb von einem Flur Schrank

zum Beispiel zu platzieren. Die Gläser können in den Regalen zu passen und sind leicht für Sie zugreifen. Doch sie sind nicht die Aufnahme zusätzlichen Raum in Ihrem Hause.

Wenn Sie sich entscheiden, sie zu frieren, ist es eine gute Idee, ein kleiner Gefrierschrank, die getrennt von Ihrem regelmäßigen man haben. Vielleicht haben Sie bereits eine Tiefkühltruhe, wo Sie Fleisch und andere Gegenstände zu lagern. Sie können einen Teil davon für Ihre Kräutern zuzuweisen.

Überprüfen Sie die Gläser oder Taschen, die Sie ausgefüllt und gespeichert haben, ein paar Tage, nachdem Sie getan haben. Überprüfen Sie sie, um sicherzustellen, dass Sie nicht versehentlich etwas, das immer noch etwas Feuchtigkeit in sie zu packen. Wenn ja, nehmen Sie es aus der Verpackung oder dem Glas und den Inhalt trocken erneut. Dann können Sie sie verpacken.

Wenn Sie nicht überprüfen sie, kann sie werden später verheerend, wenn Sie das Paket oder Glas, um Schimmel und andere Fragen finden zu öffnen. Setzen Sie eine Erinnerung in Ihrem Kalender, um sie in der Woche nach der Verpackung zu überprüfen. Dann überprüfen Sie die Woche danach. Wenn Sie irgendwelche Anzeichen von Feuchtigkeit nicht bemerken, sind Sie in der klar!

## **Wie lang?**

Die meisten herbalists glauben, können Sie erfolgreich nutzen Kräuter, die getrocknet und bis zu einem Jahr gespeichert haben. Danach wird sie ihre Wirksamkeit verlieren, und Sie können nicht auf sie zählen. Es gibt Verbraucher, die ihnen bis 5 Jahre nach der Verpackung verwendet haben und behaupten, gute Ergebnisse, aber das ist eine große Chance, zu übernehmen.

Kräuter können noch gut schmecken für bis zu 5 Jahren, damit ist, warum einige Leute weiter, sie zu benutzen. Die Potenz der Kräuter nimmt jedoch mit der Zeit. Das Ziel der Verwendung von Kräutern ist das Hinzufügen von Ernährungs-und medizinische Werte. Daher

macht es nur Sinn, um die Kräuter zu verwenden, wenn sie noch von der besten Qualität.

Sie würden over-the-counter oder verschreibungspflichtige Medikamente auf der Hand nicht zu halten für 5 Jahre, so tun Sie das nicht mit Ihren Kräutern. Deshalb ist die Markierung ein Teil der Trocknung und Verpackungsprozess ist so wichtig!

Wenn Sie feststellen, Sie demnächst auf ein Jahr und Sie sind alle aus einem bestimmten Kraut nicht verwendet haben, Wege finden, um es zu benutzen. Rezepte finden, die für sie anrufen und ausprobieren! Sie und Ihre Familie lieben die Veränderung in dem Menü, wie wir müde, essen die gleichen Speisen oft.

Sie können auch bieten einige der restlichen Kräutern an Ihre Freunde oder Familie in den letzten Monaten des Jahres. Vielleicht haben sie nicht versucht haben, Trocknen ihre eigenen Kräuter, aber sie interessiert sind. Schmecken Ihnen kann der Anreiz, die sie benötigen, um es auf eigene Faust zu versuchen! Plus, mit anderen zu teilen ist eine bessere Option als das Werfen nicht verwendeten Kräutern aus.

## **Kapitel 6**

### **Allgemein zu vermeidende Fehler**

Während Trocknen Sie Ihre eigenen Kräuter ist eine Lernerfahrung, die Sie nicht wollen, um bestimmte Dinge auf die harte Tour. Durch die Vermeidung dieser häufigen Fehlern, werden Sie die Vorteile von Ihren Bemühungen zu ernten und das Risiko zu verderben Ihre Kräuter zu reduzieren.

# 1 - Verwendung von Kräutern als Ersatz für medizinische Versorgung.

Während Sie Kräuter für die verschiedenen kleineren Beschwerden zu verwenden, sollten Sie nicht auf sie, anstatt die medizinische Versorgung angewiesen. Zum Beispiel können Sie die Verwendung

von bestimmten Kräutern reduziert die Schmerzen und Entzündungen Ihrer Arthritis. Sie müssen noch Ihre regelmäßigen Termin mit Ihrem Arzt zu halten, aber, und Sie sollten Ihren Verwendung von Kräutern offen zu legen.

Es ist schön, den Arzt, die Sie lieber auf diesen Kräutern verlassen als auf verschreibungspflichtige Medikamente zu erzählen. Das ist Ihr Recht, aber Sie müssen noch die jährlichen Check-ups und andere medizinische Versorgung zu erhalten.

### # 2 - Das Ignorieren Qualität.

Seien Sie wählerisch, wenn es um die Anlage Sie wählen geht. Wenn sie nicht gesund sind, werden sie nicht in der Lage, Sie mit ernährungsspezifischer oder medizinischen Wert zu liefern.

Es ist wichtig zu verstehen, dass nicht alle Pflanzen gleich sind.

Ausgehend von einer wachsenden Pflanze für Ihre Kräutern - anstelle von Samen - ist eine gängige Praxis. So stellen Sie sicher die Pflanzen ausgewertet haben, um sicherzustellen, dass sie gesund sind. Wenn Sie Probleme feststellen, ist es am besten nicht zu kaufen.

### # 3 - Verwenden Sie keine Chemikalien.

Vermeiden Sie, Pestizide oder chemische Düngemittel zu helfen, Ihre Pflanzen wachsen. Sie wollen die Kräuter so natürlich wie möglich zu bleiben. Der einzige Weg, um dies passiert, ist, um sicherzustellen, dass sie unter den besten Bedingungen gezüchtet.

Verwenden Sie organischen Boden und verwenden natürliche Methoden, um Bugs und andere Unternehmen, die Ihre Pflanzen ruinieren könnte zu beseitigen. Nehmen Sie sich Zeit, um sie auszusondern und zu toten Laub regelmäßig zu entfernen. Wenn Sie lassen Sie es bleiben, wird es die gesunde Pflanze der Nährstoffe, die es braucht, um zu wachsen zappen.

# 4 - immer die falsche Menge an Wasser oder Licht.

Die richtige Menge an Wasser und Sonnenlicht ist für Kräuter, um, wie sie sollten zu wachsen.

Der Boden sollte feucht sein, wenn man sie berührt, aber nicht getränkt. Zu viel Wasser kann die Chancen von Schimmel und schädliche Bakterien wachsen zu erhöhen. Zu wenig Wasser kann in einem verkümmerten Pflanze führen.

Kräuter brauchen Sonnenlicht zu wachsen, so machen Sie sich in der Fensterbank legen oder wachsen sie im Freien, wo sie viel. Wenn Sie bemerken, einige Kräuter in Ihrem Fenster Garten geht es besser als andere, drehen Sie die Pflanzen. Die zusätzliche Sonneneinstrahlung kann gut für sie sein.

Pflanze nicht in Bereichen, in denen es zu viel Schatten. Bevor Sie Pflanze, bewerten die Höhe der Schatten und Sonnenlicht die Fläche bekommt den ganzen Tag. An heißen Tagen können Sie Ihre Pflanzen benötigen mehr Wasser als üblich, also darauf achten, wie sie tun, INI verschiedenen Wetterbedingungen.

# 5 - Überbelegung.

Geben Sie Ihre Kräuter genug Platz um zu wachsen. Nicht nur, dass sie größer werden, aber die meisten müssen breiter als gut zu wachsen. Randbedingungen kann dazu führen, eine Pflanze zu wachsen schwach oder kränklich, wie es sein muss, um den Raum es gegeben worden anzupassen. Bei gesunden Pflanzen, weniger ist mehr, und Sie werden die beste Ausbeute für diese bestimmte Kräuter zu erhalten.

# 6 - Seeding.

Wenn Sie beschneiden und Ernte Ihre Kräuter regelmäßig, werden sie nicht Samen. Die Aussaat Prozess signalisiert das Ende ihres Wachstums. Durch die Schneidwerkzeuge, die Pflanzen Sie

ermutigen, weiter zu wachsen. Dann können Sie den Zyklus der Anbau und die Ernte zu verlängern.

# 7 - Nicht Trocknen der Kräuter komplett.

Einer der häufigsten Fehler mit Trocknen von Kräutern ist sie nicht vollständig trocknen.

Nehmen Sie sich Zeit mit einer der Trocknungsverfahren und sicherzustellen, dass sie vollständig trocken sind. Vergessen Sie nicht, um sie nach ein paar Tagen der Verpackung zu überprüfen. Wenn sie nicht trocken ist, ist dies die Zeit, um sie aus und trocknen Sie sie mehr.

# 8 - Nicht ordnungsgemäß verpacken sie.

Fallen Sie nicht kurz im letzten Schritt - Verpackung. Sie müssen Ihre Kräutern beschriften, damit Sie wissen, was sie sind und wie lange man sie hatte. Verwenden luftdichten Beuteln oder luftdicht Gläser. Lager weg von der Feuchtigkeit und Sonneneinstrahlung.

# 9 - Nicht das Lernen über Ihre spezielle Kräuter.

Es ist eine riesige Gefahr, nicht über die besonderen Kräutern wirst du wachsen zu lernen. Je mehr Sie wissen über die besten Anbaumethoden, Erntetechniken, Trocknen Praktiken usw.,

desto leichter sein wird.

Dies ist auch, warum sollte man nur mit zwei oder drei Kräutern starten auf den ersten. Wie Sie mehr Mann mit dem Prozess, können Sie prüfen, indem mehr in Ihren Garten. Zu viel auf einmal, aber kann machen Sie fühlen sich überfordert.

# 10 - Rushing den Prozess.

Während deine Tage sehr beschäftigt sein, schnitzen einige Zeit, Ihre Kräuter, um loszulegen.

Die Anfangsschritte wird die zeitraubend sein. Dann ist es nur eine Frage der halten sie gewässert und sicherzustellen, dass sie genug Sonnenlicht bekommen.

Achten Sie auf, wenn Sie Ihre Kräuter müssen beschnitten werden, auch. Wenn Sie dies ignorieren, wird es das Wachstum verlangsamen und die Qualität der Kräuter zu begrenzen.

Zuzuordnen genügend Zeit für die Ernte und für das Trocknen. Die Kräuter werden nicht um den Zeitplan zu arbeiten, so dass Sie bereit für sie zu sein. Sie müssen den Trocknungsprozess die ganze Zeit es erfordert, zu geben, und es ist nicht überstürzt werden.

# 11 - nicht einmal versucht.

Aufzugeben, bevor Sie überhaupt angefangen haben ist ein garantierter Ausfall! Zu viele Menschen davon ausgehen, sie kann das nicht tun, so dass sie nicht einmal versuchen. Doch durch folgenden Schritt-für-Schritt, werden Sie in der Lage, Ergebnisse zu bekommen.

Sie haben die Möglichkeit, Ihre eigenen Kräuter wachsen, um sie zu trocknen und auf sie zuzugreifen, wann immer Sie möchten. Verwenden Sie, was Sie lernen in diesem E-Book, um Ihnen den Einstieg erleichtern. Gönnen Sie sich Kredit für weitere Fortschritte und Experimentieren. Sehen Sie, was funktioniert gut für Sie und erstellen einen Aktionsplan, das hält Sie motiviert.

## **Kapitel 7**

### **Gemeinsame Kräuter zu trocknen**

Es gibt zu viele Kräuter, um sie alle hier aufzulisten, aber man kann zu trocknen, was auch immer Sie möchten, um zu verwenden. Hier ist eine Liste der am häufigsten verwendeten Kräuter zur Trocknung zu betrachten. Es gibt keine richtige oder falsche Art, mit zu arbeiten.

Überlegen Sie, was Sie wollen aus ernährungsphysiologischer Sicht medizinische und gehen von dort.

## **Antioxidantien**

Einer der Gründe, warum Menschen nutzen Kräutern ist die starke Antioxidantien, die sie enthalten. Diese Antioxidantien helfen, natürlich spülen Giftstoffe und freie Radikale aus dem Körper. Als Ergebnis erhalten Sie gesünder sind innen und außen.

Die Kräuter und bietet das höchste Maß an Antioxidantien sind:

Piment

Nelken

Zimt

Zitronenmelisse

Majoran

Oregano

Pfefferminze

Rosmarin

Safran

Thymian

## **Mehr besonderen Vorteile**

Es gibt einige Kräuter, die Sie können, um zu trocknen und verwenden Sie für die spezifischen Vorteile wollen. Wie Sie über die potenziellen Vorteile zu erfahren, kann es Sie ermutigen, zu wachsen und zu ernten. Hier ist eine Liste von Effekten, die Sie interessieren könnten.



## **Haben Jüngere und gesündere Haut**

Viele Männer und Frauen sind für die Jungbrunnen suchen! Sie wollen nicht, um feine Linien und Falten zu sehen, wenn sie in den Spiegel schauen. Der Schutz Ihrer Hautzellen ist der Schlüssel zu bleiben jünger aussehende natürlich.

Italienische Gewürze können, um Lebensmittel, die Sie vorbereiten hinzugefügt werden. Basil ist die häufigste italienischen Gewürz in Lebensmitteln verwendet werden. Nicht nur, dass es schmecken, aber es hilft auch, um die Hautzellen zu schützen. Die starke Antioxidantien in Basilikum gefunden kann auch helfen, den Körper im Kampf gegen schädliche Keime.

Basil kann auch helfen, das Risiko von schweren gesundheitlichen Problemen zu verringern.

Dies schließt die Alzheimer-Krankheit, verschiedenen Arten von Krebs, Herzerkrankungen und Osteoporose. Diese sind alle gesundheitlichen Probleme, die Ihre Lebensqualität insgesamt reduzieren kann, so dass im Kampf gegen sie ist wichtig.

## **Heilung fördern**

Wenn wir älter werden, es kann unser Körper länger, um von Schnitte heilen. Dies kann das Risiko einer bakteriellen Infektionen. Schädliche Bakterien im Körper kann auch in einer Halsentzündung, Halsentzündung, Lungenentzündung oder sogar im Laufe der Zeit führen.

Thymian ist ein leistungsfähiges Kraut, das helfen kann, die Heilung fördern. Es greift die schädlichen Bakterien, aber nicht im Körper zerstören die guten Bakterien. Thymian kann auch helfen, Entzündungen und Halsschmerzen zu reduzieren. Es kann den Körper bei der Heilung Schnitte und Kratzer schneller zu helfen.

## **Die Entzündung zu verringern**

Für viele Menschen hat chronische Schmerzen zu einem Teil des Lebens. Ihre Mobilität und Lebensqualität jedoch schränkt sie in vielerlei Hinsicht. Sage ist ein Kraut, die helfen, die Entzündung zu verringern und die Alterung des Körpers zu verlangsamen.

Solche Entzündung wird häufig mit Asthma, verschiedene Formen der Arthritis und der Arterienverkalkung verbunden. Hinzufügen etwas Salbei auf die Lebensmittel, die Sie regelmäßig essen kann ein natürlicher Weg zur Verringerung der Entzündung und den Schmerz mit diesen Bedingungen in Verbindung gebracht werden.

### **Schlaf besser**

Wenn Ihr Körper ist in der Lage, gut zu schlafen, werden Sie erstaunt sein, wie viel besser Sie sich fühlen. Ihren Geist und Ihren Körper Schlaf benötigen, um sich zu erfrischen und glücklich.

Drehen und Wenden die ganze Nacht ist unangenehm und macht Sie schrecklich in den Morgen fühlen.

Verwendung Schlaf Beihilfen können Ihnen das Gefühl groggy und neblig in den Morgen.

Majoran ist ein Kraut, das natürlich die Ihnen helfen, zu schlafen leichter und besser.

Majoran wird am besten als Extrakt verwendet. Es ist sehr mächtig, so dass Sie nur brauchen, um über 5 Tropfen dieses Öls in der Badewanne zu benutzen. Holen Sie sich in die Routine, dies zu tun, bevor Sie schlafen und sehen, wie viel besser Sie am Morgen fühlen!

### **Stärken Sie Ihr Immunsystem**

Prävention ist ein wichtiger Bestandteil eines gesunden Lebensstils. Warten Sie nicht, bis Sie sich nicht wohl fühlen, Maßnahmen zu ergreifen. Oregano ist eine außergewöhnliche Kräuter zu beachten, wenn Sie möchten, um Ihr Immunsystem zu stärken. Es kann helfen,

das Risiko für Gesundheitsprobleme aufgrund von Viren, Bakterien, oder freie Radikale zu reduzieren.

Oregano wird oft als ein natürliches Antibiotikum und einem natürlichen Anti-Pilz-Mittel verwendet. Es kann helfen, aufzuklären eine Hefe-Infektion oder Nagelpilz Problem.

## **Herzgesundheit**

Ein gesundes Herz ist wichtig, in jedem Alter, aber es wird immer wichtiger, wie wir älter werden. Herzkrankheiten sind die häufigste Todesursache für Männer und Frauen in den USA.

Ginger ist eine gute Wahl, wenn es um die Verringerung des Risikos von Herzproblemen kommt.

Ginger ist erwiesen, um zu helfen, das Risiko von verstopften Arterien zu verringern. Das ist ein großer Faktor bei der Verhinderung Herzinfarkte. Ingwer hilft auch verhindern, dass Pilze und Bakterien Probleme, die das Herz. Es kann auch das Immunsystem stärken. Darüber hinaus ist Ingwer ein natürlicher Weg, um schlechte Cholesterinwerte, wie LDL bekannt zu reduzieren.

## **Verbesserung der Verdauung**

Wenn der Körper Nahrung nicht richtig verdauen, kann es machen Sie sehr unbequem. Sie können von saurem Reflux, Gas oder Blähungen leiden. Keiner dieser Effekte sind ansprechend.

Piment hat einen einzigartigen Geschmack, die sehr gut ist und kann auf eine Vielzahl von Lebensmitteln zugesetzt oder als Tee verwendet werden.

Dieses Kraut ist ein natürlicher Weg, um die Gesamt Verdauung zu verbessern. Es kann auch helfen, den Verdauungstrakt. Es reduziert Probleme mit Säure aufgrund der Art, aktiviert sie die Verdauung.

Sie können Piment auf Ihre Fleisch, Gemüse, Suppen und Brühen hinzuzufügen.

Piment kann auch helfen, den Blutzuckerspiegel zu regulieren. Es kann hilfreich sein für die Regulierung Cholesterin sein, auch. Sie fügt hinzu, viel Geschmack zu Lebensmitteln, sondern auch viel Wert auf Ihre allgemeine Gesundheit.

## **Kampf Bacteria**

Wenn wir die Bakterien und Keime ringsum zu sehen, wäre es ein Alptraum sein. Wir verlassen uns auf unser Immunsystem, uns so gesund wie möglich zu bleiben. Zimt hilft, schädliche Bakterien zu bekämpfen. Es kann sogar verhindern, dass schwere gesundheitliche Probleme, die Antibiotika oder leistungsfähigere Formen der Behandlung erfordern.

Unsere Muskeln und Gelenke können beginnen, weniger mobil sein, wenn wir älter werden.

Zimt kann helfen, solche Probleme zu reduzieren, da es entzündungshemmenden Verbindungen.

Es kann auch helfen, die Risiken von Karies, Zahnfleischerkrankungen, E. coli, und Harnwegsinfektionen (HWI) zu reduzieren.

## **Prevent Cancer**

Der Kampf gegen Krebs ist sehr ernst und kostet viele Menschenleben. Prävention von Krebs sollte, wenn die Pflege Ihres Körpers ganz oben auf Ihrer Liste stehen. Kurkuma ist ein wunderbarer herbroot die Ihnen helfen, genau das zu tun. Es hilft auch, das Risiko von Alzheimer-Krankheit.

Gelbwurz enthält Curcumin - es ist, was gibt dem herbroot seine gelbe Färbung. Curcumin verhindert DNA-Mutationen, die zu Krebs führen können.

## **Erreichen Sie einen gesunden Geist und Körper**

Es scheint, dass das Wunder Kraut ist Gewürznelken. Es ist sehr leistungsfähig für eine Vielzahl von Gründen. Es kann dazu beitragen, Schmerzen in Muskeln und Gelenken und ist voll von starken Antioxidantien, um Ihr Immunsystem zu stärken und zu bekämpfen freie Radikale.

Eugenol in Nelken gefunden, die eine Art von mild und natürliche Betäubung. Es kann benutzt werden, um den Schmerz eines Halsschmerzen, gereiztes Zahnfleisch oder Zahnschmerzen zu reduzieren. Nelken bieten auch Erleichterung für diejenigen, die unter chronischen Atem Themen wie Bronchitis und Asthma leiden.

Nelken ist eine wohlbekannte antibakterielle und Anti-Pilz-Option, zu. In der Realität kann man einfach nicht schief gehen mit der Verwendung von Gewürznelken. Es gibt so viel er kann gegen zu schützen!

## **Abschluss**

Kräuter sind seit Jahrhunderten in vielen Kulturen für beide Nährwert und medizinische Zwecke verwendet worden. Wie die moderne Medizin entwickelt, wurden sie seltener. Allerdings wollen viele Menschen zurück zu den Grundlagen. Sie wollen nicht, um Chemikalien zu nehmen die ganze Zeit oder leiden unter den Nebenwirkungen von verschreibungspflichtigen Medikamenten.

Over-the-counter-und verschreibungspflichtige Medikamente können teuer für Verbraucher. Und für diejenigen, die laufenden Medikamente benötigen, es ist eine große Belastung für ihre Budgets sein. Fühlen Sie sich besser, aber auf erschwingliche Weise ist wichtig.

Wenn Sie wachsen und trocknen Sie Ihre eigenen Kräuter, ist es viel billiger als alles, was Sie kaufen können. Wenn Sie mehrjährige Arten von Kräutern zu wachsen, haben Sie einen einmaligen Aufwand, um loszulegen. Dann werden sie Jahr für Sie immer und

immer wieder, Jahr wachsen. Solange man sie richtig ernten und für sie sorgen mit Wasser und Sonnenlicht, werden sie gut zu wachsen.

Sie sind auch in die vollständige Kontrolle über ihre Qualität. Niemals davon ausgehen, dass die Flaschen Kräuter Sie kaufen oder auch diejenigen, die es bei einem Bauernmarkt haben unter den besten Bedingungen angebaut.

Die Forschung zeigt, dass die Mehrheit der getrocknete Kräuter zu verkaufen sind nicht organisch. Sie wurden mit Hilfe von Pestiziden, die schädlichen Chemikalien angebaut.

Diejenigen, die als organische erheblich teurer zertifiziert sind.

Wenn Sie getrocknete Kräuter in Flaschen zu kaufen, haben sie in den meisten Fällen bestrahlt worden. Dies bedeutet, dass sie auf eine Art von Gammastrahlung ausgesetzt worden ist. Es ist geschehen, um alle Spuren von Krankheitserregern zerstören. Jedoch kann dieses Verfahren auch eine Verringerung der Gesamtwirksamkeit der Kräuter.

Die Informationen, die wir heute haben, Zugang zu vermuten, dass durch achten mehr auf Ihren

Körper schon früh im Leben, können Sie potenzielle gesundheitliche Probleme später zu reduzieren. Wer will, um zu leben bis 100 sein, aber so krank, dass sie ihre Langlebigkeit nicht genießen können? Das Ziel sollte sein, jene goldenen Jahre zu genießen und so gesund wie möglich zu sein.

Trocknen Sie Ihre eigenen Kräuter kann man mit den Mitteln zu verhindern und um verschiedene Arten von gesundheitlichen Bedenken zu kämpfen ist. Prävention ist ein großes Stück des Puzzles, das Gesundheits leider oft übersehen wird. Viele Menschen wissen nicht über den Zustand ihrer Körper zu kümmern, bis sie krank werden oder mit ernsthaften Problemen wie Krebs oder Herzerkrankungen diagnostiziert.

Unsere Aufgabe ist es, auf unsere Körper zu nehmen. Genetik Schuld nicht und nicht dem Zufall überlassen ist. Unter Verwendung dieser Kräuter können die einfache und effektive Art, Ihre Gesundheit jetzt zu verbessern und ernste Gesundheitsprobleme in der Zukunft zu vermeiden.

Identifizieren Sie ein paar Kräuter, die Sie mit Ihren speziellen Bedürfnissen zu unterstützen kann. Nehmen Sie die Zeit, über welche Vorteile sie bieten und der beste Weg, sie zu nutzen lernen. Erfahren Sie, wie Theo sie mit den effektivsten und effizientesten Methoden zu wachsen.

Zur gleichen Zeit, zu lernen, wie man sie erfolgreich zu ernten.

Werten Sie mehrere der Trocknungsverfahren, so dass Sie eine, die für Ihre Bedürfnisse funktioniert können wählen. Beachten Sie, dass einige Arten von Kräutern zu tun besser mit einem Trocknungsverfahren als der andere. Ihre persönlichen Vorlieben spielen auch eine Rolle in dem, was Sie tun.

Stellen Sie sicher, die Kräuter, um sie später zu verwenden vollständig trocken sind. Legen Sie sie in Gläser oder luftdichten Taschen und beschriften. Dann können Sie für den Kräutern erreichen können, wenn Sie sie benötigen ohne Probleme oder Ärger.

Sie werden für sich und Ihre Familie eröffnen viele große Chancen durch den Anbau und Trocknen Ihrer eigenen Kräuter. Die Vorsorge wird Ihre Chance, von Krankheit zu reduzieren und Ihnen helfen, das Leben in vollen Zügen genießen!

Yoga für Anfänger

*Top Einfache Yoga-Haltungen Tipps, Gewicht zu verlieren, Stress*

*abzubauen, und Ihren Körper mit YogaThe Ultimate Beginner Yoga Guide to Gewicht zu verlieren, Stress abzubauen und Ihren Körper mit Yoga Ella MariE*

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## **INHALTSVERZEICHNIS**

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Abschluss

### **Einführung**

Was halten Sie von, wenn Sie das Wort Yoga hören denken? Kennen Sie die Unten Hundeyoga denken? Vielleicht ist es etwas, das Sie erforschen gedacht haben, aber noch keine Zeit für gemacht. Vielleicht haben Sie über die verschiedenen Nutzen für die Gesundheit für den Körper und Geist, die es bietet gehört. Ich hoffe, dass Neugier, was hat dich hierher gebracht, um dieses Buch zu lesen.

Während einige Leute denken, Yoga-Meditation, ist es nur ein kleiner Form davon. Yoga ist im Wesentlichen ein Weg, um Ihren Körper und Ihren Geist zu meditieren vorzubereiten. Sie werden feststellen, dass die Teilnahme an Yoga-Übungen erste ist der beste



Weg, um Ihren Körper vorzubereiten und sicherzustellen, dass Ihr Geist sich konzentriert.

Das Wort Yoga ist aus einer alten indischen Sprache und es yoking bedeutet. Das ist, in Bezug auf ein Ochsenengespann. Doch in der heutigen Gesellschaft, übersetzt sie in einem Sinne der Gewerkschaft. Es ist der Prozess der Einführung von Körper und Geist in sync. Die physikalischen Praktiken des Yoga werden als Asanas bezeichnet.

Oft hört man Yoga als "Ihre Praxis", und das ist, weil es wirklich eine individuelle Erfahrung.

Egal, wo Sie beginnen, fordern Sie sich zu wachsen und um zu sehen, Ihre Yoga-Optionen zu entwickeln mit der Zeit. So tun Sie sich nicht gelangweilt mit einer bestimmten Routine zu halten.

Sie können nicht glauben, dass Sie sehr flexibel sind oder eine sehr viel Kraft im Augenblick.

Allerdings wirst du in der Lage, in beiden Bereichen verbessern, wie Sie mit Ihrem täglichen Yoga-Routine-Stück sein. Der beste Teil über Yoga ist, dass es nicht wettbewerbsfähig. Sie können sich auf eine Herausforderung selbst und nicht zu vergleichen Sie Ihre Fähigkeiten, um die der anderen zu konzentrieren.

Wenn Sie noch nie versucht haben, bevor Yoga, können Sie ein wenig von ihr eingeschüchtert.

Jedoch gibt es nichts, Sorgen zu machen. In diesem Buch erfahren Sie, warum Yoga ist eine gute tägliche Praxis zur Teilnahme an. Sie erhalten auch Informationen, wie Sie begonnen, so dass

Sie den größten Nutzen daraus ziehen lassen.

Yoga ist geringe Auswirkungen, aber es ist sehr vorteilhaft. Es ist ein wunderbarer Weg, um Ihr Kerngeschäft zu stärken. Es hilft Ihnen auch, eine stärkere Körper insgesamt, die flexibler als zuvor zu

erhalten. Mit erhöhter Festigkeit und Flexibilität gibt es auch ein geringeres Risiko von Verletzungen an den Gliedmaßen während des Trainings oder tägliche Routinetätigkeiten.

Es spielt keine Rolle, was Ihre aktuelle Fitness-Level passiert zu sein; es gibt Yoga-Übungen, dass Sie teilnehmen können. Auch wenn Sie einige gesundheitliche Bedenken haben oder Sie schwanger sind, sollten Sie in der Lage, einige von ihnen zu tun. Natürlich ist es immer eine gute Idee, mit Ihrem Arzt sprechen, bevor Sie eine neue Form der Übung, um Ihre Routine hinzufügen.

Yoga wird als gering Auswirkungen. Aus diesem Grund ist es eine große Form der Übung für diejenigen, die eine sitzende Lebensweise hatten. Es ist auch eine gute Wahl für diejenigen mit Herzproblemen, Knieschmerzen, oder chronischen Rückenschmerzen.

Yoga kann eine Quelle der körperlichen und geistigen Übung für die ganze Familie, um an zu nehmen. Einige gehen davon aus, dass Yoga ist nur für Frauen, aber das ist nicht wahr. Immer mehr Männer nehmen auch ein Interesse an der es aufgrund der allgemeinen Gesundheit Vorteile, die es bietet, um sie. Kinder finden oft, dass Yoga hilft ihnen, sich zu entspannen, und es ist eine wunderbare Möglichkeit für sie, tägliche Übung zu bekommen.

Yoga kann alleine zu Hause durchgeführt werden, oder sie können bei Ihrem örtlichen Fitness-Studio durchgeführt werden. Möglicherweise gibt es Tanzstudios in Ihrer Gemeinde, die sie bieten als gut. Es liegt an Ihnen, wo Sie an allen zu nehmen. Schauen Sie sich Ihre Termine, um die Zeiten, die Klassen angeboten, und Ihr Budget entscheiden Sie sich.

## **Kapitel 1**

### **Die gesundheitlichen Vorteile von Yoga**

Der Körper und Geist sind beide sehr mächtig Elemente unserer Gesamtfunktionalität. Allzu oft konzentrieren wir uns auf nur den

Körper, wenn wir über die Verbesserung unserer Wohlbefinden denken. Dennoch ist es das Gleichgewicht des Geistes und der Körper sowohl arbeiten als Team, das Ihnen den größten Nutzen.

Es gibt zahlreiche gesundheitliche Vorteile von Yoga - sowohl für den Körper und den Geist. In diesem Kapitel werden wir uns um sie zu erforschen. Hoffentlich werden Sie sehr aufgeregt, um mit Yoga begonnen, wenn Sie erkennen alle, dass es Angebote. Yoga kann Ihnen helfen, Look and Feel Ihrer besten Seite. Sie haben, die Bemühung zu setzen, obwohl, wenn Sie diese Ergebnisse wollen!

### **Physical Health Benefits**

Fangen wir mit den physischen gesundheitlichen Vorteile, die Yoga kann, um Ihnen zu starten.

Was Sie zu generieren davon ab, wie oft Sie Yoga und die Arten von Posen, die Sie teilnehmen zu tun. Achten Sie darauf, in Bezug auf, wo Sie beginnen, realistisch sind. Lassen Sie sich nicht entmutigen; Gib der Sache Zeit!

### **Verbessert die Kernkompetenz**

Der Kern des Körpers ist sehr wichtig, aber zu oft übersehen. Yoga ist eine wunderbare Möglichkeit, Ihre Kern stärker zu machen. Es wird auch Ihnen helfen, stärker und besser definierten abs. Wenn Sie daran interessiert sind, Gewichte zu heben, werden Sie feststellen, dass eine stärkere Kern ermöglicht es Ihnen, dies zu tun.

Wenn Sie versuchen, schneller zu laufen oder länger laufen, kann eine bessere Kern können Sie dies auch tun. Es gibt nur wenige Dinge, die Sie nicht sehen können, ein besseres Ergebnis aus im Hinblick auf die körperliche Ausdauer durch die Stärkung Ihrer Rumpfmuskulatur.

### **Verbessert die Gesamtstärke**

Yoga hilft den ganzen Körper stärker werden. Zusätzlich zu Ihrem Kern umfasst dies Ihre Beine und Arme. Diese Stärke wird auch Ihnen helfen, mehr Fett zu verbrennen. Zur gleichen Zeit, kann es Ihre Ausdauer Fähigkeiten für andere Formen der Übung zu erhöhen.

Studien zeigen, dass Muskeln, die stärker sind weniger wahrscheinlich sind, verletzt werden. Ein Muskelfaserriss können Sie verlangsamen, und es kann auch sehr schmerzhaft sein. Je stärker eine Person ist, desto weniger Zeit, in der sie sich erholen, wenn es irgendeine Art von Verstauchung oder einer Verletzung unter Einbeziehung der Muskeln.

**Reduziert Verletzungen während des Trainings & Tägliche Aufgaben** Yoga ist erwiesen, mit reduzierenden Verletzungen, die während der täglichen Ausübung Routinen oder sogar Ihre täglichen Aufgaben zu entwickeln helfen könnte. Es ist eine Kombination von Faktoren daran beteiligt. Erste ist die erhöhte Festigkeit für den Kern und den gesamten Körper zu helfen.

Zu viele Menschen erleben Schmerzen, wie sie älter werden, weil sie nicht sehr geschmeidig.

Etwas so einfaches wie die bis zu einer Position weg von einem hohen Regal können die Rückseite drehen. Gartenarbeit verrichten können in Muskeln, die nicht sehr oft verwendet werden wunden führen.

Wir wollen nicht zu haben, übervorsichtig mit den täglichen Aktivitäten, die wir nehmen an, um zu sein. Yoga kann Ihnen helfen, einen Körper, geschmeidig ist zu haben und die Muskeln, die normalerweise nicht verwendet werden, zu verwenden. Als Ergebnis, wenn Sie sie in einem täglichen Aktivität oder ein besonderes Ereignis zu tun, sie sind nicht zu verletzt oder wunden werden.

**Erhöht die Energie-Ebene**

Nie sagen, dass Sie zu müde, um ausüben! Durch die sich eine gewisse tägliche Übung, können Sie tatsächlich erhöhen Sie Ihre Energie-Ebene. Dann werden Sie nicht das Gefühl, träge Mittag und sein Griff nach koffeinhaltige Getränke zu Ihnen munter.

Nicht genug Bewegung jeden Tag können Sie in nicht genug Energie, die zur Folge haben. Ein Körper, der in Bewegung ist in Bewegung bleibt. Es ist ein Kreislauf, aus dem zu viele Menschen können sich nicht befreien. Sie sind die ganze Zeit müde, weil ein Mangel an Bewegung, und sie das Gefühl, sie kann sich nicht bewegen, weil sie zu müde sind. Sie müssen Maßnahmen ergreifen, um diesen Zyklus zu beenden.

### **Verbessert die Flexibilität**

Yoga-Übungen wird sicherlich verbessern Sie Ihre Auswahl an Flexibilität. Dies wiederum hilft auch, um die Verletzungsgefahr zu reduzieren, wie Ihr Körper nicht durch die Bewegungen in bestimmte Richtungen beunruhigen.

Einige Bereiche, in denen Sie zusätzliche Flexibilität durch Yoga zu erkennen sind: Hips

Schultern

Zurück

Beinbeuger

### **Stärkt das Immunsystem**

Studien zeigen, dass die Teilnahme an Yoga kann helfen, um Ihr Immunsystem zu stärken. Das ist, weil, wenn die Körper und Geist nicht synchron sind, wird eher krank, um sich zu einer Person.

### **Toning**

Viele Männer und Frauen sind selbstbewußt über The Wiggles, vor allem unter den Armen. Sie versuchen, diesen Bereich des Körpers,

mit der Kleidung zu verstecken. Yoga kann helfen, straffen die Muskeln, so dass es nicht die zusätzliche Haut flattern, wie Sie bewegen oder heben Sie Ihre Arme.

## **Gewicht verlieren**

Die Teilnahme an Yoga kann helfen, Fett zu verlieren, da es mit mageren Muskelgewebe ersetzen. In der Tat, kann Yoga die Zugabe, um das Training, die Sie die letzten hartnäckigen Pfunde loszuwerden oder sich an einer Hochebene hilft.

## **Geregelter Breathing**

Die Konzentration auf Ihre Atmung ist sehr wichtig, und es können Sie mit Ihrem täglichen Auflage helfen. Es kann auch helfen, mit der Kontrolle Ihrer Stress oder Verringerung der Angst.

Yoga ist eine großartige Möglichkeit, um zu üben Regel Ihre Atmung täglich, so dass es zur zweiten Natur wird in den Tag.

Yoga erfordert viel tiefes Atmen, und das ist eine Änderung gegenüber, wie wir normal zu atmen. Tiefere Atmung hilft, die Nasengänge zu reinigen. Dies kann helfen, Probleme mit Asthma und Allergien zu verringern.

Tiefere Atmung kann auch mit der Verbesserung der Zirkulation von Blut und Sauerstoff durch den Körper zu helfen. Dies ist sehr wichtig für alle, aber besonders wichtig für Menschen mit Diabetes.

Yoga hilft Ihnen, eine bessere Balance zu erhalten. Das wird helfen, das Risiko des Herausfallen zu reduzieren. Die meisten von uns nie Vorbereitung für sie, und dann werden sie aus dem Nichts passiert. Wir nehmen unsere Balance für selbstverständlich, aber es muss nicht immer auszahlen.

## **Gelenkgesundheit**

Arthritis kann sehr einschränkend sein als auch schmerzhaft. Yoga kann helfen, die Schmerzen und Entzündungen zu reduzieren. Es kann auch eine Verringerung der Chancen der Mobilität begrenzt ist. Karpaltunnel-Syndrom kann auch mit verschiedenen Formen des Yoga reduziert werden.

## **Mental Health Benefits**

Unterschätzen Sie nie die psychische Gesundheit Vorteile, dass Yoga anbieten können. Sie gehen Hand in Hand mit Ihrem Körpergefühl seiner besten Seite zu. Diese psychische Gesundheit Vorteile sind:

### **Weniger Stress**

Alle von uns Erfahrung Stress; es gibt keine Möglichkeit, ganz zu vermeiden ist. Doch zu viel Stress kann es schwer machen, für uns zu schlafen, sich zu konzentrieren oder sogar glücklich zu sein. Es kann auch schaden unsere körperliche Gesundheit, wenn wir nicht essen oder wenn wir mit Drogen zu engagieren / Alkohol zu bewältigen.

Yoga ist ein Weg, um Stress natürlich zu reduzieren. Yoga am Morgen kann Ihnen helfen, bereit, diese härtere Elemente Ihrer Tag, dass Sie dabei sind, konfrontiert sind anzugehen fühlen.

### **Verbesserte Bildschärfe**

Staying konzentrierte sich auf eine bestimmte Aufgabe ist nicht immer einfach. Manchmal sind wir leicht abgelenkt, und andere Zeiten, fehlen uns die Motivation. Yoga kann helfen, Ihren Verstand zu konzentrieren, weil es ausgeruht ist, und es entspannt wird. Geistige Müdigkeit ist real, und wir müssen Maßnahmen ergreifen, um sie zu bekämpfen.

### **Erhöhte Stimmung**

Tägliche Bewegung, darunter Yoga, ist ein wunderbarer Weg, um natürlich zu erhöhen Ihre Stimmung. Einige Studien zeigen, dass es helfen kann, die Auswirkungen von leichten bis mittelschweren Depressionen reduzieren.

Yoga erhöht die Produktion von Chemikalien im Gehirn, die Stimmung beeinflussen. Aus diesem Grund, wenn Sie in eine Routine des täglichen Yoga zu bekommen und ein oder zwei Tage, dann verpassen Sie, Sie wirklich verfehlen!

### **Reduziert die Auswirkungen von Trauma**

Es gibt Studien im Gange, die statt implizieren an Yoga kann die Auswirkungen des Traumas zu verringern. Das US-Militär war ermutigend diejenigen, die bereitgestellt wurden, an Yoga zu ergreifen, um sowohl Stress und Trauma zu reduzieren.

Sie glauben, dass dies dazu beitragen, die Zahl der Mitglieder angeworben mit PTSD

(Posttraumatische Belastungsstörung) zu reduzieren. Es gibt keine Langzeitdaten noch, um festzustellen, wie effektiv es sein wird.

## **Kapitel 2**

### **Finden der richtigen Yoga**

#### **für den Körper**

Die meisten Menschen gehen davon aus, dass es nur eine Art von Yoga draußen. Allerdings gibt es durchaus ein paar verschiedene Formen der es, dass Sie in Betracht ziehen. Der Schlüssel ist, die richtige Yoga für Ihren Körper zu finden. In diesem Kapitel werden wir die häufigsten Arten zu erforschen für Sie in Betracht ziehen.

Doch bevor Sie tauchen ein in einer bestimmten Art von Yoga, brauchen Sie, um einen Blick auf Ihre eigenen Bedürfnisse zu nehmen. Wenn Sie irgendwelche gesundheitlichen Bedenken



haben, möchten Sie sicher mit Ihrem Arzt sprechen, bevor Sie eine Yoga zu beginnen.

Sie mögen denken, dass man nicht nehmen an einem bestimmten Yoga auf eine schlechte Knie oder Rückenprobleme, aber Sie werden angenehm überrascht zu entdecken, dass dies nicht wahr sein. Yoga kann modifiziert werden, um sowohl Ihre Fitness und Ihre allgemeine körperliche Gesundheit zu passen.

Ihr Körpergewicht ist auch etwas zu berücksichtigen. Wenn Sie übergewichtig sind, kann es schwieriger sein, für Sie einige der fortgeschrittenen Yoga-Übungen zu tun. Sie finden es vielleicht schwer zu strecken, um Ihre Zehen berühren oder auf bestimmte Posen zu halten. Es ist schwer, auf einem Bein zu balancieren.

Lassen Sie sich nicht irgendetwas davon entmutigen, obwohl; konzentrieren sich auf das, was man mit Yoga zu tun. Mit der Zeit werden Sie in der Lage, mehr und mehr zu tun. Das ist der lustige Teil davon - in der Lage, wirklich zu sehen, sich selbst voran.

## **Schwangerschaft**

Die meisten Frauen finden, dass sie in der Lage, sich an Yoga während der Schwangerschaft zu nehmen. Dies kann ihnen helfen, sich zu entspannen, um sich wohl fühlen und konzentriert zu bleiben. Es ist wichtig, mit Ihrem Arzt sprechen, um sicherzustellen, dass Yoga ist etwas, während Ihrer Schwangerschaft können Sie sicher ein Teil sein.

## **Aktuellen Fitness-Level**

Wenn Sie im Begriff waren, aufzunehmen läuft als eine Form der täglichen Übung, würden Sie nicht melden Sie sich an, um einen Marathon morgen laufen! Mit dem im Verstand, nehmen Sie Ihre aktuellen Fitness-Level in Betracht. Das ist, wo Sie beginnen sollten.

Sie können es machen, ein Ziel, auch weiterhin schwieriger Yoga-Übungen im Laufe der Zeit zu.

Seien Sie nicht zu hart zu sich selbst sein, wenn Sie brauchen, um mit den Grundstellungen starten. Wir alle müssen einen Ausgangspunkt haben. Denken Sie daran, Sie sind nicht zu vergleichen Sie sich mit jemand anders, wenn es um Yoga geht.

## **Lernen Sie die grundlegenden Positionen**

Egal, welche Art von Yoga Sie sich entscheiden, für Sie richtig ist, ist es am besten, beginnen mit den Grundpositionen. Wir werden jedem von ihnen im nächsten Kapitel diskutieren. Diese Grundpositionen sind wichtig, weil so viele der Posen in Yoga beziehen sie in einem gewissen Format.

## **Wählen Sie die Ausrichtung Orientierte Yoga**

Es ist in Ihrem besten Interesse, um eine Art von Yoga, die Ihren Körper hilft bei der Ausrichtung zu wählen. Dies wird dazu beitragen, das Risiko von Verletzungen während der Übungen zu reduzieren. Wenn Sie bereits über eine Krankheit, dann Sie nicht wollen, um zu sehen, ist es noch schlimmer.

Hier sind die Grundlagen der neun häufigsten Formen des Yoga zu berücksichtigen:

### **Ashtanga Vinyasa**

Diese besondere Art von Yoga hilft bei der Erhöhung der Festigkeit und Flexibilität. Es ist auch eine, die auf das psychische Wohlbefinden durch die Folge von Bewegungen konzentriert. Diese Art von Yoga fließt reibungslos und beinhaltet die Konzentration auf die Atmung. Die Posen sind sehr rasant.

### **Bikram**

Wenn Sie die Hitze mag, kann diese Art von Yoga für Sie perfekt! Bikram findet in einem Raum, der etwa 105 Grad Fahrenheit. Es verbessert die Flexibilität und hilft, Giftstoffe aus dem Körper durch Schwitzen auch entfernen. Es gibt sechszwanzig Yoga-

Positionen, und sie werden für das entscheidende Niveau der Gesamtfunktion und Gesundheit entwickelt.

## **Integral**

Dies ist eine sehr sanfte Form des Yoga, die gut für Anfänger funktioniert. Der ganzheitliche Ansatz, die es bietet auch gut für den täglichen Elemente der Ihren Lebensstil zu arbeiten. Die traditionellen Haltungen des Yoga beteiligt sind und sie helfen, die Körper und Geist ruhiger sein.

## **Iyengar**

Die richtige Ausrichtung ist der Schwerpunkt dieser Art von Yoga. Die Körperhaltungen sind länger als bei den anderen Arten statt. Dies ist einer der beliebtesten Arten von Yoga in den Vereinigten Staaten.

## **Jivamukti**

Diese Art von Yoga konzentriert sich auf die Meditation und das geistige Element. Es ist sehr intensiv sowohl körperlich als auch geistig, und es stimuliert die geistige Seite des Bewusstseins.

Die Stiftung stammt aus traditionellen Yoga-Lehren.

## **Kripalu**

Dies ist eine Art von Yoga, die die Heilung des Körpers fördert. Es ist auch eine, die gut mit Meditation funktioniert. Die geistige Entwicklung ist auch eine von ihr profitieren. Viele Leute mit hohen Niveaus der Angst oder Stress das Gefühl, dass diese Art von Yoga ihr Leben zum Besseren völlig verändert.

## **Kundalini**

Wenn Sie sich für eine Art von Yoga, die persönliche Bekanntheit in allen Bereichen erhöht sucht, ist Kundalini einem zu erkunden. Es kann sehr komplex sein, obwohl wegen der Kombinationen von

Stellungen, die den Körper zu verriegeln und sich auf die gesamte Körperhaltung.

## **Sivananda**

Vielleicht ein langsamen Yoga-Stil ist, was Sie sich überlegt haben. Sivananda ist sicherlich einer, der diese Kategorie passt. Es konzentriert sich auf die Verwendung von zwölf Haltungen und gute Gewohnheiten sowie fokussierten Denken. Es ist eine gute Option für diejenigen mit gesundheitlichen Bedenken, die mit begrenzter Flexibilität und Frauen in ihren letzten Trimester der Schwangerschaft.

## **Viniyoga**

Dies ist eine Art von Yoga-Stil, der die Atmung und die Posen in sync setzt. Es ist ein ganzheitlicher Ansatz, der auf Wiederholung konzentriert. Das ist, was von anderen Formen des Yoga trennt sie.

## **Kapitel 3**

### **Das Erlernen der Positionen und Techniken**

#### **richtig**

Um wirklich von Yoga profitieren können, müssen Sie die Positionen und Techniken richtig zu lernen. Wenn Sie dies nicht tun, werden sie eine Verschwendung von Zeit. Sie werden nicht in den Sinn oder Ihrem Körper die wahren Vorteile, die sie liefern kann, zu bieten.

Wenn Sie die Positionen und Techniken richtig nicht zu tun, sie erhöhen das Risiko von Ihnen verletzt, während sie auszuführen. Ihr Körper kann nicht die Art und Weise, dass es ausgerichtet werden, und das bringt Ihre Wirbelsäule und andere Körperteile mit einem Risiko für Schmerzen und Verletzungen.

Nehmen Sie sich Zeit, um zu erkunden, was es überhaupt geht, bevor Sie rechts in tauchen! Hier sind einige Methoden, um

sicherzustellen, dass Sie die Posen richtig von Anfang an dabei. Es ist einfacher, so zu tun, als zu versuchen, schlechte Gewohnheiten später brechen.

Üben vor einem Spiegel - Dies wird Ihnen helfen, zu sehen, wie Sie aussehen, und wenn Sie, um die Position jeder Teil Ihres Körpers zu ändern.

Sehen Sie sich Videos - Sie können DVDs, oder Sie Videos online anschauen. Sie zeigen Ihnen die richtigen Posen und wie man in und aus ihnen zu bekommen.

Bücher - Es gibt Yoga-Bücher mit Diagrammen, die auch zeigen Ihnen den richtigen Weg, um jede Position zu tun.

Ausbilder - Wenn Sie an einem Tanzstudio oder im Fitnessstudio zu nehmen Yoga, können Sie von einem qualifizierten Ausbilder profitieren. Sie können Sie one-on-one zu helfen, sicherzustellen, dass Sie die Posen richtig tun.

## **Yoga-Haltungen**

Wie Sie bereits in diesem Buch gelernt haben, Yoga ist viel mehr als nur Stretching. Während Sie werden auf jeden Fall die Teilnahme an einer viel Stretching für den Körper, das ist nur der Anfang. Die Yoga-Übungen helfen Ihnen auch mit Balance, Flexibilität und Stärke.

Jeder der Yoga-Posen und Haltungen hat eine bestimmte Art von körperlicher Nutzen zu bieten.

Abhängig von der Art des Yoga Sie teilnehmen, können sie in schnellen Schritten durchgeführt werden oder Sie müssen zu jedem von ihnen für eine längere Dauer zu halten.

Der Ansatz, den Sie treffen, hängt von Ihrer Wahl der Yoga-Stil. Es gibt keine richtige oder falsche eines auszuwählen. Das Ziel ist, etwas, das eine gute Passform für Ihren Körper und Ihr Geist ist zu

finden. Möglicherweise müssen Sie versuchen, ein paar, um zu entscheiden, was Sie mit Stick.

Es gibt jedoch einige grundlegende Yoga-Übungen, dass Sie wirklich brauchen, zu beginnen mit.

Sie geben Ihnen eine solide Grundlage, um aus zu arbeiten. Diese Posen sind entworfen, um Ihren Körper, was er in Bezug auf Flexibilität, Kraft, Gleichgewicht, und Stretching braucht.

Viele der Yoga-Stile verwenden Sie diese grundlegenden Bewegungen als Grundlage für andere Posen und Haltungen. Sie kann in verschiedenen Richtungen zu verzweigen, aber sie haben im Wesentlichen einen Startpunkt mit diesen Kern bewegt.

Daher ist es sinnvoll für Sie, diese Posen erst lernen. Nehmen Sie die Zeit, die Sie lernen, wie man sie richtig zu tun. Es macht Umzug in anderen Posen und Haltungen, die weiter fortgeschritten sind einfacher für Sie. Hier sind zehn Posen, die Sie mit, bevor Sie in etwas komplexer zu bewegen beginnen.

### **Abwärtsgerichteter Hund**

Die meisten Menschen haben der abwärtsgerichteter Hund gehört, darstellen, wie es ist die häufigste in Yoga. Diese Position beinhaltet die Anpflanzung Ihre Füße auf dem Boden und Biege Ihren Körper nach vorne, wobei Sie Ihre Arme und Gesäß nach oben.

Es kann Zeit in Anspruch nehmen zu meistern diese besondere Yoga-Pose. Achten Sie darauf, nicht verschieben Sie sich nicht zu weit nach innen wie die es schwierig machen kann, um das Gleichgewicht zu halten.

Sie wollen die meisten Ihr Gewicht in den Beinen sein, und das wird Ihnen helfen, ausgeglichen zu bleiben. Bemühen Sie sich das Gesäß nach oben zeigte und Ihre Fersen sollten den Boden berühren können. Wenn Ihre Oberschenkel fühlen sich zu viel Druck, können Sie Ihre Knie beugen ein wenig, bis Sie flexibler werden.

## **Berg-Pose**

Berg Pose zunächst sieht einfach aus, ist es aber nicht! Es ist für die Entwicklung Ihrer Kernmuskeln und das Gleichgewicht sehr wichtig. Diese Haltung wirkt auch auf die allgemeine Ausrichtung für Ihren Körper. Konzentrieren Sie sich auf eine gerade Linie mit Ihrem Körper mit dieser Pose.

Diese Gerade sollte an der Krone des Kopfes beginnen und erstrecken sich auf die Fersen der Füße. Stellen Sie sicher, die Schultern und das Becken sind bis zu ausgekleidet. Denken Sie an einen Reißverschluss hinauf Rücken - Sie alles dicht und bis zur Berg gefüttert Pose machen wollen.

## **Warrior I**

Reichweite für den Himmel! Das ist, was oft den Sinn kommt, mit dem Krieger I Yoga-Pose.

Mit den Armen zusammen, Sie sind Strecken und Erreichen. Diese Strecke beginnt in den Beinen und bewegt den ganzen Weg bis den Körper.

Das hintere Bein in einem Winkel und wird auch Stretching. Der vordere Fuß wird gepflanzt und dann am Knie gebogen, um das Gleichgewicht zu bieten. Es ist sehr wichtig, um die Hüften nach vorne mit dem Warrior I Pose zu halten. Sie können feststellen, Sie brauchen, um Ihre Beine in eine breitere Einstellung zu bekommen, dies zu verwirklichen.

## **Warrior II**

Mit der Warrior II Yoga-Pose, bleiben die Beine in der gleichen Position wie Krieger I. Es ist nur die Armen, die Position zu ändern. Anstatt nach oben, sie nach außen verlängert werden.

Sowohl die Hüften und die Schultern sollten, zur Seite frei sein. Achten Sie darauf, die vordere Oberschenkel parallel zum Boden ist.

Das wird ganz Verbrennungen zu generieren!

## **Erweiterte Side Angle**

Es kann schwierig sein, füllen Sie bitte den erweiterten Side Angle Pose in der Anfang. Jedoch, wie Ihre Flexibilität und Ihre Balance zu verbessern, wird es wesentlich einfacher geworden.

Das hintere Bein muss erweitert und gedehnt werden, mit der Ferse flach. Das vordere Bein muss gepflanzt werden und die Knie gebeugt. Langsam lehnen zur Seite, so daß der Arm auf der Seite des bepflanzten Fuß flach auf den Boden gelegt. Der andere Arm ist gerade nach oben in die Luft.

Wenn Sie zuerst versuchen, diese Yoga-Pose, müssen Sie möglicherweise Ihren Unterarm auf dem Oberschenkel anstatt platzieren Sie sie flach auf den Boden legen. Das wird Ihnen helfen, Balance. Weiterhin auf die Flexibilität zu arbeiten, so dass Sie schließlich in der Lage, es auf den Boden zu platzieren. Stellen Sie sicher, halten Sie den Rumpf wies auf die Decke und nicht auf den Boden.

## **Dreieck**

Das Dreieck Yoga-Haltung ist sehr ähnlich. Doch anstatt das vordere Bein wird im Knie gebogen, wird sie erweitert und abgewinkelt zurück. Allerdings ist der Körper an der Taille nach vorne gebogen. Dies kann eine sehr heikle Balanceakt auf den ersten!

Der Unterarm wird sich auf dem Boden mit dem anderen Arm in die Luft ausgedehnt gepflanzt werden. Arbeiten Sie so viel wie Sie können, um die Arme parallel sind. Denken Sie an sie als eine gerade Linie - eines auf dem Boden, dann die Schultern, und dann den anderen Arm.

## **Cat-Cow Stretch**



Eine der wichtigsten Posen für Sie zu meistern, wenn Sie beginnen Yoga ist die Cat-Cow Stretch. Es ist gut, an, wenn Sie chronische Rückenschmerzen haben, zu nehmen. Dies ist eine Art von Haltung, die sehr gut für Ihre Gesundheit der Wirbelsäule ist.

Beginnen Sie auf Ihre Matte auf allen Vieren um sicherzustellen, Ihren Rücken ist gerade und die Schultern nach vorne zeigen. Halten Sie den Kopf nach oben und konzentrieren sich auf Long-atmet ein und aus.

Langsam legte den Kopf nach unten und drehen Sie das zurück. Konzentrieren Sie sich auf Strecken der Nacken, Rücken und Gesäß. Stellen Sie sicher, Sie bekommen von dieser Pose langsam.

## **Personal-Haltung**

Dies ist vergleichbar mit dem Berg stellen für Yoga, aber Sie werden nach unten zu sitzen, um sie durchzuführen. Setzen Sie sich mit den Beinen zusammen, aber nach außen verlängert. Ihre Arme sollten an Ihrer Seite mit den Handflächen flach auf den Boden zu sein.

Konzentrieren Sie sich auf halten den Körper richtig ausgerichtet ganz diese Yoga-Pose. Der Rücken und die Bauchmuskeln sollten gerade sein. Stellen Sie sicher, Ihr Gesäß sind flach auf den Boden.

## **Schuster Pose**

Viele Menschen sind mit Cobbler Pose vertraut, da es eine gemeinsame Strecke für jede Form der Ausübung. Setzen Sie sich mit den Füßen angesaugt und berühren einander. Ihre Knie nicht gebogen werden, und Sie wollen, dass sie so nah wie möglich am Boden zu sein.

Versuchen Sie, Ihre Füße ohne Biegen Rücken oder Ihre Bauchmuskeln zu erreichen.

Konzentrieren Sie sich auf die sich die Arme, um diese Aufgabe zu erfüllen, während die anderen Bereiche des Körpers ausgerichtet.

## **Kindposition**

Eine weitere sehr beliebte Yoga-Position ist das Kind Pose. Das ist, weil es so wichtig ist, um das Wohlbefinden des Körpers. Ihr Gesäß müssen uns auf die Beine zu sitzen. Beugen Sie die Oberkörper nach vorne und senken Sie den Kopf.

Ihre Arme sollten sich vor Ihrem Körper. Strecken Sie sie so weit wie Sie können, ohne dass es zu schmerzhaft zu verwalten. Dies ist eine gute Haltung, um in, wenn Sie sich schwindlig oder von Energie während Ihrer Yoga-Training das Gefühl zu bekommen. Es kann eine Chance für Sie neu zu formieren und nach vorne zu bewegen.

## **Kapitel 4**

### **Anfangen**

Seien Sie realistisch, wenn Sie am Anfang mit Yoga begonnen. Zu viele Menschen sind mit dem, was sie diese erste Sitzung tun können, enttäuscht. Dann werden sie es nie wieder tun. Denken Sie daran, Sie beginnen können, wo Ihr Körper ist jetzt und sich zu bewegen. Das ist der Schlüssel zum Erfolg mit Yoga!

Es gibt mehrere Dinge, die Sie tun, um loszulegen. Sie wollen sicherstellen, dass Sie so entspannt wie möglich sind. Sie wollen auch nicht zu gehetzt fühlen. Mit der Zeit werden Sie feststellen, was am besten für Sie in Bezug auf Yoga. Allerdings müssen Sie experimentieren, um herauszufinden.

### **Ort**

Wo wollen Sie in Yoga engagieren? Wenn es in einem lokalen Tanzstudio oder Fitness-Studio sein, zeigen sich etwa zehn Minuten zu früh. Holen Sie sich einen guten Platz und bequem sein.

Stellen Sie sich andere um dich herum. Yoga ist eine großartige Möglichkeit, anderen mit einem gemeinsamen Interesse gerecht zu werden.

Versuchen Sie, ein Tanzstudio oder ein Fitness-Studio, die kleinen Klassen bietet. Sie werden sich wohl fühlen und Sie werden mehr one-on-one Aufmerksamkeit von dem Lehrer zu bekommen. Melden Sie sich in einer Klasse, die richtige für Ihr Fitness-Level ist.

Sie können auch an Yoga nehmen zu Hause. Sie fühlen sich wohler dabei auf eigene Faust. So stellen Sie sicher, dass Sie die Posen und Haltungen richtig tun, wie wir in einem früheren Kapitel besprochen.

Sie wollen auch sicherstellen, dass Sie genügend Platz für Ihre Yoga-Training stattfinden müssen; Sie benötigen, um einige Möbel

zu bewegen. Während Sie sich auf Ihre Balance arbeiten, wollen Sie nicht alle Elemente, um, dass eine Gefahr für Sie darstellen.

Für einen Yoga-Training zu Hause, können Sie Videos online zu sehen oder können Sie DVDs zu kaufen. Wie Sie Ihre Fähigkeiten zu verbessern, können Sie ändern, was Sie zu nutzen, um auch weiterhin selbst herauszufordern.

## **Kleidung**

Sie wollen locker sitzende Kleidung für Yoga tragen. Das wird Ihrem Körper die beste Reichweite von Bewegung ohne Einschränkungen zu ermöglichen. Allerdings müssen Sie sicherstellen, dass Sie nicht in Gefahr mit der Kleidung, die Sie entweder tragen.

Vermeiden Sie zum Beispiel Trainingshose, die zu lang für Sie. Wie Sie einige der Posen zu tun, können Sie Ihre Füße in den Beinen von ihnen verfangen. Dies kann dazu führen Sie zu stolpern oder zu fallen. Vermeiden Shirts, die zu locker oder zu lange, wie sie in den Weg zu können.

Shirts, die zu locker sind, können auch als sehr aufschlussreich mit einigen der Yoga-Übungen, und Sie wollen nicht zu selbstbewusst zu sein. Frauen müssen sicherstellen, dass sie einen BH

tragen, mit viel Unterstützung für Yoga.

Während sie machen Yoga-Hosen und Oberteile, die Sie nicht haben, um in sie zu investieren.

Sie können Schweißausbrüche, Shorts, Sport Tops usw. Viele Menschen nutzen, was sie besitzen bereits, so dass sie nicht entstehen zusätzliche Kosten trage.

Sofern Sie ein medizinischer Zustand, der es verhindert haben, sollten Sie Yoga barfuß tun.

Vermeiden Sie es, Lotion oder andere Gegenstände auf die Füße, die dazu führen können Sie sie zu rutschen, wenn Sie in der Yoga Eingriff. Seien Sie sich bewusst von der Art der Bodenbelag auch - eine rutschfeste Matte ist sehr wichtig.

## **Ausrüstung**

Sie müssen nicht viel Ausrüstung braucht überhaupt zur Teilnahme an Yoga zu nehmen. Es wird empfohlen, dass Sie eine Yoga-Matte haben. Sie rollen sich schnell und Sie können es mit Ihnen zu einer Klasse zu nehmen. Sie sollten auch auf einem sauberen Handtuch und eine Flasche Wasser zu nehmen. Wenn Sie Yoga zu Hause machen möchten, können Sie eine Matte oder Sie können ein Handtuch / Decke verwenden.

Wenn Sie eine Matte kaufen, erhalten eine, die gute Qualität, so dass es dauern wird. Im Idealfall für eine, die Anti-Rutsch ist. Sie werden feststellen, dass sie in einer Vielzahl von Größen und Farben angeboten. Wenn Sie hin und her tragen es in die Klasse, für eine, die leicht ist.

Einige Fitness-Studios und Tanzstudios haben tatsächlich Matten, die Sie verwenden können. Sie verlangen oft ein paar Dollar pro Sitzung für sie wegen der Kosten für die Reinigung und sie nach jedem Gebrauch.

Es ist eine gute Idee, nach jedem Gebrauch wischen Sie Ihren eigenen Yoga-Matte. Dies wird Schweiß, Schmutz und Ablagerungen ansammeln verhindern. Yoga-Matten sind niedrige Kosten, und viele Menschen haben ein zu Hause und auch eine im Auto, so dass sie immer darauf zugreifen können, wenn sie trainieren möchten.

## **Zeit schaffen**

Die meisten von uns haben eine sehr geschäftigen Lebensstil, und können es auch einfach zu verdrängen, was wir wollen für unsere eigene Wohlbefinden zu tun. Allerdings müssen Sie, um eine

Verpflichtung zur Zeit für Yoga zu machen. Es wird helfen, Ihren Geist und Körper sein Bestes, sein. Sie können eine Investition nicht zu schlagen in sich selbst!

Carve out Zeit in Ihren Tagesablauf für Yoga. Schreiben Sie es auf Ihre tägliche Planer oder Ihrer To-do-Liste. Yoga ist am besten, wenn Sie es früh am Morgen zu tun. Erstens, das wird sicherstellen, dass Sie nicht die Zeit für sie auszuführen. Zweitens hilft es, Ihren Geist und Ihren Körper für den Tag vorzubereiten.

### **Allgemein zu vermeidende Fehler**

Es gibt einige häufige Fehler, die Sie vermeiden, wenn es darum geht, mit Yoga begonnen kommt wollen. Dies wird Ihnen helfen, sehr erfolgreich sein!

Andernfalls Zeit zu machen - Fühlen Sie sich nicht schuldig, sich Zeit für yourself und Ihre Bedürfnisse. Sie können nicht die beste für andere sein, wenn Sie nicht kümmert sich selbst auch.

Verzicht auf - Geben Sie nicht auf, weil Ihre ersten paar Sitzungen sind rau. Yoga sollte nicht einfach werden, und die Ergebnisse sind die Mühe wert.

Vergleichen Sie nicht - Wenn Sie einen Yoga-Kurs zu gehen, müssen nicht mit denen der anderen um dich herum vergleichen Sie Ihre Fähigkeiten. Jeder Mensch hat unterschiedliche Fähigkeiten und Erfahrungen mit Yoga.

Ignorieren Sie nicht Ihren Körper - Wenn Ihr Körper sagt Ihnen eine Pose oder Haltung ist zu viel, nicht fortsetzen.

Essen - Nicht essen eine schwere Mahlzeit rechts, bevor Sie in Yoga teilnehmen.

Essen Sie ein paar Stunden vor der Klasse und dann haben Sie einen leichten Snack danach.

Nicht Ausrichten des Körpers - Sie können schwerwiegende Probleme für Ihre Wirbelsäule zu schaffen, wenn Ihr Körper nicht richtig während der Yoga-Übungen ausgerichtet sind.

Negativität - Halten Sie Ihre Gedanken positiv, so dass Sie wirklich von Yoga profitieren. Wenn Ihr Lehrer oder ein anderer Student weist darauf hin, etwas, was man falsch machen, daraus lernen. Sie werden nicht auf Sie Kommissionierung.

Konzentrieren Sie sich auf das, was Sie tun können, und nicht, was Sie nicht in der Lage noch zu tun.

## **Kapitel 5**

### **Yoga als eine Form der Meditation**

Yoga ist eine Form der Meditation, und es ist so viel mehr als das, aber das Element der es braucht auf jeden Fall, erkundet zu werden. Schulung des Geistes zu konzentrieren ist wichtig, und es überträgt sich auf alle Aspekte Ihres Lebens.

Meditation erforscht auch die spirituelle Seite, wer Sie sind und was Sie herein glauben. Dies muss nicht eine Religion zu sein. Es kann sehr offen und freigeistigen sein. Es läuft alles auf, was es für Sie bedeutet, und deshalb ist es so mächtig wie auch einzigartig ist.

### **Was ist Meditation?**

Meditation ist eine Form der Entspannung, die den Geist und den Körper verbindet. Da, dass parallel zu den Zielen des Yoga ist, ist es ein großartiges Spiel. Sie sind nicht zu werden, einfach nur da sitzt mit gekreuzten Beinen, so dass o die mit Ihrem Daumen und Zeigefinger und sagte Ommmm. Das ist nur ein kleiner Teil von einem Weg, um zu meditieren.

### **Wie funktioniert Meditation funktionieren?**

Für die Meditation, um zu arbeiten, müssen Sie in Ihren Gedanken unterbrochen werden. Wie viele Male am Tag macht Ihren Geist Wunder, von dem, was Sie tun, um etwas anderes zu werden? Sie sind dabei, sich durch Meditation zu finden!

Beim ersten Start aus, Sie gehen, um deinen Geist immer und immer wieder umgeleitet werden müssen. Mit der Zeit wird es mehr Disziplin. Sie müssen in der Lage, auf eine Idee, ein Objekt oder Gedanken zu konzentrieren.

Was werden Sie entdecken, ist, dass das Unterbewusstsein ist sehr mächtig! Sie können denken, dass Sie die vollständige Kontrolle über Ihre eigene Meinung haben, aber das ist nicht immer wahr. Aber Sie gehen, um mehr Kontrolle über Ihre Gedanken haben, wie Sie sich fühlen, und sogar Ihre Gefühle, wenn Sie Meditation Umsetzung zusammen mit Yoga.

## **Anfangen**

Es ist nicht eine gute Idee, direkt mit der Meditation Teil der Dinge, zu springen, wenn Sie Yoga sind neu. Es ist einfach zu viel, um auf einmal zu nehmen. Zuerst lernen die grundlegenden Haltungen des Yoga, so dass sie leicht für Sie, ohne zu denken, zu hart über sie zu tun.

Sobald Sie zu diesem Punkt, können Sie Meditation einzuführen. Sie werden nicht so hart auf Posen und Haltungen zu konzentrieren, damit Sie sich auf bestimmten Gedanken oder Schwerpunkten Ihrer Wahl konzentrieren.

## **Atmung**

Ihre Atmung ist ein großer Teil des Seins erfolgreich mit Meditation. Langsam nehmen in jedem Atemzug und dann langsam ausatmen es. Sie wollen nicht, Ihre Atmung zu langsam oder zu schnell zu sein; versuchen, es zu natürlichen halten. Sie möchten jedoch in tiefere Atemzüge zu nehmen, als Sie normalerweise tun.



Zu oft sind wir nicht bewusst unsere Atmung überhaupt; es ist nur ein natürlicher Teil des Lebens, die wir für selbstverständlich halten. Durch Yoga und Meditation, können Sie es als ein Mittel zu verwenden, um zu entspannen und Ihren Geist zu löschen.

## **Vorbereitet sein**

Zunächst können Sie feststellen, dass Meditation ist frustrierend. Wenn Sie einen schnelllebigen Lebensstil und etwas Geduld haben, wird es noch mehr zu einer Frustration sein. Es wird anders, als Sie in der Regel tun. Meditation kann man geistig und emotional abfließen beim ersten Start aus.

Jedoch, wie Sie in der Lage fokussierten für längere Zeit zu bleiben, werden Sie tiefer in die Meditation. Sie werden Gedanken, Erfahrungen Emotionen zu fühlen, und fühlen sich Empfindungen des Körpers, die Sie vorher nicht bemerken.

Sie müssen nicht, um für längere Zeit, damit es für Sie arbeiten zu meditieren. Beginnen Sie mit einem Ziel von nur fünf Minuten. Dann können Sie auch weiterhin in kleinen Schritten, um es hinzuzufügen, bis Sie zu einem Zeitrahmen, dass Sie zufrieden sind.

## **Kapitel 6**

### **Motiviert bleiben**

Wenn Sie gehen, um die körperliche, geistige und spirituelle Elemente des Yoga zu gewinnen, müssen Sie motiviert zu bleiben. Sie müssen sich selbst Rechenschaft zu halten, so dass Sie in der Lage, es ist Zeit für Sie arbeiten zu geben. Sie sich nicht entmutigen - Get motivierte!

Bleiben motiviert ist zu wichtig!

### **Setzen Sie Ihre Gedanken in Bewegung**

Wie oft haben Sie über Yoga gedacht? Haben Sie sie schon vor langer Zeit es Teil Ihrer Routine gemacht möchten? Setzen Sie diese Gedanken in Bewegung und machen es möglich! Heute ist der Tag, um loszulegen. Hören Sie zu sagen, eines Tages, und machen es eine Realität.

## **Zwei Wochen Commitment**

Einverstanden, um eine zweiwöchige Engagement für Yoga. Das bedeutet, dass Sie damit einverstanden, sich an sie für mindestens dreißig Minuten pro Tag für die nächsten 14 Tage dauern. Wenn Sie feststellen, es ist nicht für Sie, fair genug. Allerdings sind die meisten Leute finden, dass sie lieben, was er anbietet Geist und Körper, so dass sie es auch weiterhin. Du wirst nicht wissen, bis Sie es versuchen!

## **Ersetzen Sie negative Gedanken**

Löschen Sie alle negativen Gedanken, die Sie haben, und ersetzen sie durch positive. Sie müssen wirklich auf, dies zu tun, wie Sie Yoga zu beginnen konzentrieren. Reg dich nicht auf, wenn Sie aus dem Gleichgewicht sind; lachen, wenn Sie sind. Konzentrieren Sie sich nicht auf nicht in der Lage, Ihre Zehen zu erreichen; konzentrieren sich auf die Tatsache, dass Sie versucht haben, um sie geschehen.

Durch den Austausch negative Gedanken durch positive, verbessert Ihre gesamte Denkweise. Sie werden feststellen, dass Sie weniger negativen Gedanken, wie Sie Ausbildung selbst, sie zu ersetzen beginnen. Negative Gedanken können in allen Bereichen Ihres Lebens giftig sein.

Verwenden Sie Yoga als Ihr Ausgangspunkt, um negativen Gedanken zu ersetzen. Dann können Sie beginnen, dass den ganzen Tag zu tun. Sie werden feststellen, es hilft Ihnen, eine bessere Aussichten zu haben und wirklich motiviert zu bleiben, in alles, was Sie teilnehmen.

## **Beseitigen Sie Schuld**

Wir kurz berührt dies in einem früheren Kapitel, aber Sie müssen die Schuld zu beseitigen.

Wenn Sie einen Job haben, können Sie denken, sollten Sie früh gehen und spät bleiben. Nehmen Sie sich Zeit für Yoga so Ihren Körper und Geist profitieren.

Wenn Sie ein Elternteil sind, können Sie denken, dass Sie alle Ihre freie Zeit mit den Kindern zu verbringen. Sie brauchen Zeit für Sie und um sich selbst kümmern, so dass Sie die besten Eltern, um sie jetzt und in der Zukunft sein.

Holen Sie sich die Kinder mit Yoga zu beteiligten, wie sie davon profitieren können. Dann können Sie alle haben eine tolle Zeit mit ihm zusammen, und Sie müssen nicht über diese Schuld zu kümmern.

## **Zeiteinteilung**

Ein weiterer Teil bleiben motiviert ist Zeitmanagement. Sie wollen nicht überstürzt werden. Sie wollen ja auch nicht um des Yoga denken, wie eine weitere Sache, haben Sie zu tun, dass Tag.

Stattdessen sollten Sie sie sehen können, wie etwas, das man WOLLEN getan jeden Tag gehen.

Balance Ihre Zeit, so dass Sie in der Lage, über Yoga zu konzentrieren sind. Vergeuden Sie nicht Ihre Zeit, es zu tun, aber Gedanken über die Aufgaben, die Kinder, oder Ihre Arbeit. Seien Sie in Geist und Körper vorhanden ist und verwenden Sie die Zeit, um wirklich auf, was Sie versuchen zu erreichen konzentrieren.

Auch hier ist die Yoga am Morgen ein wunderbarer Weg, um den Tag zu bewegen mit einer positiven Note zu bekommen. Wenn Sie bis zum Abend warten, können Sie zu müde oder zu beschäftigt, und Yoga ist aus Ihren Plänen entfernt werden. Yoga oder irgendeine Form der Übung in den späten Abend kann auch machen es schwieriger aufgrund anregende Ihren Geist und Körper zu schlafen.

## **Lernen Sie, nein zu sagen**

Warum finden wir es so schwer, nein zu sagen? Wir wollen, hilfsbereit zu sein, und wir wollen die Leute uns mögen. Doch wir haben nur so viele Stunden in einem bestimmten Tag, um Dinge vollbracht zu bekommen. Lernen Sie, nein zu sagen, so dass Sie nicht ständig überspannt zu werden.

Sie müssen nicht, um einen Grund, warum Sie nicht mit etwas, entweder zu helfen. Es ist in Ordnung, um sie zu fragen Ihnen danken und ihnen sagen, dass Sie nicht die Zeit, es zu übernehmen haben. Wenn Sie auf eine andere Art zu helfen, wie eine Geldspende, können Sie ein solches Angebot zu machen.

## **Hören Sie auf Ihren Körper und Geist**

Der Geist und der Körper eigentlich sehnen sich die Teilnahme an täglichen Übung wie Yoga.

Hören Sie, was sie sagen Sie. Haben Sie das Gefühl träge und reizbar an den Tagen, die Sie nicht teilnehmen in Yoga? Das ist sehr verbreitet, und es bedeutet, dass ein solches Training ist wirklich von Vorteil für Sie auf einer persönlichen Ebene.

## **Probieren Sie neue Yoga-Posen und Haltungen**

Wie jede andere Form von Routine-Übung, wirst du schnell langweilen, wenn man die gleiche Sache Tag für Tag zu tun. Aus diesem Grund müssen Sie auch weiterhin neue Yoga-Posen und Haltungen zu versuchen.

Wie Sie Ihre Fähigkeiten zu verbessern, haben Sie keine Angst, etwas auf der nächsten Ebene zu versuchen. Dabei hält sie frisch, und das wird Ihnen helfen, motiviert zu bleiben. Vergessen Sie nicht, diejenigen, die Sie vorher gelernt, obwohl - fügen Sie sie in den Mix für jede Menge Abwechslung.

## **Fordere dich heraus**

Wenn Sie stolz auf die Anstrengungen, die Sie gemacht haben, fühlen wollen, fordern Sie sich.

Die einzige Person, die Sie sollten danach streben, besser als morgen zu sein, ist selbst. Denken Sie daran, tun es in einer Weise, die positiv ist und dass die Leistungen sowohl Ihren Geist und Ihren Körper.

**Versuchen Sie nie überspringen mehr als einen Tag** Der Einstieg in die Routine des täglichen Yoga ist wichtig. Es wird Zeiten geben, obwohl, wenn Sie einen Tag verpassen müssen. Es kann nicht geholfen, wenn Sie krank sind oder Sie einen Notfall haben werden.

Allerdings versuchen, mehr als einen Tag nie überspringen in einer Reihe. Wenn Sie das tun, wird es immer schwieriger, wieder in die Routine des täglichen Yoga zu bekommen. Wenn Sie feststellen, dass Sie oft überspringen aufgrund einer Zeit Problem, dann müssen Sie neu zu bewerten Ihr Zeitmanagement.

## **Yoga Partner**

Sie können feststellen, dass ein Yoga-Partner ist, was Sie motiviert zu bleiben braucht. Das ist jemand, den Sie können eine Klasse mit oder dass Sie mit zu Hause zu arbeiten, nehmen. Es könnte ein Freund oder sogar jemand, das in Ihrem gleichen Haushalt lebt sein.

Ein Yoga-Partner hilft Ihnen, zur Rechenschaft zu bleiben und auf der Strecke bleiben. Sie werden Ihre Zeit mit ihm oder ihr zu genießen, und Sie werden wissen, dass er oder sie wartet auf Sie dort zu bekommen und sich zu beteiligen.

Der Nachteil an einem Yoga-Partner ist, dass es schwieriger sein kann, um es in einem Zeitpunkt, der für beide von Ihnen funktioniert. Wenn er ein Nachbar, der über 6 Uhr kommen kann, ist, kann es gut funktionieren. Wenn es ein Freund, der quer durch die Stadt lebt, kann es ein Kampf sein.

Sie müssen auch sicherstellen, dass Sie nicht zu vergleichen Sie sich mit Ihrer Yoga-Partner.

Versuchen Sie, jemanden, der auf einem ähnlichen Niveau wie Fitness gefunden hast. Dann können Sie beide weiterhin in komplexere Yoga-Posen und Haltungen Fortschritte. Dennoch sollten Sie sowohl zu bewegen in Ihrem eigenen Tempo für maximale Leistungen.

## **Belohnungssystem**

Wenn Sie Yoga-Teil Ihrer täglichen Routine zu machen, werden Sie sich mit der optimalen Gesundheit körperlich und geistig zu belohnen. Sie sollten auch ein Belohnungssystem im Ort, dass Sie etwas, was Sie wirklich wollen, für Ihre harte Arbeit erhalten können.

Ihre erste Belohnung sollte für die Führung der zweiwöchigen Yoga-Verpflichtung. Sie können sich auf ein neues Outfit zu behandeln, ins Kino gehen, die Sie interessieren usw. Die Idee ist, für die Belohnung, etwas, das Sie verdient haben, und dass Sie wirklich so genießen, dass es hält Sie motiviert.

## **Kapitel 7**

### **Yoga als Alternative Medizin**

Es gibt so viele körperliche und geistige Gesundheit Beschwerden, die eine Person erleben können. Wenn wir älter werden, werden sie eher zu entwickeln. Allerdings kann Yoga eine wunderbare Quelle der alternativen Medizin zu sein.

Die meisten Menschen sind sich einig, dass sie lieber diese Gesundheitsfragen zu behandeln mit einer Form der Übung, als mit Medikamenten. Over-the-counter-und verschreibungspflichtige Medikamente können harte Nebenwirkungen haben. Die Kosten für die von ihnen können auch addieren, vor allem, wenn die Gesundheitsgefahr bedeutet, die sie täglich.

Es ist wichtig zu verstehen, dass die Verwendung von Yoga als alternative Medizin ist kein Ersatz für die medizinische Versorgung. Sie sollten sich trotzdem eng mit Ihrem medizinischen Fachkräften. Sie können aber lassen Sie sie wissen, dass Sie möchten, um zu sehen, ob Yoga kann Ihnen helfen, sich besser zu fühlen.

Wenn Sie die Einnahme täglich Medikamente sind, können Sie erhebliche Verbesserungen zu machen, so dass sie reduzieren Ihre tägliche Dosis oder entfernen, dass Medikamente von Ihrem Behandlungsplan. Ändern Sie nie Ihre Dosis oder die Einnahme von Medikamenten ohne Genehmigung von Ihrem Arzt.

## **Körperliche Gesundheit**

Wenn unser Körper fühlt sich nicht gut, kann sie machen es schwer, sich auf alles, was wir zu tun haben, zu konzentrieren. Es kann machen es schwer zu arbeiten, um unsere Haus zu nehmen, oder zu sozialen Aktivitäten zu genießen.

Yoga hilft, das Blut und die Sauerstoff durch den Körper zirkulieren. Wenn Sie oft sesshaft sind, dann können Sie einige Probleme mit Kreislauf haben. Dies gilt auch, wenn Sie übergewichtig sind.

Personen mit Arthritis oft feststellen, dass die täglichen Aufgaben sind schwierig aufgrund der Entzündungen in den Gelenken. Yoga kann helfen, die Schmerzen und Entzündungen zu reduzieren, so dass ein größerer Bereich der Mobilität zur Verfügung.

Zu viel Spannung um den Hals, Rücken und Schultern Konten oft für chronische Kopfschmerzen. Dies kann von einer leichten Kopfschmerzen Migräne liegen. Yoga kann helfen, lockern diese Muskelgruppen und sie flexibler zu machen.

Yoga kann helfen zu verringern, diese Arten von physischen Gesundheitsprobleme sein: Arthritis

Asthma

Chronische Rückenschmerzen

Fruchtblatt-Tunnel

Chronische Ermüdung

Diabetes

Verkehr

Fibromyalgie

Chronische Kopfschmerzen

Sinus-Probleme

## **Psychische Gesundheit**

Unsere geistige Wohlbefinden ist auch sehr wichtig. Wenn eine Person fühlt sich nicht gut durch Stimmung, Angst oder andere Bedenken, so kann es schwierig sein, die persönlichen Beziehungen zu haben. Es kann auch schwierig, auch bei der Arbeit oder für die Pflege Ihrer Familie zu nehmen. Jede Form von Bewegung, wie Yoga, kann dazu beitragen, die Menge der Chemikalien im Gehirn, die Stimmung zu heben erhöhen.

Das Gefühl zu viel Stress und Angst kann eine Maut auf uns zu nehmen. Es kann machen es schwer zu schlafen, und es kann machen es schwer zu konzentrieren. Vielleicht bekommen Sie bissig bei Menschen mit denen Sie arbeiten oder leben mit, weil Sie nervös sind. Sie können fühlen, wie Sie in einer schlechten Stimmung sind immer. Mehrere dieser Chemikalien im Gehirn, können solche Gefühle zu reduzieren.

Viele Personen, die in der Behandlung von Drogen / Alkoholmissbrauch gewesen sein zu finden, dass Yoga kann ihnen helfen, clean zu bleiben. Sie haben vielleicht Auslöser, die sie noch einmal führen die Sehnsucht nach dem Laster. Yoga kann ein Weg,



um den Geist zu klären und zu helfen, den Schwerpunkt auf die weitere positive Optionen.

Viele Leute finden, dass sie schlafen viel besser, wenn Yoga ist ein Teil ihres Tages. Sie haben keine Schlafmitteln, die oft in ihrem Erwachen groggy führen zu nehmen. Sie haben nicht hin und her wälzen die ganze Nacht und dann aufwachen am nächsten Tag, wenn sie wirklich nicht wollen.

Yoga kann helfen zu verringern, diese Arten von psychischen Gesundheitsprobleme sein: Leichte bis mittelschwere Depressionen

Angst

Panikattacken

PTSD

Schlaflosigkeit

Stress

Stimmung

## **Kapitel 8**

### **Eine gesunde Lebensweise**

Yoga ist auf jeden Fall ein großer Teil eine gesunde Lebensweise für Ihren Geist und Ihren Körper. Bekommen sie in sync ist wichtig, aber nur ein Teil des Puzzles. Wenn Sie wirklich das Gefühl, Ihr Bestes und Gesundheitsrisiken reduzieren möchten, müssen Sie insgesamt gute Gewohnheiten.

Auch wenn das Leben beschäftigt ist, müssen Sie sicherstellen, dass Sie kümmern sich um, was Ihr Körper und Ihr Geist braucht. Denken Sie an sie als eine Maschine. Ein Auto kann laufen, wenn es einige Probleme hat, aber nicht die Art, wie es sollte. Nehmen Sie nicht Ihren Körper oder Ihren Verstand für selbstverständlich!

## **Tägliche Übung**

Engage in mindestens dreißig Minuten tägliches Training. Dies kann nur Yoga, oder es kann eine Mischung aus Yoga mit anderen Formen der Übung. Nehmen Sie Ihren Fitness-Level zu berücksichtigen und immer darauf achten, Ihren Körper gesund genug für eine bestimmte Art von Übung.

## **Richtige Ernährung**

Ihr Körper und Ihr Geist braucht Vitamine und Nährstoffe, um zu gedeihen. Vermeiden Sie den Verzehr von Lebensmitteln, die verarbeitet werden, wie Fast Food. Vermeiden Sie Lebensmittel, die reich an Zucker oder im Salz hoch sind. Sie müssen nicht alle von ihnen vom Speiseplan zu streichen, aber stellen Sie sicher, verbrauchen nur solche Lebensmittel in Maßen.

Ihre Ernährung sollte von viel frischem Obst und frischem Gemüse bestehen. Essen Sie Lebensmittel, die reich an Proteinen sind. Nach diesen Richtlinien wird Ihr Verlangen nach Zucker zu reduzieren. Es wird auch halten Sie voller länger, so dass Sie nicht den ganzen Tag übermäßiges Essen sind.

## **Bleiben hydratisiert**

Achte darauf, was du zu trinken. Viele Getränkeprodukte haben hohe Mengen von Koffein und Zucker in ihnen. Sie möchten Ihre Aufnahme der Inhaltsstoffe auf ein Minimum zu halten.

Vermeiden Sie Diät-Getränke mit Zuckeraustauschstoffen, wie sie sind nicht gut für Sie.

Wasser ist die beste Option, wenn es um Durst zu stillen und bleiben hydratisiert kommt.

Trinken Sie mehrere Gläser Wasser pro Tag, um Giftstoffe aus Ihrem Körper zu spülen. Wenn Sie nicht mögen den Geschmack von

Leitungswasser haben, fügen Sie einige frische Zitrone oder Limette, um es.

Grüner Tee ist auch eine wunderbare Wahl für bleiben hydratisiert. Es Drehzahlen Ihren Stoffwechsel und hilft, Giftstoffe zu spülen. Sie können grünen Tee entweder heiß oder kalt verzehren, je nach Ihren persönlichen Vorlieben.

## **Sonnenschein**

Einige Sonneneinstrahlung jeden Tag wird dazu beitragen, Ihre Stimmung. Natürlich wollen Sie vorsichtig bei direkter Sonneneinstrahlung zu sein durch schädliche UV-Strahlung. Tragen Sie lange Ärmel, einen Hut und Sonnencreme, wenn Sie sich im Freien.

Wenn Sie drinnen sind, öffnen Sie Vorhänge oder Jalousien, um das Sonnenlicht hereinzulassen.

Wenn Sie nachts arbeiten und während des Tages schlafen, versuchen, einige Zeit in der Sonne verbringen, bevor Sie schlafen gehen oder, wenn Sie aufwachen.

## **Ausreichend Schlaf**

Die meisten Erwachsenen nicht genug Schlaf jede Nacht. Es ist für Ihren Geist und Ihren Körper, die Sie tun sehr wichtig. Nicht genug Schlaf beeinflusst die Stimmung und macht es schwieriger, zu konzentrieren. Es hat sich auch zu Gewichtszunahme und zu einem erhöhten Risiko von schweren gesundheitlichen Problemen in Verbindung gebracht worden.

Für die besten Ergebnisse, versuchen Sie, gehen Sie zu schlafen und aufwachen zur gleichen Zeit jeden Tag. Sie können sich nicht entschließen, Schlaf, die Sie während der Woche verpasst durch Schlafen in an den Wochenenden.

Achten Sie darauf, Ihre Schlaf-Umgebung ist komfortabel. Die Temperatur sollte nicht zu heiß oder zu kalt sein. Sie möchten störende Geräusche zu beseitigen. Stellen Sie sicher, Kissen und Matratze bieten Ihnen genügend Unterstützung.

### **Beseitigen Sie schädliche Gewohnheiten**

Wenn Sie in schädlichen Gewohnheiten zu engagieren, ist jetzt die Zeit, um sie von Ihrem Lebensstil zu beseitigen. Es spielt keine Rolle, wie lange Sie in sie eingegriffen wurden. Wenn Sie rauchen, es gibt viele Gesundheitsrisiken. Wenn Sie Alkohol oder Drogen zu verwenden, dann können Sie in Gefahr, ernste Gesundheitsprobleme entwickeln können.

### **Abschluss**

Yoga ist eine großartige Möglichkeit für Männer und Frauen zur Teilnahme an. Auch Kinder und ältere Menschen können von den Posen und Haltungen zu profitieren. Yoga ist gut für den Geist, den Körper und die spirituellen Elemente einer Person.

Da Yoga ist geringe Auswirkungen, kann es unabhängig von gesundheitlichen Problemen oder eingeschränkter Mobilität in Eingriff gebracht werden. Es gibt viele Vorteile von Yoga, die Menschen, die an ihn täglich zu halten. Wenn Sie mehr Flexibilität, besseres Gleichgewicht und mehr Kraft haben möchten, ist dies ein Weg, um sie zu erreichen.

Wenn Sie möchten, um Stress zu reduzieren, konzentrieren sich mehr und eine bessere Haltung und Stimmung, dann kann Yoga helfen, es zu erreichen. Wenn Sie beginnen, stellen Sie sicher, dass Sie den richtigen Weg, um die verschiedenen Posen und Haltungen führen wissen. Sie wollen sie in einer Weise, die sicher ist, zu tun, und das hilft Ihnen, die Vorteile zu erlangen.

Sie müssen nicht zu viel Geld ausgeben, um in Ausrüstung für Yoga investieren. Die meisten Menschen haben Kleidung zu Hause sie für solche Aktivitäten tragen können. Wenn nicht, können Sie sie für

eine kostengünstige kaufen. Ein Qualitäts-Yogamatte kosten wird von \$ 25 bis \$ 100 je nach Marke und Stil.

Yoga kann zu Hause ohne den Kauf teurer Geräte, die Sie für jeden Raum nicht durchgeführt werden. Sie können auch an Yoga nehmen, wenn Sie für die Arbeit oder zum Vergnügen reisen; die meisten Hotels haben einen Fitnessraum, wo man sich darauf einlassen. Sie können sogar dazu in Ihrem Hotelzimmer.

Da Yoga ist so beliebt, sollten Sie in der Lage, ein Fitnessstudio oder eine Tanzschule, die Klassen bietet zu finden. Fragen Sie, ob Sie in leihen und beobachten Sie eine Klasse oder erhalten Sie eine kostenlose Klasse, bevor Sie sich anmelden. Dies ist ein wunderbarer Weg, um zu entscheiden, ob die Lage ist das Richtige für Sie ist oder nicht.

Yoga ist weiterhin einer der beliebtesten Methoden, um fit und gut fühlen können. Es ist sehr vielfältig, welche um eine Person aus zu langweilen mit ihm zu vermeiden hilft. Sie können weiterhin selbst herauszufordern, um komplexere Posen und Haltungen zu versuchen, wie Sie diejenigen in Ihrer aktuellen Niveau zu meistern.

Erste Schritte mit Yoga begann, ist nicht schwer, und Sie so viele Möglichkeiten in Bezug auf die Art, die Sie folgen wollen, haben. Versuchen Sie, einige von ihnen zu bestimmen, welche die beste Lösung für Ihre Bedürfnisse und Ihre Gesundheit Ziele ist.

Immer motiviert und bleiben mit Yoga motiviert muss nicht eine große Herausforderung sein.

Nehmen Sie sich Zeit für diese täglich und Sie werden schnell feststellen, Verbesserungen, um Ihren Körper und Geist. Das wird Sie ermutigen, auch weiterhin die Teilnahme an es.

Yoga ist eine der beliebtesten Arten von körperlicher Aktivität, die sowohl den Körper und Geist hilft. Es wird von Menschen beiderlei Geschlechts und aller Arten von Lebensstilen und ethnischen

Gruppen durchgeführt. Es ist nicht ein vorübergehender Trend; es ist hier, um ein Beispiel für ein gesünderes Leben für alle gesetzt.

Vegan Slow Cooker

*The Ultimate Vegan Schmortopf Kochbuch darunter 39 Leicht*

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## **Einführung**

Wenn Sie auf die vegane Ernährung sind, können Sie sich Sorgen darüber, ob Sie in der Lage, die Rezepte, die gut schmecken, sondern auch das Leben leichter machen für Sie zu finden.

Während Sie sich gesünder zu sein und die richtigen Entscheidungen für Sie und Ihre Familie möchten, müssen Sie nicht immer alle, dass zusätzliche Zeit, um die perfekte Mahlzeit jede Nacht zu machen. Dieser Ratgeber soll Ihnen zeigen einige einfache Möglichkeiten, wie Sie vegane Gerichte Ihre ganze Familie werden mit der Hilfe von einem großen Schmortopf lieben.

Der Slow Cooker ist der Lebensretter für viele Familien. Wenn Sie wissen, dass die Nacht geht, beschäftigt zu sein, und dass Sie wirklich nicht so viel Zeit, um Ihre Familie zu ernähren, kann dies als nützlich erweisen. Sie werden nur werfen die Zutaten innen am Morgen, setzen Sie den Deckel auf, schalten Sie die Hitze auf, und dann haben die Ruhe des Geistes zu wissen, dass eine schöne gesunde Mahlzeit in der Familie ist bereit, wenn Sie nach Hause kommen.

Dieser Ratgeber soll Ihnen den Einstieg in die vegane Ernährung Slow Cooker gestartet. Es ist voll von den Rezepten, die Sie, um rechts, egal wie groß der Eile können Sie in, oder wenn Sie keine Zeit haben essen. Ob Sie sich für etwas, für das Frühstück auf der Suche, eine Suppe, ein großes Essen für die ganze Familie zum Abendessen oder Mittagessen, oder etwas, das, um, um zum Schluss die Nacht zu sterben, ist zu ernähren, werden Sie in der Lage, die richtige Wahl für die zu finden deine Bedürfnisse.

Kapitel 1 beginnt mit den Grundlagen von einer veganen Ernährung. Diese Diät ist toll, wenn Sie wollen, um gesund zu sein, wollen mehr sozialverträglich oder Sie sich Sorgen um die Umwelt sind. In diesem Kapitel erfahren Sie, was die vegane Ernährung ist, ob Sie in der Lage, die Ernährung, die Sie brauchen, um gesund zu bleiben, und die Vorteile der im Anschluss an eine vegane Ernährung zu erhalten. Kapitel 2 spricht über den langsamen Kocher und wie es ist in der Lage, Ihnen eine Menge Zeit in der Hektik des Alltags zu retten. Im Inneren gibt es auch Tipps, wie Sie die langsame Kocherlebnis noch besser, so dass Sie eine einfachere Zeit immer das Essen auf dem Tisch haben, zu machen.

Kapitel 3 beginnt mit einigen der vegane Rezepte, die versprochen wurden. Es ist voll von all

den langsamen Kocher Frühstück, die Sie, um die ganze Familie glücklich zu machen braucht.

Ob sie in der Stimmung für etwas Süßes oder etwas, das ein wenig herzhafter ist, werden Sie in der Lage, das richtige Rezept finden Sie hier. Kapitel 4 geht mit einigen guten Schmortopf Suppen, die auch vegan freundlich. Diese sind schön für Vorspeisen oder zum Aufwärmen, wenn es draußen kalt ist und Sie wollen einfach nicht, um den Tag zu stellen.

Kapitel 5 hat die Hauptgerichte, die Sie lieben, weil sie Ihre ganze Familie zu ernähren. Sie können sie in kürzester Zeit vorzubereiten, und dem Moment, Sie nach Hause kommen, wird Ihre ganze Familie in der Lage, sich hinzusetzen und genießen Sie das Essen, Wärme und Unterhaltung, die Ihnen allen eine Familie zu machen.

Schließlich Kapitel 6 hat die guten Sachen: Desserts. Kein Essen, selbst eine vegane Mahlzeit ist komplett ohne ein bisschen Dessert nach oben abschrecken. Dieses Kapitel gibt Ihnen einige Optionen, die auch im Slow Cooker gemacht werden können.

Es gibt so viel über die Verwendung einer langsamen Kocher, alle Mahlzeiten, die Bedürfnisse Ihrer Familie vorzubereiten lieben, auch mit einer veganen Ernährung. Verwenden Sie dieses Handbuch, um die Rezepte, die Sie brauchen, um loslegen zu bekommen.

## **Kapitel 1:**

### **Grundlagen einer veganen Ernährung**

Zwar gibt es eine Menge von Diäten gibt, die bedeutet werden, um zu helfen, Gewicht zu verlieren, zu einer besseren Gesundheit, und nur besser zusammen zu sein, keiner von ihnen verlangen, die Art von Veränderungen im Lebensstil, die oft mit der veganen Ernährung zu kommen. Manche Menschen haben Schwierigkeiten, die beschreiben, was die vegane Ernährung aussehen würde, und oft



werden sie vorgefassten Meinungen über diese Diät-Plan, der nicht wirklich wahr sind, haben. Medien und diejenigen, denen sie sprechen, vielleicht ein paar Dinge über die vegane Ernährung, die nur wahr sind nicht erwähnt, aber trennt Fakten von Fiktion kann schwierig sein. In diesem Kapitel werden einige der Vorteile, die Sie von der veganen Ernährung als auch, warum man beachten sollte, es zu benutzen, um Ihr Leben zu ändern bekommen können, und Ihre Gesundheit zu diskutieren, um.

## **Was ist die vegane Ernährung**

Eine vegane Ernährung ist ähnlich wie die vegetarische Ernährung nicht, Fleisch zu essen, aber es braucht noch einen Schritt weiter. Er fordert Anhänger, nicht so etwas wie Eier, Milchprodukte, Fisch und Fleisch zu essen. Einige Veganer können auch andere Optionen wie Honig und nichts mit tierischen Produkten wie Wein, Bier, Gelatine und High Fructose Corn Sirup auszuschließen.

Es gibt viele verschiedene Gründe, warum jemand wählen würde, um ein Veganer zu sein. Es gibt einige, wählen würde, um diese Art der Ernährung aus ethischen Gründen zu essen, während andere es für die Umwelt oder für ihre Gesundheit tun. Zum Beispiel gibt es einige Veganer, die das Gefühl, dass, wenn sie Milchprodukte und Eier zu essen, sind sie immer noch, die Unterstützung für die Fleischindustrie, etwas, was sie nicht wollen, zu tun ist. In der Tat gibt es viele Vegetarier, die später kamen, um Veganer in ihren Entscheidungen.

Ein weiterer Grund, dass einige Leute wählen, um mit dieser Art von Lebensstil zu gehen, weil sie denken, es wird ihnen helfen, eine fürsorgliche und humanere Welt zu fördern. Sie wissen, dass die Menschen vielleicht nicht perfekt sein, und sie sind nicht unbedingt versuchen, sich auf den Menschen sein, aber sie glauben, dass wir alle haben die Verantwortung, unser härtestes, um die Welt zu einem besseren Ort für alle Lebewesen zu machen versuchen.

## **Ernährung**

Einige von denen, die erwägen, diese Art der Ernährung sind Sorgen, dass sie Schwierigkeiten mit dem Ausstieg in der Ernährung, die sie brauchen, um gesund zu bleiben müssten. Sie sehen, dass ein paar der wichtigen Lebensmittelgruppen werden herausgenommen und sie denken, dass sie gehen, krank und ungesund zu bekommen und dass die Ansprüche zu, wie gesund die Diät sind alle falsch.

Dies gilt in gewissem Umfang; müssen Sie sehr vorsichtig sein. Wenn Sie eine Vielzahl von Lebensmitteln zu essen und stellen Sie sicher, dass Ihre Ernährung ist schön und ausgewogen, während Sie auf der veganen Ernährung sind, wollen Sie so viel zu bekommen, wenn nicht mehr, der Nährstoffe, die Ihr Körper braucht im Vergleich zu Ihrer aktuellen Ernährungsplänen. Auf der anderen Seite, wenn Sie Lebensmittel, die alle gleich sind und nicht Ihre Ernährungs diversifizieren essen, werden Sie wahrscheinlich feststellen, dass diese Diät ist nicht alles, was für Sie gesund.

### **Vorteile einer veganen Ernährung**

Es gibt eine Menge der großen Vorteile, die Sie in der Lage, so lange wie Sie sicherstellen, dass Sie folgende es richtig und nicht zu verpassen wichtige Dinge aus der veganen Ernährung zu bekommen. Einige der großen Vorteile, die Sie in der Lage, aus dieser Diät-Plan zu bekommen sind:

Nutrition-es gibt so viel Nahrung, die Sie in der Lage, aus den Früchten und Gemüse, die auf dieser Diät, werden Sie gesünder, als Sie jemals in der Vergangenheit gewesen sein dürfen, zu bekommen. Einige der zusätzlichen Nährstoffe, die Sie aus dieser Diät erhalten können, sind gesunde Kohlenhydrate, Vitamin E, Vitamin C, Folsäure, Kalium, Ballaststoffe, Magnesium, und so viele andere Antioxidantien, die Ihren Körper stark halten.

Krankheitsvorsorge-die veganen Ernährung ist ein gutes zu wählen, wenn Sie versuchen, den Ausbruch von Krankheiten und andere gesundheitliche Probleme zu vermeiden sind. Einige der Krankheiten, die Sie auf dieser Diät-Plan zu vermeiden sind:

Herzkrankheiten, hoher Cholesterinspiegel, Prostatakrebs, Diabetes Typ 2, Brustkrebs, Osteoporose und Darmkrebs.

Physische Nutzen-es gibt auch einige körperliche Vorteile, die Sie von der Nachfolge der veganen Ernährung zu bekommen. Einige von ihnen gehören einer niedrigeren Body Mass Index, Gewichtsverlust, Energiegewinn, gesündere Haut, weniger Körpergeruch, längere Lebensdauer, weniger Mundgeruch, gesündere Haare, stärkere Nägel, weniger Symptome von PMS, weniger Migräne und weniger Komplikationen mit Allergien.

Wie Sie sehen können, gibt es durchaus ein paar Vorteile, die Sie in der Lage, vom Anschluss an eine gesunde vegane Ernährung zu bekommen. Sie müssen genau beobachten, was Sie verbrauchen, nicht nur, um sicherzustellen, dass Sie essen gesund und eigentlich nach der veganen Ernährung, sondern um sicherzustellen, dass Sie auch in allen großen Nährstoffe, die mit dieser Diät versprochen werden. Wenn Sie in der Lage, dies zu tun, werden Sie in der Lage, eine bessere Gesundheit realisieren als je zuvor.

## **Kapitel 2:**

### **Grundlagen von Slow Cooking**

Der Slow Cooker ist wahrscheinlich eine der besten Erfindungen für Mütter und Familien beschäftigt. Es ermöglicht Ihnen, in einer ganzen Mahlzeit am Morgen gesagt, und dann, wenn Sie nach Hause kommen, egal wie beschäftigt Sie sind, ist das Essen fertig und Sie sich hinsetzen und genießen Sie es. Mit den vollen Terminkalender, dass viele Menschen es zu tun haben, die Zeit gefunden, um ein Haus-gekochte Mahlzeit am Ende des Tages zu machen, geschweige denn mit der Energie, um tatsächlich get it done, ist fast unmöglich. Dieses Kapitel wird Sie mit einigen der Grundlagen der Verwendung eines langsamen Kocher bieten, so dass Sie fing an, diese köstlichen Mahlzeiten zu Hause bekommen und sie bereit, sobald Sie sind.

Tipps, um Get Started

## **Wählen Sie die richtige Größe**

Das erste, was Sie tun müssen, ist, nehmen Sie den, die richtige Größe ist. Oft werden Sie in der Lage, viele Mahlzeiten mit nur einer Größe zu tun, so müssen Sie nur wählen Sie die eine, die groß genug für die ganze Familie ist, um sicherzustellen, dass diese nicht überfüllt oder unter gefüllt. Wenn es nur zwei von Ihnen, die eine Mahlzeit genießen werden, werden Sie nicht brauchen einen großen Schmortopf. Auf der anderen Seite, ist ein großer Schmortopf toll, wenn Sie füttern eine große Familie oder mit Gästen über.

## **Nicht überfüllen**

Wenn Sie zu viel Einstecken in den Slow Cooker, das Risiko der Mahlzeit nicht ordnungsgemäß während der Kochzeit getan laufen Sie. Dies lässt die Möglichkeit offen für Sie Rohkost zu haben, die ein Lebensmittelsicherheitsrisiko sein könnte. Am besten ist es nicht versuchen, mehr als zwei Drittel der Slow Cooker zu füllen, um sicherzustellen, dass es geht, um alle Lebensmittel richtig zu kochen.

## **Setzen Sie den Deckel auf der Oberseite**

Wir alle haben es getan; wir Blick in die Küche und zu riechen, wie gut die langsame Herd Mahlzeit ist und wollen einfach nur, um den Deckel für eine Sekunde, um zu nehmen, um etwas von dem Geruch zu bekommen. Während dies mag verlockend sein, ist es am besten, den langsamen Kocher Deckel zu verlassen. Dies ist, was gewährleistet, dass das Essen, das wird richtig gekocht, und es wird die gesamte Wärme im Inneren zu halten. Am besten ist es nur den Deckel während des Kochvorgangs einmal öffnen etwa eine halbe Stunde, bevor es geschieht, um zu sehen, ob das Essen richtig oder wenn das Kochen es wird mehr Zeit benötigen.

Ansonsten ist es am besten, lassen Sie einfach den Deckel auf.

## **Vorausplanen**

Wenn Sie die Zeit zu planen, einige Ihrer langsamen Kocher Mahlzeiten vor der Zeit in Anspruch nehmen, wird es um die Dinge so viel einfacher, wenn es Zeit ist, sie alle zusammen zu machen. Dies kann auch helfen, wenn Sie direkt in den Morgen in der Zutatenliste zu werfen wollen, aber Sie sind besorgt über die Zeit knapp werden. Die Nacht, bevor Sie zu einer der Mahlzeiten zu machen, bis schneiden und trimmen kein Fleisch möchten, schneiden Sie das Gemüse, messen Sie die trockenen Zutaten, und erhalten Sie eine der Soßen zubereitet, die benötigt werden. Sie können dann legen Sie sie in Behälter im Kühlschrank, so dass Sie sie in den Slow Cooker Dump am nächsten Morgen.

Als es am nächsten Morgen ist, können Sie die Zutaten in den Schmortopf legen und dann erhitzen, bis Sie die Anweisungen, die für das Rezept gibt. Dann, wenn Sie nach Hause in der Nacht kommen, werden Sie eine schöne warme Mahlzeit bereit, für Sie zu gehen.

## **Uhren Temperatur**

Ihr Essen zu kochen rechts, müssen Sie darauf achten, die Temperatur im Inneren des Slow Cooker, so dass das Essen ist einfach richtig gemacht. Einige Dinge, die Sie tun können, um sicherzustellen, dass die langsame Herd kocht die Nahrung richtig, und dass keiner der es immer in gefährliche Temperaturzonen, sind nie Hinzufügen gefrorenen Zutaten, um den langsamen Kocher zusammen mit anderen Inhaltsstoffen, nicht kochen eine ganze Braten oder Huhn, weil sie nicht richtig zu erledigen, und halten Sie den Deckel auf, so dass die Wärme im Inneren und ordnungsgemäß geführt Aufwärmen der Nahrung werden.

## **Wählen Sie das beste**

Sie sollten sicherstellen, dass Sie einen langsamen Kocher, die in einem guten Zustand ist, wenn Sie machen Ihre Mahlzeiten einnehmen. Sie wollen nicht, um eine, die defekt oder sehr alt ist, weil es nicht in der Lage, die Mahlzeit in der Art und Weise, die Sie gerne vorzubereiten holen.

Einige der neueren Modelle werden sogar den Prozess einfacher für Sie, indem Sie in der Zeit, die das Essen sollte bei einer bestimmten Temperatur zu kochen gebracht und dann Warmhalten für Sie nach, dass für den Fall, Sie nach Hause kommen nicht in der Zeit. Achten Sie darauf, wählen Sie die eine, die gehen, um die am besten für Ihre Bedürfnisse, bevor Sie beginnen zu arbeiten ist.

Verwenden Sie Ihre Slow Cooker kann eine große Erfahrung sein, und Sie werden es lieben, wie viel Spaß es machen kann, um die Mahlzeit früh am Morgen zu erledigen, zu wissen, das Abendessen wird sich auf Sie warten, wenn Sie durch die Tür gehen, anstatt zu machen etwas in letzter Minute oder mit der Familie zum Essen. Verwenden Sie einige der Rezepte, die in den nächsten Kapiteln sind, das Beste aus Ihrem vegane Ernährung mit der Leichtigkeit eines Slow Cooker zu bekommen.

### **Kapitel 3:**

#### **Vegan Slow Cooker Breakfasts**

##### **Vegan Quiche**

Zutaten:

14 Unzen Tofu

1 EL. Zitronensaft

1 TL. Zitronenschale

1 EL. Apfelessig

1 EL. Olivenöl

2 EL. Nährhefe

½ c. Zwiebel, gewürfelt

2 gehackte Knoblauchzehen

10 Unzen Spinat

8 Unzen. Pilze, in Scheiben geschnitten

¼ TL. Paprika Flocken

½ TL. getrockneten Kräutern

Pfeffer

Salz

Anfahrt:

1. Beginnen Sie dieses Rezept, indem Sie sich die langsamen Kocher und Besprühen mit dem Kochspray.
2. Nehmen Sie den Tofu und drücken Sie die gesamte Feuchtigkeit unter Verwendung von zwei Handtücher und etwas Schweres auf es. Lassen Sie es für etwa 15 Minuten eingestellt.
3. Während der Tofu gehandhabt wird, heizen Sie etwas Öl in einer Pfanne, bevor Sie die Pilze, Spinat, Zwiebeln und Knoblauch. Kochen Sie diese, bis sie aufgeweichten geworden und dann Squeeze-out der zusätzliche Feuchtigkeit. Saison mit den Chilipulver, getrocknete Kräuter, Pfeffer und Salz.
4. Bringen Sie eine Küchenmaschine und fügen Sie den Essig, Zitronensaft, Zitronenschale, und Tofu innen. Pulse die Zutaten, so dass sie glatt geworden.
5. Nehmen Sie diese aus der Küchenmaschine und klappen Sie die Nährhefe und Gemüse im Inneren. Gießen Sie in den Schmortopf und Koch auf einer niedrigen Einstellung für 4 Stunden oder bis Set vor dem Servieren.

## **Apfelmus**

Zutaten:

½ c. Wasser

8 geschält und geschnittenen Äpfel

½ TL. Kürbiskuchen Gewürz

¾ c. brauner Zucker

Anfahrt:

1. Nehmen Sie den langsamen Kocher und bekommen alles einzurichten. Wenn es fertig ist, können Sie das Wasser und die Äpfel zusammen im Inneren zu verbinden.
2. Kochen dieser Mischung auf eine niedrige Einstellung für etwa 8 Stunden.
3. Wenn es dieses Mal auf, fügen Sie in der Kürbiskuchen Gewürz und den braunen Zucker, die Zeit nehmen, um vollständig zu kombinieren rühren.
4. Koch alles für weitere 30 Minuten auf der niedrigen Einstellung vor dem Servieren.

## **Apple-Crumble**

Zutaten:

Pudding

1 c. Mandelmilch

2 EL. Sirup

2 c. Wasser

½ c. Chiasamen

1 EL. Zimt



2 EL. Pfeilwurz-Pulver

5 geschnittenen Äpfel

Salz

1 TL. Zimt

Crunch Topping

½ c. Mandelmehl

1/3 c. Kokoszucker

¼ c. Kokosraspeln

¼ c. Apfelmus

1 TL. Zimt

1 TL. Vanille-

Anfahrt:

1. Starten Sie das Rezept durch den Abschluss einer langsamen Kocher und Mischen des Salz, Zimt, Pfeilwurz, Chiasamen, Sirup, Wasser und Milch im Inneren. Schicht die Apfelscheiben auf der Oberseite, aber nicht, um zu kombinieren mischen.
2. In einer separaten Schüssel mischen alle Zutaten für den Belag zusammen. Verteilen Sie es an die Spitze der Äpfel mit den Händen.
3. Setzen Sie den Deckel auf den langsamen Herd und lassen Sie die Zutaten kochen auf einem niedrigen Einstellung für vier Stunden.
4. Schalten Sie die Hitze ab, und lassen Sie dann die Mahlzeit-Set für etwa eine Stunde.
5. Top mit ein paar Nüssen oder Rosinen und dann genießen.

## **Pumpkin Pie Latte**

Zutaten:

1 c. brauner Zucker

1 kann Milch Kokosnuss

1 c. Kürbispüree

½ TL. Ingwer

½ TL. Zimt

1/8 tsp. Piment

1/8 tsp. Kardamom

Gewürznelken

Anfahrt:

1. Nehmen Sie den langsamen Kocher und legen Sie alle Zutaten hinein. Kombinieren Sie sie mit einem Schneebesen.
2. Setzen Sie den Deckel auf der Oberseite des langsamen Kocher und lassen Sie die Zutaten kochen zusammen auf eine niedrige Einstellung für etwa 8 Stunden.
3. Wenn die Kochzeit ist fast fertig, sollten Sie den Schneebesen wieder verwenden, um die Zutaten zu mischen und sich die Klumpen aus.
4. Trinken Sie sofort oder lagern im Kühlschrank bis zu einer Woche.

## **Mozzarella und Spinat Frittata**

Zutaten:

1 EL. Olivenöl

3 Eier

1 c. Mozzarella Käse

½ c. Zwiebel, gewürfelt

3 Eiweiß

¼ TL. Pfeffer

2 EL. Mandelmilch

¼ TL. Weißer Pfeffer

1 gewürfelte Roma-Tomaten

1 c. gehackter Spinat

Salz

Anfahrt:

1. Starten Sie das Rezept durch den Abschluss einer Bratpfanne. In der Öl- und der Zwiebel, lassen Sie die Zwiebel anbraten, so dass er Ausschreibung, die etwa 5 Minuten in Anspruch nehmen werden wird.

2. Wenn dies geschehen ist, nehmen Sie den Schmortopf und sprühen Sie es mit etwas Kochspray.

3. In einer Schüssel, verbinden Sie die Zwiebel, ¾ Tasse des Käses und der Rest der Zutaten.

Verwenden Sie einen Schneebesen zu kombinieren und dann gießen Sie sie in den Slow Cooker.

4. Streuen Sie die Zutaten mit dem restlichen Käse. Bedecken Sie und lassen Sie es eine Stunde lang kochen bei schwacher Hitze Einstellung. Warm servieren und genießen.

## **Übernachtung Oatmeal**

Zutaten:

6 c. Wasser

¼ c. Ahornsirup

2 c. Hafer

¼ c. brauner Zucker

1 TL. Zimt

½ TL. Salz-

¾ c. Blaubeeren, getrocknete

Anfahrt:

1. Nehmen Sie den langsamen Kocher und überziehen es mit etwas Kochspray.

2. Wenn das erledigt ist, nehmen Sie alle Zutaten und kombinieren sie in den Slow Cooker, achten Sie darauf, um gut zu kombinieren rühren.

3. Bedecken Sie den Schmortopf und Koch die Mischung für etwa 8 Stunden auf eine geringe Lautstärke.

4. Recht vor dem Servieren können Sie die Zutaten zusammen gut umrühren. Servieren Sie dieses Recht weg, damit es warm ist.

**Kapitel 4:**

## **Vegan Slow Cooker Suppen**

### **Paprika und Maissuppe**

Zutaten:

2 EL. Olivenöl

1 gewürfelte rote Paprika

1 gewürfelte gelbe Zwiebel

3 gewürfelt Yukon Gold-Kartoffeln

4 c. Maiskörner

4 c. Gemüsebrühe

½ TL. Paprika

1 TL. Kreuzkümmel

1 TL. Salz-

1/8 tsp. Cayenne Pfeffer

1 c. Mandelmilch

Anfahrt:

1. Innerhalb einer Bratpfanne, heizen Sie das Öl, bevor Sie die Zwiebel, und lassen Sie es für etwa 5 Minuten kochen lassen, so dass es weich und transparent wird. Bewegen Sie die Zwiebeln in den Schmortopf und fügen Sie das Salz, Cayennepfeffer, Paprika, Kümmel, und Brühe, eine Tasse Mais, Kartoffeln und Paprika.

2. Kochen Sie diese auf einer niedrigen Einstellung für etwa 8 Stunden oder eine hohe Einstellung für 4 Stunden, so dass die Kartoffeln zart geworden.

3. Nach dieser Zeit, schalten Sie den Schmortopf und nehmen Sie den Deckel ab. Geben Sie der Suppe ein paar Minuten, um ein wenig abkühlen.

4. Bringen Sie Ihre Mixer geben und pürieren Sie die Suppe vor der Rückkehr in den Schmortopf und wandte sich wieder auf.

5. Zu diesem Zeitpunkt Sie in der Sojamilch und dem Rest der Mais rühren können. Zugedeckt auf eine niedrige Einstellung für weitere 30 Minuten, so dass es sich wieder zu erwärmen. Mit Pfeffer und Salz und dann genießen.

## **Sweet Potato Chili**

Zutaten:

1 gehackte rote Zwiebel

1 gehackte grüne Paprika

4 gehackte Knoblauchzehen

1 EL. Chilipulver

2 TL. Kakaopulver

1 EL. Kreuzkümmel

Salz

Pfeffer

¼ TL. Zimt

1 kann gewürfelte Tomaten, gebratenen Feuer

1 können schwarze Bohnen gespült

1 können Bohnen gespült

1 geschält und Süßkartoffel

Sauerrahm, Tortilla-Chips, in Scheiben geschnittenen Radieschen und Frühlingszwiebeln zum Servieren

Anfahrt:

1. Um zu beginnen, bringen Sie einen langsamen Kocher und miteinander kombinieren, etwas Pfeffer, Salz, Zimt, Kakao, Kreuzkümmel, Chilipulver, Knoblauch, Paprika, Zwiebeln und innen.

2. in den Tomaten hinzufügen mit ihren Flüssigkeiten, sowie die Süßkartoffeln, Bohnen und einer Tasse Wasser. Rühren Sie alles zusammen, um zu mischen.

3. Decken Sie den Schmortopf und Koch das Essen auf eine niedrige Einstellung für etwa 8

Stunden oder eine hohe Einstellung für 4 Stunden oder bis die Süßkartoffeln in der Lage sind zart und die Chili-dickt ein wenig.

4. Wenn es fertig ist, dienen die Chili mit den Spitzen, die übrig sind.

## **Überbackene Kartoffeln**

Zutaten

1 c. Cashew-Kerne

1 c. Nährhefe

$\frac{3}{4}$  tsp. Knoblauchpulver

1  $\frac{1}{2}$  c. Soja Milch

Salz

6 rohen Kartoffeln

Anfahrt:

1. Bevor Sie beginnen, nehmen Sie die Kartoffeln und sie alle Scheiben geschnitten schön und dünn, wie Ihre Familie genießt sie.
2. Nehmen Sie einen Mixer oder eine Küchenmaschine und kombinieren Sie alle Zutaten bis auf die Kartoffeln. Mischen Sie diese zusammen, so dass sie cremig und geschmeidig werden können.
3. Nehmen Sie etwa ein Drittel der Kartoffeln und schichten sie auf dem Boden einer langsamen Kocher. Top mit einem Drittel der Sauce und wiederholen Sie dann diese Schichten, bis Sie alle Zutaten verwendet haben, endend mit der Sauce.
4. Kochen Sie auf einer niedrigen Einstellung für etwa 6 Stunden, bevor Sie mit Ihrem Lieblings-Mahlzeit.

## **Minestrone**

Zutaten:

1 abgelaassen und gespült weißen Bohnen

2 TL. Olivenöl

32 Unzen Hühnerbrühe

½ c. Zwiebel, gehackt

1 c. Karotten, gewürfelt

½ c. Sellerie, gewürfelt

2 gehackte Knoblauchzehen

1 können Tomaten, gewürfelt petite

Parmesan Käse



2 Lorbeerblätter

1 Zweig Rosmarin

2 EL. gehacktes Basilikum

½ TL. Salz-

Pfeffer

2 c. gehackter Spinat

¼ c. gehackte italienische Petersilie

2 c. gekochte Nudeln

1 gewürfelte Zucchini

Anfahrt:

1. Bringen Sie den Mixer, um loszulegen, und fügen Sie in einer Tasse Brühe mit den Bohnen zu Püree. Wenn dies geschehen ist, erhitzen Sie etwas Öl in einer Pfanne, bevor Sie die Knoblauch, Zwiebel, Sellerie und Karotten. Braten Sie diese, bis sie duftend und zart, die etwa 15 Minuten dauert es.

2. Nachdem dies geschehen ist, setzen Sie diese in den langsamen Kocher zusammen mit dem Rest der Brühe, Pfeffer, Salz, Parmesan-Käse, pürierten Bohnen und Tomaten. Fügen Sie die Petersilie, Basilikum und Rosmarin.

3. Bedecken Sie den Schmortopf und lassen Sie die Suppe kochen auf einem niedrigen Einstellung für etwa 6 Stunden.

4. Ein wenig, bevor die Suppe kochen getan, fügen Sie in der Spinat und Zucchini. Bedecken Sie den Schmortopf und lassen Sie diese Mischung zu kochen für weitere 30 Minuten.

5. Kurz vor dem Servieren herausnehmen Zweig Rosmarin und Lorbeerblätter und dann Saison mit etwas Pfeffer und Salz. Pfanne in einigen Schüsseln verteilen und mit etwas Parmesan, wenn, bevor Sie benötigt.

## **Erbsensuppe**

Zutaten:

5 c. Gemüsebrühe

4 c. gespült Erbsen, getrocknete

4 c. Wasser

1 c. Karotten, gehackt

2 gehackte Knoblauchzehen

1 gehackte Zwiebel

3 EL. Kokosnussöl

4 Essl. weiß Misopaste

Pfeffer

Salz

Anfahrt:

1. Um zu beginnen, hacken Sie den Knoblauch, Karotten, Zwiebeln und werfen sie in den Slow Cooker. Toss in der Misopaste und Kokosöl nächsten und dann mischen sie alle zusammen gut.

2. Die restlichen Zutaten in den Slow Cooker Put und dann von oben mit der Flüssigkeit.

3. Setzen Sie den Deckel auf der Oberseite des langsamen Kocher und schalten Sie es auf eine hohe Einstellung für mindestens 4 Stunden. Achten Sie darauf, ein paar Mal zu mischen, um es richtig zu machen.

4. Nach Geschmack würzen und lassen Sie die Suppe in Schüsseln für ein paar Minuten abkühlen lassen, bevor Sie dienen.

## **Lentil Chili**

Zutaten:

1 gewürfelte Zwiebel

3 gehackte Knoblauchzehen

1 gewürfelte Jalapeno

1 gehackte rote Paprika

1 gehackte gelbe Paprika

2 ½ c. Gemüsebrühe

1 Karotte geschält und gewürfelt

2 Dosen geschälte Tomaten

1 Beutel gespült braune Linsen

2 c. gewürfelte Tomaten

1 EL. Kreuzkümmel

3 EL. Chilipulver

Pfeffer

Salz

Richtung:

1. Nehmen Sie den langsamen Kocher und bekommen es alle bereit. Zerschneiden oder hacken alle Gemüse, bevor Sie sie in den Slow Cooker.
2. Decken Sie sie auf und kochen auf einer hohen Einstellung für 4 Stunden. Servieren Sie dieses Gericht warm.

## **Pozole Verde**

Zutaten:

8 c. Gemüsebrühe

2 ausgesät Peperoni

2 ausgesät poblano Paprika

1 £ tomatillos

1 Bund Koriander

Pfeffer

Salz

4 Knoblauchzehen

1 EL. getrockneter Oregano

60 Unzen Konserven hominy

3 gehackte Zucchini

Anfahrt:

1. Nehmen Sie einen Mixer, um dieses Rezept zu starten, und kombinieren in einer Tasse Gemüsebrühe, Pfeffer, Salz, Knoblauch,

Oregano, Koriander, Tomatillos, jalapenos und Poblano Paprika. Mischen Sie alle diese Zutaten zusammen, bis sie glatt sind. Schmecken und sehen, ob die Mischung wird die Art und Weise, die Sie mögen gewürzt.

2. Wenn dies geschehen ist, bringen die langsamen Kocher und gießen Sie die Mischung im Inneren. Fügen Sie in den Rest der Gemüsebrühe sowie der Maisbrei.

3. Bedecken Sie den Schmortopf und kochen Sie es auf eine niedrige Einstellung für etwa 4

Stunden. Nach dieser Zeit können Sie in den Zucchini hinzufügen und warmlaufen lassen im Schmortopf für weitere 30 Minuten.

4. Schöpfkelle heraus in Schalen und warm servieren.

## **Beefy Vegan Stew**

Zutaten:

2 Knoblauchzehen

3 rohe Karotten

1 Süßkartoffel

8 Baby-Kartoffeln

3 c. Seitan, Rind, aromatisiert

1 c. vegan Bouillon

1 c. Wasser

2 Thymianzweige

1 Zweig Rosmarin

Anfahrt:

1. Um zu beginnen, die Seitan geschnitten und die Gemüse wie sie sein müssen. Kombinieren Sie sie alle in der Slow Cooker.
2. Setzen Sie den Deckel auf der Oberseite des Schmortopf und Koch alle Zutaten zusammen auf eine niedrige Einstellung für etwa 8 Stunden.
3. Wenn diese Zeit abgelaufen ist, entsorgen Sie die Rosmarin und Thymianzweige. Schmecken Sie und fügen Sie in mehr Gewürze, wenn es gebraucht wird.
4. Servieren Sie dieses Eintopf warm und zu genießen.

### **Quinoa und schwarze Bohnen-Eintopf**

Zutaten:

2 Chipotle Paprika, getrocknet

$\frac{3}{4}$  c. Quinoa ungekocht

1 £ schwarzen beans

1 gewürfelte rote Zwiebel

1 kann gewürfelte Tomaten

3 gehackte Knoblauchzehen

1 gehackte rote Paprika

1 gehackte grüne Paprika

1 Zimtstange

1 TL. Korianderpulver

2 TL. Chili-Pulver

7 c. Wasser

¼ c. Koriander

Pfeffer

Salz

Anfahrt:

1. Stellen Sie alle Zutaten in den Slow Cooker, mit Ausnahme der Salz, und dann rühren, um sie zu kombinieren, um zu bekommen. Es ist möglich, die Paprika, Knoblauch, Zwiebeln und vor der Zeit anbraten, wenn Sie mögen, aber es ist nicht erforderlich.
2. Kochen Sie die Schale etwa 4 Stunden lang auf einem hohen Einstellung oder für 8 Stunden auf eine niedrige Einstellung, so dass die schwarzen Bohnen Zeit haben, um zart zu werden.
3. Nehmen Sie die chipotles und den Zimt rechts vor dem Servieren. Pflanze in ein paar Schüsseln und dann genießen Sie!

## **Kapitel 5:**

### **Vegan Slow Cooker Hauptgerichte**

#### **Gumbo**

Zutaten:

1 gehackte gelbe Zwiebel

2 EL. Olivenöl

1 gehackte grüne Paprika

2 gehackte Selleriestangen

3 gehackte Knoblauchzehen  
2 c. Gemüsebrühe  
2 EL. Mehl  
1 Dose Tomaten, gewürfelt  
1 kann ab gespült und abgetropft Bohnen  
1 Zucchini geschnitten  
8 Unzen. geviertelt Champignons  
1 c. Scheiben geschnitten Okra  
1 EL. Cajun-Gewürz  
2 EL. Worcestershire-Sauce, Vegetarier  
1 Lorbeerblatt  
Pfeffer  
Salz

Anfahrt:

1. In einem Schmortopf, heizen Sie einen Esslöffel des Öls. Wenn das Öl warm, können Sie den Knoblauch, Sellerie, Paprika, Zwiebel hinzufügen. Koch, so dass dieser wird weich und beginnt gerade zu braun, die etwa 10 Minuten dauern wird. Verschieben Sie die gekochten Gemüse über der langsamen Kocher.

2. Setzen Sie den Topf wieder auf den Herd und erhitzen den Rest des Öls. Fügen Sie das Mehl und kochen für weitere 4 Minuten, so dass das Mehl kann eine goldbraune Farbe zu werden.



3. Gießen Sie die Brühe in diesem und dann bringen Sie es zum Kochen. Sobald es ein Geschwür erreicht hat, können Sie es auf dem Slow Cooker zu bewegen.

4. Fügen Sie in dem Rest der Zutaten, bis auf die heiße Soße und Reis zubereitet.

5. Decken Sie den Schmortopf und lassen Sie diese Zutaten kochen auf einem niedrigen Einstellung oder ca. 8 Stunden. Sobald es fertig ist, nehmen Sie die Lorbeerblatt heraus, fügen Sie in etwas mehr Pfeffer und Salz, wenn es gebraucht wird, und dienen dann auf der Oberseite der Reis mit etwas heiße Soße zu genießen.

## **Lasagne**

Zutaten:

Sauce

1 £ Boden Runde

4 ¼ c. Tomatensauce

1 Aubergine

Italienische Gewürze

Ricotta

1 £ gedrückt Tofu

2 EL. Zitronensaft

1 EL. Olivenöl

¼ TL. Salz-

2 gehackte Knoblauchzehen

¼ c. Hefeflocken

1 EL. Knoblauchsatz

1 EL. Zwiebelpulver

Gehackte Basilikumblätter

Pfeffer

roter Pfeffer

Anfahrt:

1. Nehmen Sie die Yves Runde und lassen Sie es Abtauung in der Mikrowelle für etwa 2 bis 3

Minuten.

2. Während das auf dem Auftauen können Sie die Hälfte der Zutaten für die Ricotta in einem Nahrungsmittelprozessor platzieren arbeiten. Mischen Sie diese, bis sie glatt sind. Nehmen Sie den Rest des Tofu und bröckeln es sich im Inneren einer Schale.

3. Fügen Sie den Rest der Ricotta Zutaten in die Schüssel mit dem Tofu und mischen Sie es.

Lassen Sie es sein, wenn auch ein wenig klobig. Geschmack und in mehr von der Knoblauch, Salz hinzufügen, wenn es gebraucht wird.

4. Nehmen Sie die Auberginen und hacken sie auf. Kombinieren Sie dies mit einer Tasse der Tomatensauce und Yves, zusammen mit jeder Würze. Setzen Sie in eine Pfanne und kochen, so dass es heiß werden kann, durch und die Sauce beginnt zu brodeln.

5. Hälfte des Normalsauce in den Schmortopf gießen. Brechen Sie die Nudeln, um Sie zu passen

kann eine Schicht mit drei von ihnen zu machen. In etwa  $\frac{1}{4}$  Tasse Wasser auf der Oberseite.

6. Löffel Hälfte der Fleisch-Sauce auf der Nudeln vor dem Richtfest mit drei weiteren. Löffel  $\frac{3}{4}$

der Ricotta-Mischung über diese neue Schicht von Nudeln geben und mit noch drei Nudeln und achten Sie auf sie, um alles, was darunter flach nach unten drücken. Fügen Sie in einem anderen  $\frac{1}{4}$  Tasse Wasser auf diese Schicht.

7. Spoon die restlichen Fleisch-Sauce über allem und oben mit drei Nudeln. Gießen Sie den Rest der Tomatensauce auf der Oberseite und fügen Sie eine weitere  $\frac{1}{4}$  Tasse Wasser.

8. Setzen Sie den Deckel auf der Oberseite des langsamen Kocher und lassen Sie dieses Koch auf eine niedrige Einstellung für etwa 4 bis 6 Stunden. Servieren Sie dieses warm.

## **Maccaroni und Käse**

Zutaten:

10 Unzen Veganer Cheddar-Käse

5 Unzen vegan Mozzarella

16 Unzen Trockenvollkornbrot Spaghetti

4 c. Soja Milch

2 c. Veganer Bullion, Veggie

Paprika Flocken

Salz

Pfeffer

## Creole Gewürz

Anfahrt:

1. Nehmen Sie eine langsame Herd und bekommen alles einzurichten. Wenn es fertig ist, nehmen Sie alle Zutaten und werfen sie im Inneren.
2. Setzen Sie den Deckel auf der Oberseite des langsamen Kocher und dann auf eine hohe Einstellung kochen für ca. 90 Minuten, so dass Sie darauf, mindestens zwei oder drei Mal in den Prozess zu rühren.
3. Wenn dies geschehen ist, warm servieren und genießen.

## **Fajitas**

Zutaten:

3 gewürfelt Roma-Tomaten

1 entkernt und in Scheiben geschnittene grüne Paprika

4 Unzen. gewürfelte grüne Chilischoten

1 entkernt und in Scheiben geschnitten rote Paprika

1 in Scheiben geschnittene Zwiebel

2 TL. Kreuzkümmel

1 ½ EL. Pflanzenöl

2 TL. Chilipulver

¼ TL. Knoblauchsatz

½ TL. Oregano, getrocknet

Anfahrt:

1. Nehmen Sie den langsamen Kocher und sprühen Sie es nach unten, so dass nichts klebt.
2. in allen aufgeführten Bestandteile In den langsamen Kocher und mit einem Löffel, um sie alle zu mischen, so dass das Gemüse kann mit den Gewürzen und Ölen beschichtet zu werden.
3. Setzen Sie den Deckel auf der Oberseite des langsamen Kocher und lassen Sie diese Mahlzeit zu kochen auf einem niedrigen Einstellung für etwa 4 Stunden oder eine hohe Einstellung für 2 Stunden.
4. Wenn das Essen fertig ist, gießen Sie sie auf einigen vorbereiteten Tortillas anrichten und mit saurer Sahne, Avocado, und schwarze Bohnen.

## **Gefüllte Paprika**

Zutaten:

4 Paprika

1 c. Feta-Käse, zerbröckelte

1 können weiße Bohnen abgewaschen und abgetropft

½ c. Couscous

1 gehackte Knoblauchzehe

4 Scheiben geschnittenen Frühlingszwiebeln

Salz

Pfeffer

1 TL. Oregano

Zitronenscheiben, um zum Servieren nutzen

Anfahrt:

1. Scheibe aus einer kleinen Schicht von der Unterseite Ihres Paprika, so dass sie in der Lage zu sitzen flach, während Sie arbeiten. Schneiden Sie die Spitzen von ihnen ebenso, entsorgen Sie die Stiele, und nehmen Sie die Samen und die Rippen von den Paprika.
2. Nehmen Sie eine Schüssel und fügen Sie den Oregano, Knoblauch, Lauch Weißer, Couscous, Feta und Bohnen im Inneren. Saison mit etwas Pfeffer und Salz, und dann werfen zu kombinieren.
3. Stuff die Paprika mit der Bohnenmischung und legen Sie dann die Paprika in einem langsamen Kocher zubereitet.
4. Decken Sie den Schmortopf und lassen Sie die Mahlzeit zu kochen auf einer hohen Einstellung für 4 Stunden.
5. Streuen Sie die Paprika mit der Schalotte Greens und servieren mit einigen Zitronenscheiben, bevor Sie.

## **Zucchini und Aubergine Parmesan**

Zutaten:

2 Eier

2 c. Paniermehl

1 EL. Wasser

1 Aubergine geschnitten in Runden

1 Zucchini in Scheiben geschnitten Runden

## 2 Gläser Spaghetti-Sauce

1 qt. Rapsöl

1 Pkg. Mozzarella-Käse, zerfetzte

1 Pkg. Parmesan und Romano Käsemischung, geschreddert

1 EL. Parmesan

### Anfahrt:

1. Nehmen Sie eine Schüssel und schlagen Sie die Eier mit dem Wasser. Legen Sie die Semmelbrösel in eine andere Schüssel.
2. Nehmen Sie ein Stück von der Aubergine und legen Sie sie in die Eier, so dass es auf beiden Seiten wird beschichtet. Drücken Sie vorsichtig in die vorbereiteten Brotkrumen als gut.
3. Wiederholen Sie diesen Schritt mit dem Rest der Zucchini und Auberginen. Lassen Sie das Gemüse für ca. 5 Minuten, bevor Sie fortfahren gesetzt.
4. Das Öl in einer Pfanne gießen, um sicherzustellen, dass es zumindest ein paar Zoll von Öl in der Pfanne. Erwärmen Sie es für 10 Minuten, so dass es fast das Rauchen ist.
5. Legen Sie ein paar Scheiben der Zucchini und Auberginen in die Pfanne und lassen Sie sie für 5 Minuten auf jeder Seite braten vor dem Ablassen auf einem Teller mit einigen Papierhandtücher. Wiederholen Sie mit dem Rest der Gemüsescheiben.
6. Wenn Sie damit fertig sind, bringen einen langsamen Kocher und gießen Sie eine halbe Tasse der Soße hinein. Verlegen Sie die Zucchini und Auberginen auf der Oberseite der Soße vor Topping mit ein bisschen der beiden Käsemischungen.
7. Wiederholen Sie diese Schichten, bis alle Gemüsescheiben wurden mit dem Rest der Sauce verwendet worden und oben.

8. Setzen Sie den Deckel auf der Oberseite des Schmortopf und Koch auf einem niedrigen Einstellung für etwa 8 Stunden oder bis die Soße beginnt zu brodeln. Geben Sie dem Gericht ca.

10 Minuten vor dem Servieren abkühlen.

### **Southwest One Pot Abendessen**

Zutaten:

1 gewürfelte Paprika

1 ½ c. Kuhbohnen, getrocknet und über Nacht eingeweicht

1 gehackte Zwiebel

Gehackte Knoblauchzehen

1 kann Mais abgelassen

¼ c. Chilipulver

1 kann gewürfelte Tomaten

2 TL. Kreuzkümmel

½ c. geriebenem Käse, Cheddar

2 c. Reis, gekocht

Anfahrt:

1. Lassen Sie sich die Kuhbohnen und spülen Sie sie gut ab. Legen Sie diese in den langsamen Kocher zusammen mit den Tomaten, Mais, Knoblauch, Zwiebeln und grünem Pfeffer.

2. Staffel alles mit dem Kümmel und der Chili-Pulver, um sicherzustellen, alles gut vermischen.



3. Bedecken Sie den Schmortopf und Koch das Essen auf einer hohen Einstellung für ca. 2

Stunden. Nach dieser Zeit, die Sie in den Käse und den Reis rühren können.

4. Kochen für weitere 30 Minuten, um alles zu erhitzen, bevor Sie.

### **Mushroom Stroganoff**

Zutaten:

500 g in Scheiben geschnittenen Champignons

1 gewürfelte Zwiebel

1 EL. Butter

2 EL. Tomaten-Ketchup

1 Brühwürfel in Wasser hergestellt

3 TL. Paprika

3 Knoblauchzehen in Scheiben geschnitten

Gehackte Petersilie

4 Essl. Sauerrahm

Anfahrt:

1. Nehmen Sie ein bisschen Pfanne die Butter schmelzen innen. Wenn die Butter vollständig geschmolzen ist, fügen Sie in der Zwiebel und den Pilz und lassen Sie sie für etwa 10 Minuten kochen. Sie werden wissen, dass sie getan, wenn sie beginnen zu erweichen und zu schrumpfen, in der Größe, aber Sie wollen, dass sie den ganzen Weg gemacht Kochen sein.

2. Bewegen Sie diese Gemüse über der langsamen Herd vor der Zugabe in der in Scheiben geschnittenen Knoblauch, Paprika, Ketchup und Lager.

3. Setzen Sie den Deckel auf der Oberseite des langsamen Kocher und kochen Zutaten zusammen etwa 4 Stunden lang auf einem hohen Kochstufe.

4. Nach dieser Zeit ist abgelaufen, rühren in der gehackte Petersilie sowie die saure Sahne, bis alles gut vermischt ist. Wenn dies geschehen ist, dienen als ein paar Nudeln und genießen!

### **Spinat und Bohnen-Enchiladas**

Zutaten:

1 können schwarze Bohnen gespült

1 Pkg. gehackter Spinat

1 c. Mais

8 Unzen. geriebener Cheddar-Käse

½ TL. Kreuzkümmel

Salz

Pfeffer

2 Gläser Salsa

8 Maistortillas

4 Scheiben geschnittenen Radieschen

1 gehackte Römervalat Kopf

½ c. halbierten Trauben Tomaten

3 EL. Limettensaft

½ Gurke in Scheiben geschnitten

2 EL. Olivenöl

Geschnittene Frühlingszwiebeln, um zum Servieren verwenden.

Anfahrt:

1. Nehmen Sie eine Schüssel und mash up die Hälfte der Bohnen. Wenn diese Bohnen up add in einigen Pfeffer, Salz püriert, der Rest der Bohnen, eine Tasse Käse, Kreuzkümmel, Mais und Spinat. Mischen Sie, um gut zu kombinieren.

2. eine der Salsa-Gläser Breiten Sie an der Unterseite Ihres langsamen Kocher. Aufteilung des Bohnenmischung zwischen den 8 Tortillas und dann rollen sie auf, indem die Naht nach unten in der Slow Cooker.

3. Top alles mit dem restlichen Käse und Salsa.

4. Decken Sie die langsame Herd und lassen Sie es erwärmen auf eine niedrige Einstellung oder etwa 3 Stunden oder bis geheizt, durch.

5. Recht vor dem Servieren, bringen eine andere Schüssel und werfen den Gurken, Tomaten, Radieschen und Salat innen mit dem Pfeffer, Salz, Öl und Limettensaft. Servieren Sie diese mit den Tortillas und streuen Sie ein wenig von den Frühlingszwiebeln über alles, bevor Sie.

## **Vegan Schmorbraten**

Zutaten:

½ TL. Zwiebelpulver

6 Unzen Seitan schnellen Mix

½ TL. Thymian, getrocknet

½ TL. Salz-

½ c. Wasser

1/8 tsp. Pfeffer

3 EL. Tamari

1 EL. Olivenöl

1 £ Karotten

2 halbierte süße gelbe Zwiebeln

1 £ geviertelt neuen Kartoffeln

Salz

Pfeffer

¼ c. trockener Rotwein

1 ½ c. Gemüsebrühe

2 zerdrückten Knoblauchzehen

1 TL. Thymian

Anfahrt:

1. Um dieses Rezept zu beginnen, bringen eine große Schüssel und miteinander kombinieren, die Pfeffer, Salz, Thymian, Zwiebelpulver, und Seitan Mix. Wenn dies auch in Kombination können Sie die Tamari-Sauce (etwa zwei Esslöffel davon) und das Wasser zu nehmen und sie fügen in diese Mischung. Stellen Sie sicher, es zu mischen alles gut zusammen, und fügen Sie in etwas mehr Wasser, wenn es scheint, wie es zu trocken ist. Kneten Sie diese, bis sie glatt

ist, die gehen, um etwa 3 Minuten in Anspruch nehmen. Gießen Sie diese Mischung in die langsame Herd zubereitet.

2. Sobald Sie mit diesem fertig sind können Sie bringen eine große Pfanne und erhitzen Sie das Öl von einigen mittlerer Hitze. Wenn das Öl richtig erwärmt, können Sie in den Kartoffeln, Karotten und Zwiebeln hinzu und lassen Sie sie schnell braun.

3. Sobald diese sind nette und gebräunt, du kannst Saison nach Geschmack mit Salz und Pfeffer, bevor die gesamte Mischung über die langsame Kocher.

4. Zu diesem Zeitpunkt können Sie in der Thymian, Knoblauch, den Rest der Tamari-Sauce, dem

Wein und dem Aktien hinzuzufügen.

5. Decken Sie den Schmortopf und lassen Sie diese Mischung zu kochen auf einem niedrigen Einstellung für etwa 8 Stunden oder bis alles gar ist.

6. Nach dieser Zeit ist bis Sie die Seitan und das Gemüse aus dem Slow Cooker zu nehmen.

Nehmen Sie die Seitan und in Scheiben schneiden Sie es auf eine Servierplatte, so dass jeder etwas zu haben. Wenn dies geschehen ist, umgeben Sie es mit dem Gemüse und Löffel auf ein wenig der Koch Soße zu helfen, geben mehr Geschmack und feucht halten.

7. Servieren Sie diese sofort und genießen.

## **Chow Mein**

Zutaten:

1 ½ c. Sellerie, gehackt

£ 1 gehackte vegetarische Huhn

1 ½ c. Karotten, gehackt

6 gehackte Frühlingszwiebeln

1/3 c. Sojasauce

1 c. Gemüsebrühe

¼ TL. Paprika Flocken

½ TL. Ingwer

8 Unzen. in Scheiben geschnitten Wasserkastanien

1 kann Sojasprossen abgelassen

1/3 c. Wasser

¼ c. Stärkemehl

Anfahrt:

1. Um zu beginnen, nehmen Sie den Schmortopf und bekommen es alle, wie Sie möchten einzurichten. Nehmen Sie alle Zutaten außer Wasser und Maisstärke und kombinieren sie in den Slow Cooker.

2. Bedecken Sie den Schmortopf und lassen Sie diese Zutaten kochen auf einem niedrigen Einstellung für etwa 8 Stunden.

3. Wenn das Essen ist fast fertig, bringen Sie eine kleine Schüssel und kombinieren das Wasser und die Maisstärke, bis es glatt ist. Langsam dies in den Slow Cooker.

4. Kochen Sie etwas mehr, dafür zu sorgen, um den Deckel zu verlassen ein wenig abseits der Topf, so dass der Dampf raus. Kochen für ca. 20 Minuten.

5. Servieren Sie dieses Gericht mit etwas Reis und genießen.

## Squash Lasagna

Zutaten:

2 pkg. Winterkürbis Püree

1/8 tsp. Muskatnuss

1 Pkg. Baby Spinat

1 Behälter Ricotta

Salz

Pfeffer

12 Lasagneblätter

8 Unzen. geriebener Mozzarella

Salat für eine Seite

Anfahrt:

1. Um dieses Rezept zu beginnen, nehmen Sie eine Schüssel und mischen die Muskatnuss und den Kürbis und dann auf die Seite gesetzt.
2. In einer anderen Schüssel Sie zusammen ein wenig Pfeffer, Salz, den Spinat und Ricotta und eingestellt, dass man an der Seite als auch kombinieren können.
3. Bringen Sie die Slow Cooker zu diesem Zeitpunkt eine Verbreitung sich über eine halbe Tasse Ihren Squash-Mischung. Top mit etwa 3 Lasagneblätter, achten Sie darauf, sie in Stücke zu brechen, um sie zu passen. Top mit dem Rest der Squash-Mischung, anderen drei der Nudeln, und dann die Hälfte der Ricottamasse.

4. Wiederholen Sie diese Schichten, um sicherzustellen, dass die letzte Schicht ist die Ricottamasse. Streuen Sie die Oberseite mit einigen der Käse.

5. Wenn alle Schichten fertig sind, decken Sie den Schmortopf mit dem Deckel und Koch auf einer niedrigen Einstellung für ca. 4 Stunden oder bis die Nudeln weich sind.

6. mit einem Salat servieren dieses Gericht warmen auf der Seite, wenn Sie vor dem genießen möchten.

### **Coconut Tofu Curry**

Zutaten:

8 Unzen. gewürfelten Tofu

1 c. halbierte und geschälte Zwiebel

2 ½ c. entkernt und gehackt grüne Paprika

2 TL. geschälten Knoblauch

1 ½ TL. Salz-

1 EL. Curry Pulver

1 EL. Garam masla

2 EL. Erdnussbutter

8 Unzen. Tomatenmark

10 Unzen Kokosmilch

Anfahrt:

1. Um dieses Rezept zu beginnen, bringen Sie eine Küchenmaschine und platzieren Sie alle Zutaten außer dem Tofu



innen. Mischen Sie, bis sie alle glatt und cremig sind.

2. Bringen Sie die langsamen Kocher und gießen Sie die Mischung aus der Lebensmittel-Prozessor im Inneren. Fügen Sie in der Tofu, bevor Sie den Deckel auf der Oberseite.

3. Kochen Sie das Essen auf eine niedrige Einstellung für etwa 4 bis 5 Stunden vor dem Servieren warm.

## **Vegan Meatloaf**

Zutaten:

2 TL. Olivenöl

2 gehackte Knoblauchzehen

1 gehackte gelbe Zwiebel

1 EL. Thymian, getrocknet

1 ½ c. gekocht Pinto Bohnen

12 Unzen zerbröckelte Tofu

¾ c. Ketchup

1 EL. dijon Senf

2 EL. Sojasauce

½ c. gemahlene Walnüsse

¼ c. Brotkrumen, getrocknet

½ c. Haferflocken

½ c. Weizengluten

2 EL. Tapiokastärke

Salz

Pfeffer

2 EL. gehackte Petersilie

2 geschält und Karotten

2 Schalotten

2 geschält und Yukon Gold Kartoffeln

2 EL. Brown Senf

1 EL. Apfelessig

1 EL. brauner Zucker

Anfahrt:

1. Nehmen Sie eine Pfanne und erhitzen Sie ein wenig Öl im Inneren. Wenn das Öl erhitzt, fügen Sie in den Zwiebeln und lassen Sie sie, so dass sie weich werden kochen, etwa 5 Minuten.
2. Nachdem das geschehen ist, fügen Sie in der Thymian und Knoblauch dazugeben und eine weitere Minute.
3. Nehmen Sie eine Küchenmaschine weiter und kombinieren die Ketchup, Tofu und Bohnen, Senf, Zwiebel-Mischung und Sauce. Prozess, bis es gut gemischt wird.
4. In einer großen Schüssel können Sie die Petersilie, Tapiokastärke, Weizengluten, Semmelbrösel, Hafer und Nüssen zu kombinieren. Saison mit etwas Pfeffer und Salz. Fügen Sie in der Bohnenmischung und gut umrühren.
5. Schalten Sie diese Mischung auf eine Arbeitsfläche und dann formen sie in ein Laib, die groß genug ist, um in den Schmortopf passen. Drücken Sie, um es zu erhalten, um zusammen zu halten. Öl der Einsatz Ihrer Schmortopf oder auf eine Kochspray.
6. Ordnen Sie Ihre Wagen auf dem Boden des langsamen Kocher und dann Saison mit ein wenig Pfeffer und Salz. Fügen Sie in den Kartoffelscheiben als auch und Nieselregen mit etwas Olivenöl.
7. Setzen Sie den Laib auf das Gemüse und dann umgeben mit den Schalotten.
8. In einer anderen Schüssel, verbinden Sie den Essig, brauner Zucker, Senf, und den Rest der Ketchup, bis sie gut vermischt sind. Verbreiten Sie diese über den Laib, bevor Sie den Deckel auf der Oberseite.
9. Koch das Essen für etwa 4 Stunden auf eine geringe Lautstärke. Wenn das Essen fertig ist, nehmen Sie den Deckel ab, schalten Sie den Schmortopf ab, und lassen Sie dann das Brot-Set für etwa 10 Minuten.

10. Nach dieser Zeit, nehmen Sie es aus und legen Sie auf eine Servierplatte. Umgeben Sie mit den Schalotten, Kartoffeln und Karotten und dann schneiden das Brot vor dem Servieren.

## **BBQ Linsen Sandwich**

Zutaten:

28 Unzen zerdrückten Tomaten

1 // 2 c. Melasse

6 Unzen kann Paste Tomaten

¼ c. Weißweinessig

2 EL. Apfelessig

1 geviertelt süße Zwiebel

3 Knoblauchzehen

1 TL. Senfpulver

1 EL. Kokoszucker

½ TL. Salz-

½ TL. Flüssigrauch

¼ TL. Paprika Flocken

1/8 tsp. Cayennepfeffer

4 c. gekochte Linsen

Anfahrt:

1. Um dieses Rezept zu beginnen, können Sie alle Zutaten außer den Linsen nehmen und sie in einem Mixer oder einer Küchenmaschine. Mischen Sie diese alle zusammen, bis sie glatt geworden. Gießen Sie in einen Topf geben.
2. Decken Sie die Pfanne und bringen Sie die Zutaten zum Kochen bringen. Wenn sie zu einem Furunkel, reduzieren Sie die Hitze ein wenig und lassen Sie sie mit dem Deckel auf köcheln lassen für etwa 30 Minuten.
3. Gießen Sie dies in den langsamen Kocher zusammen mit Linsen und setzen Sie den Deckel auf der Oberseite. Schalten Sie auf einen niedrigen Wert und kochen für etwa 2 Stunden oder bis geheizt, durch.
4. Nehmen Sie etwas Brot oder Brötchen für Hamburger und servieren diese auf sie zu genießen.

## **Wild Rice Casserole**

Zutaten:

2 gehackte Zwiebeln

3 geschnittenen Sellerie

2 pkgs. Langkornreis-Mix

1 Dose Creme der Pilzsuppe

2 ½ c. Wasser

½ c. Butter

½ c. Pilze, in Scheiben geschnitten

½ lb. American cheese

Anfahrt:

1. Um dieses Rezept zu starten, bringen Sie einen langsamen Kocher und bekommen alles einzurichten.
2. Nehmen Sie die Pilze, Käse und Butter, Sahne der Pilzsuppe, Wasser, Reis-Mix, Sellerie und Zwiebeln, und legen Sie sie in den Slow Cooker.
3. Setzen Sie den Deckel auf der Oberseite des langsamen Kocher und kochen das Essen für 8 Stunden auf eine niedrige Einstellung oder 4 Stunden auf eine hohe Einstellung, bevor Sie.

## **Kapitel 6:**

### **Vegan Slow Cooker Desserts**

#### **Mokka-Käsekuchen**

Zutaten:

- ½ c. Schokoladenwaffeln
- 2/3 c. Zucker
- ½ c. geschmolzene Butter
- 2 Blocks enthärtetem Frischkäse
- 2 Unzen geschmolzene Schokolade
- 2 Eier
- 1 TL. Vanille-
- ¼ TL. Salz-
- 1 TL. Pulverkaffee

## Salted Caramel

1 c. brauner Zucker

4 Essl. Butter

½ c. Schlagsahne

1 EL. Vanille-

3 / tsp. Salz-

Anfahrt:

1. Starten Sie, indem Sie den Käsekuchen. Bringen Sie 12 kleine Gläser und Spray auf eine Kochspray. Mischen Sie die Schokoladenwaffeln mit der Butter und etwas Salz. Fügen Sie ein wenig über einen Esslöffel in jedes Glas und nach unten drücken, so dass sie in einer Schicht ist.

Tun Sie dies mit all den Gläsern und zur Seite gesetzt.

2. Nehmen Sie eine Schüssel und schlagen Sie den Frischkäse und Zucker zusammen, so dass sie glatt geworden. Fügen Sie in einem der Eier in einer Zeit, und weiter zu schlagen zwischen in.

Fügen Sie das Salz, Instant-Kaffee, Vanille und geschmolzener Schokolade und zu kombinieren.

Gießen Sie diese Füllung in jedes Glas.

3. Stellen Sie die Gläser in den Slow Cooker. Gießen Sie etwas heißes Wasser rund um die Gläser, so dass sie zu  $\frac{3}{4}$  bedeckt.

4. Decken Sie die langsame Herd und lassen Sie diese Koch auf einer hohen Einstellung für etwa eine Stunde. Wenn sie fertig sind, werden Sie feststellen, dass sie nicht wackeln nicht. Nehmen Sie sie aus dem Slow Cooker und lassen Kälte in den Kühlschrank für ca. 2 Stunden.

5. Wenn diese fertig sind, können Sie auf das Salz Karamell arbeiten können. Bringen Sie einen Topf und legen Sie das Salz, Sahne, brauner Zucker, Butter und innen. Köcheln diese zusammen ca. 7 Minuten, so dass Sie sicher, dass ein paar Mal wischen.

6. Wenn Sie bereit sind zu dienen, können Sie diese Sauce über jede der Kuchen und oben mit etwas Sahne vor dem Servieren gießen.

## **Apfel Cobbler**

Zutaten:

4 Apfelscheiben

½ TL. Zimt

2 EL. Sirup

¼ TL. Muskatnuss

2 c. Müsli

2 EL. Butter

Anfahrt:

1. Nehmen Sie die Äpfel und schneiden Sie sie, so dass sie kleiner sind, können Sie wählen, ob Sie die Schale auf zu verlassen.

2. Bringen Sie die langsamen Kocher und legen Sie die Äpfel im Inneren, so dass sie auch auf dem Boden liegen.

3. In einer kleinen Schüssel, legen Sie die Butter, Gewürze, und Sirup innen, achten Sie darauf, gut mischen. Drizzle diese oben auf den Apfelscheiben in der Slow Cooker. Krönung des Ganzen mit dem Müsli.



4. Decken Sie den Schmortopf und kochen Sie es auf eine niedrige Einstellung für etwa 8

Stunden vor dem Servieren.

### **Berry Cobbler**

Zutaten:

1 c. Mehl

1 TL. Backpulver

3 TL. Zucker

¼ TL. Zimt

1 Ei

2 EL. Rapsöl

¼ c. Mandelmilch

Salz

2 c. Blaubeeren

2 c. Himbeeren

1 c. Zucker

½ EL. Zitronensaft

¼ c. Mehl

Anfahrt:

1. Bringen Sie eine Schüssel und kombinieren den Zimt, Backpulver, 3 EL Zucker und 1 Tasse Mehl.

2. In einer anderen Schüssel können Sie das Rapsöl, Milch und Eier zu kombinieren. Wischen Sie diese zusammen, so dass sie sich alles gut vermischt ist.
3. Fügen Sie Ihr Ei-Mischung in die Mehlmischung und rühren, damit sie angefeuchtet worden.
4. Verbreiten Sie diese über den langsamen Kocher, die Sie haben und auf die Seite gesetzt.
5. In einer anderen Schüssel das Salz, Rest des Mehls und restlichen Zucker, bevor Sie in der Heidelbeeren, Himbeeren, und Zitronensaft. Rühren Sie dies, um vollständig zu kombinieren.
6. Verteilen Sie diese Mischung über den Teig bereits in der Slow Cooker. Decken Sie sie und kochen auf einem niedrigen Einstellung für 2 Stunden, so dass es durch kochen kann.
7. Top mit einigen gefrorenen Joghurt und genießen.

## **Erdnussbutter und Schokoladen-Pudding-Kuchen**

Zutaten:

- 1 c. Mehl, Allzweck
- 2 EL. Kakaopulver
- 1/3 c. Zucker
- 1 ½ TL. Backpulver
- 2 EL. Pflanzenöl
- ½ Schoko-Mandel-Milch
- 2 TL. Vanille-
- ½ c. Erdnussbutterstücken

½ gehackte Erdnüsse

½ c. Schokoladenstücke

¾ c. Zucker

1 ½ c. kochendes Wasser

2 EL. Kakaopulver

Anfahrt:

1. Nehmen Sie den langsamen Kocher und sprühen sie alle auf, damit es nicht bleiben.
2. Bringen Sie eine Schüssel geben und verrühren das Backpulver, den halben Kokospulver, 1/3 c. Zucker und Mehl. Fügen Sie in der Vanille, Öl und Mandelmilch und rühren, damit es gerade beginnt feucht zu werden. Stir in die Erdnüsse, Schokolade Stücke, und Erdnussbutter Stücke und gut mischen.
3. Verteilen Sie diesen Teig über die vorbereitete Herd.
4. In einer anderen Schüssel, können Sie den Rest der Kakaopulver und ¾ Tasse Zucker zu kombinieren. Stir in das kochende Wasser und gießen Sie dann diese Mischung in den Slow Cooker als gut.
5. Decken Sie den Schmortopf und lassen Sie es erwärmen auf eine hohe Einstellung für zwei Stunden.
6. Wenn dies geschehen ist, aus dem Slow Cooker zu nehmen und lassen Sie es für etwa 30 Minuten abkühlen zu stehen. Löffel in einigen Gerichten und genießen.

**Zitrone und Heidelbeerkuchen**

## Zutaten:

½ c. Backmehl

¼ TL. Stevia

1 TL. Agavennektar

¼ TL. Backpulver

## Feuchten Zutaten:

¼ c. Blaubeeren

1/3 c. Mandelmilch

1 TL. Leinsamen

1 TL. Olivenöl

¼ TL. Vanille-

½ TL. Zitronenschale

¼ TL. Zitronenextrakt

## Anfahrt:

1. Nehmen Sie den langsamen Kocher und bekommen es alle bereit sind, zu verwenden.

2. Nehmen Sie eine Schüssel und mischen Sie die trockenen Zutaten, bis alles gut vermischt ist.

In einer anderen Schüssel können Sie die nassen Bestandteile und zu kombinieren.

3. Wenn die beiden Schalen miteinander kombiniert können Sie die nassen Bestandteile in die trockenen Einsen und der Mischung, so

dass sie kombiniert werden, hinzuzufügen.

4. Gießen Sie diese Mischung in den Slow Cooker, achten Sie darauf, es gleichmäßig verteilt.

Legen Sie ein sauberes Tuch zwischen dem langsamen Kocher und dem Deckel, um all die Kondensation absorbieren.

5. Kochen Sie das Dessert für etwa 60 Minuten, so dass die Mitte kann fest werden.

6. Servieren Sie dieses warm.

### **Kürbis-Pudding**

Zutaten:

6 c. Brotwürfel, abgestandene

¼ c. gehackte Pekannüsse

¼ c. Rosinen

3 geschlagene Eier

3 c. Mandelmilch

¾ c. brauner Zucker

1 kann Kürbis

1 TL. Vanille-

2 TL. Kürbiskuchen Gewürz

Anfahrt:

1. Um zu beginnen, können Sie die langsamen Kocher und Fett mit etwas Butter zu nehmen.

Übertragen Sie die Pekannüsse, Rosinen und Brotwürfel auf den langsamen Kocher und rühren Sie ihn, um zu kombinieren.

2. Kombinieren Sie die Kürbiskuchen Gewürz, Vanille, brauner Zucker, Kürbis, Milch und Eier in eine Schüssel geben. Gießen Sie diese Mischung über die Brotwürfel.

3. Decken Sie den Schmortopf erhitzen und die Schale für etwa 4 Stunden auf eine niedrige Einstellung, oder bis es fertig ist. Warm servieren.

### **Schokolade Bread Pudding**

Zutaten:

2 c. Vollkornbrot, abgestandene

1 ½ c. zerkleinert und geschälter Apfel

1 c. Mandelmilch

1 EL. Leinsamen mit warmem Wasser

2 EL. Apfelbrand

1 / c. Zucker

1/3 c. gehackten Nüssen

¼ c. gehackten Schokolade-Chips, gehackt

Anfahrt:

1. Nehmen Sie den langsamen Kocher und Öl es, sonst Linie mit einigen Pergamentpapier.

Nehmen Sie eine große Schüssel und genießen Sie die Äpfel und das Brot in der Süßstoff,

Leinsamen Mischung, Apfelbrand, und Milch für etwa 10 Minuten. Wenn die Mischung zu trocken ist, können Sie in mehr der Milch hinzufügen.

2. in der Schokolade und Nüsse hinzufügen zu dieser Zeit vor dem Kratzen der Mischung zurück in den Slow Cooker.

3. Setzen Sie den Deckel auf der Oberseite und dann kochen die gesamte Mischung auf eine hohe Einstellung für ca. 2 Stunden. Genießen!

### **Creamsicle Tapiokapudding**

Zutaten:

½ c. Perle Tapioka

1 Behälter Kokosmilch

1 TL. Vanilleextrakt

2 TL. Orangenextrakt

Zusätzliche Süßstoff

Anfahrt:

1. Nehmen Sie Ihren langsamen Kocher und bekommen alles einzurichten. Legen Sie alle Zutaten in den hergestellten Slow Cooker.

2. Setzen Sie den Deckel auf der Oberseite des langsamen Kocher und lassen Sie es auf eine hohe Einstellung kochen für ca. 2 Stunden oder auf eine niedrige Einstellung für 4 Stunden.

3. Wenn der Pudding ist fast fertig, sollten Sie ihm einen Geschmack und entscheiden, ob es weitere Süßungsmittel werden sollte.

### **Peach Cobbler**

## Zutaten:

5 Scheiben geschnitten Pfirsiche

¼ c. Zucker

2 EL. Mehl

1/3 c. getrocknete Cranberries

¼ TL. Zimt

1 c. Wasser

2/3 c. Schnellkochhafer

3 EL. geschmolzene Butter

¾ c. brauner Zucker

## Anfahrt:

1. Um dieses Rezept zu beginnen, nehmen Sie eine Schüssel und platzieren Sie den Zucker und Mehl innen. Wenn sie gemischt werden, werfen in den Pfirsichen und mischen sie rund um die Beschichtung der Frucht.
2. Als Nächstes fügen Sie den Hafer, Zimt und Preiselbeeren in die Schüssel und werfen Sie sie, um als gut mischen um.
3. Setzen Sie den Pfirsich-Mischung und das Wasser in den vorbereiteten Slow Cooker. Gießen Sie langsam die Butter auf der Oberseite der Pfirsiche vor Bestreuen auf dem braunen Zucker.
4. Decken Sie den Schmortopf und schalten Sie ihn auf eine geringe Lautstärke. Kochen Sie die Schale für etwa 4 Stunden oder so, dass die Pfirsiche Zeit haben, um zart zu werden.

## Abschluss



Es gibt eine Menge, die Sie über die Verwendung einer langsamen Kocher, um alle Ihre vegane Gerichte lieben. Diese besondere Ernährung kann wirklich schwer zu behandeln, und viele Menschen wählen, um nicht auf sie zu gehen, weil sie spüren, dass sie nicht die Zeit, die notwendig ist, um zu widmen, oder sie denken, dass sie haben zu verbringen Stunden um Stunden in der Küche nur versuchen, bekommen jede Mahlzeit getan.

Wie Sie sehen können, mit vielen der Rezepte, die in diesem Buch vorgestellt werden, werden Sie in der Lage, einige erstaunliche Mahlzeiten für die ganze Familie, auch diejenigen, die nicht vegan, in nur wenigen Minuten zu machen. Sie können diese für Ihre Familie zu dienen, oder wählen Sie sie an Freunde und andere, die zu Besuch kommen zu geben. Viele der Rezepte, egal arbeiten die Gelegenheit und auch Ihre nicht-vegane Freunde gerne ihnen einen Versuch zu geben. Oder Sie halten können, sie alle zu sich selbst, das ist, was wir tun wollen.

Das ist die Schönheit der Verwendung der langsamen Kocher. Können Sie diese einfach alle Zutaten innen am Morgen, gehen auf dem Weg zur Arbeit zu bekommen und alles getan, und dann, wenn Sie nach Hause kommen, ist das Essen fertig und bereit, genossen werden. Dies kann Ihnen Zeit und Geld zu sparen, verglichen mit nach Hause, zu müde, um zu kochen, und dann mit der ganzen Familie, um zu essen.

Das nächste Mal, wenn Sie in Eile sind, um ein leckeres Essen für die ganze Familie zu schaffen, aber Sie haben einfach nicht die Zeit, es nach der Arbeit zu erledigen, werfen Sie einen Blick durch dieses Handbuch. Sie werden in der Lage, alle Rezepte, die Sie benötigen, alle glücklich zu machen, ob Sie Frühstück, Suppen, Hauptgericht oder Dessert zu tun finden. Und sie sind alle vegan zu, so dass es gesund und gesunden für jedermann.

Pflanzliche Antibiotika

*56 wenig bekannte Naturheilmittel zu heilen und zu verhindern bakterielle Krankheiten Hilfe*

*Ella Marie*

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Abschluss

## **Einführung**

Bakterielle Infektionen können aus einer Reihe von Quellen resultieren. Doch sie nachweisen können, sehr schwierig zu sein, zu kümmern. Die meisten Menschen erreichen für Over-the-counter Medikamente. Wenn diese nicht um Ergebnisse zu erhalten, können sie einen Termin mit ihrem Arzt, und in der Regel zu Fuß aus mit Antibiotika, um Pflege der Infektion zu nehmen.

Allerdings gibt es zahlreiche pflanzliche Antibiotika, die Sie zu Hause verwenden können, die nicht kostet Sie ein Vermögen. In der Tat, viele von ihnen können Sie bereits in Ihrem Hause.

Andere sind leicht zugänglich, und Sie können sie online oder in lokalen Einzelhändlern als auch zu kaufen.

Pflanzliche Antibiotika haben keine Nebenwirkungen, die ein häufiges Problem mit verschreibungspflichtigen Medikamenten ist. Hinzu kommt, dass im Laufe der Zeit Ihr Körper baut eine Toleranz gegenüber verschreibungspflichtigen Antibiotika. Dies kann sie unbrauchbar für die Zukunft zu machen, wenn Sie häufig krank werden.

Verschreibungspflichtige Antibiotika sind auch bekannt, um Chaos auf Ihrem Darm, was zu so genannten Dysbiose, die es zu zerstören, wenn die schlechten Bakterien Überstrom die guten Bakterien in Ihrem Darm. Dieses Ungleichgewicht wird in der Regel in eine breite Palette von Gesundheitsfragen, wie zB Candida führen und eine Senkung des Immunsystems ein paar zu nennen.

Pflanzliche Antibiotika, die zur Versorgung von bakteriellen Infektionen nehmen, werden als Adstringentien bezeichnet. Hinzufügen solcher Lebensmittel zu Ihrem normalen Ernährung kann Ihr Immunsystem zu stärken und die Gefahr von Infektionen wie auch auftreten zu reduzieren.

Pflanzliche Antibiotika kann verwendet werden, wenn Sie sie benötigen ohne Probleme oder Wartezeiten. Die meisten von ihnen können Kinder und Erwachsene verwendet werden. In diesem Buch werden Sie über die sechsfünfzig verschiedenen Möglichkeiten Sie haben, zu lernen!

Es ist auch wichtig, um es zu verstehen, kann vorkommen, dass Sie brauchen, um Antibiotika, durch Ihren Arzt zu nehmen. Jedoch, wenn Sie diese natürliche Heilmittel verwenden, können Sie deutlich das Risiko zu erkranken mit bakteriellen Infektionen zu reduzieren.

## **Kapitel 1**

### **Warum synthetische Antibiotika sind ein großes Problem in der heutigen Gesellschaft**

Nicht nur, dass synthetische Antibiotika führen harte Nebenwirkungen sind, werden sie zu einer Reihe von Themen in der heutigen Gesellschaft zurückzuführen. In der Tat wurden sie als eines der großen Probleme, dass die moderne Medizin und Wissenschaft müssen einen genauen Blick auf zu nehmen.

#### **Informationsmangel**

Das größte Problem ist, die meisten Menschen nicht einmal erkennen, gibt es natürliche pflanzliche Antibiotika zur Verfügung, die sie nutzen können. Sie nehmen an, ihren Arzt weiß am besten, denn das ist die Mentalität, die wir in der Gesellschaft gefördert haben. Wenn der Arzt sagt, dass Sie Antibiotika brauchen, gehen Sie und nutzen Sie sie, ohne Fragen zu stellen.

Für viele Menschen, die dieses Buch lesen kann, dass ein Aha-Anweisung sein. Sie können sogar wütend, dass Sie so viel Geld für verschreibungspflichtige Antibiotika verbracht haben, wenn Sie andere billigere und gesündere Optionen zu haben. Dennoch können Sie nicht gewesen sein, bis jetzt, dass sie überhaupt existiert oder dass sie Ihnen helfen, sich besser fühlen, bewusst.

Leider, bis die Gesellschaft als Ganzes besser informiert, dass natürliche pflanzliche Antibiotika sind eine Wahl, die über den Einsatz von synthetischen Antibiotika wird sich fortsetzen.

#### **Leber**

Die Leber ist ein sehr wichtiges Organ des Körpers. Es muss, um richtig zu arbeiten für uns unser Bestes, um zu fühlen. Verwendung von synthetischen Antibiotika kann regelmäßig die Leber schädigen. Dies kann es schwieriger für den Körper als Ganzes die Prozesse,

die Sie gesund und fühlen Sie am besten zu halten, um durchführen zu machen.

## Interagieren Sie mit anderen Medikamenten

Wenn Sie anderen gesundheitlichen Bedenken haben, können Sie bereits nehmen verschiedene verschreibungspflichtige Medikamente. Es ist jedoch möglich, daß sie nicht gut mit Kunst Antibiotika interagieren. Sie können mehr Nebenwirkungen leiden, oder Ihren anderen Medikamenten kann nicht so gut funktionieren. Dies kann Sie in Bezug auf Ihre allgemeine Wohlbefinden gefährdet.

## Entwässerung

Eine der häufigsten Nebenwirkungen von synthetischen Antibiotika Durchfall. Als Ergebnis kann Dehydrierung auftreten, wenn der Körper Flüssigkeit und Elektrolyten zu verlieren. Eine Person kann nicht das Gefühl, durstig, aber das bedeutet nicht, sie bleiben hydratisiert, so dass besondere Sorgfalt muss genommen werden.

## Vaginalen Hefepilz-Infektionen

Studien haben die Zunahme der vaginalen Hefeinfektionen zu der Verwendung von synthetischen Antibiotika verbunden. Dies, weil sie oft töten die guten Bakterien als auch die schädlichen Bakterien. Der Körper stützt sich auf die guten Bakterien, die Dinge im Gleichgewicht zu halten. Selbst junge Mädchen kann vaginalen Hefepilz-Infektionen aus diesem Grund zu bekommen.

Ironischerweise ist die Art und Weise die meisten Ärzte behandeln sie ist es, ein weiteres Antibiotikum verordnen. Dies kann ein Kreislauf, der sowohl unbequem und ungesund geworden. Vaginalen Hefepilz-Infektionen kann dazu führen, Juckreiz, Brennen und Unbehagen.

## Schaffung von Superbugs wegen Widerstand

Es gibt Wissenschaftler und Mediziner, die befürchten, dass synthetische Antibiotika schaffen Superbugs. Sie machen es immer schwieriger, einfache bakterielle Infektionen erfolgreich behandeln. Dies ist, weil der Körper beginnt den Aufbau einer Toleranz gegenüber Antibiotika.

Dann wird es immer schwieriger, die Infektion mit den gleichen Medikamenten zu töten.

Dies ist insbesondere ein Problem für kleine Kinder, die krank leichter und häufiger als Erwachsene zu bekommen neigen. Wenn sie synthetische Antibiotika oft gegeben, stoppen sie so effektiv. Dies kann in einer einfachen bakteriellen Infektion Drogen in etwas, was einen Krankenhausaufenthalt erfordert, führen.

## **Überempfindlichkeit und Allergien**

Nicht jeder macht, auch mit dem Einsatz von synthetischen Antibiotika. Der Körper kann überempfindlich oder allergisch auf eine Zutat in der Medikation werden. Zum Beispiel sind viele Menschen allergisch auf Penicillin sind, aber sie sind sich nicht bewusst, bis sie es, zum ersten Mal.

Ihr Gesicht kann anschwellen, können sie in einem Hautausschlag zu brechen, oder sie können zu finden Atmen schwer. Solche Bedenken erfordern weitere ärztliche Behandlung und oft zusätzliche Medikamente, um auf die Symptome zu nehmen.

## **Kosten**

Die Kosten für die synthetische Antibiotika weiterhin kontinuierlich zu steigern. Selbst diejenigen mit der Krankenversicherung sind oft frustriert mit Zuzahlungen und Selbstbehalte.

Oder sie entdecken, dass, wenn sie in die Apotheke zu bekommen, ihre Versicherung nicht die bestimmte Art von Antibiotikum, das verschrieben wurde decken.

Beispielsweise wird in der Regel Amoxicillin bedeckt. Doch viele Patienten sind jetzt resistent gegen die positiven Auswirkungen aufgrund ihrer Körpers Toleranz für Antibiotika. Als Ergebnis sind sie vorgeschrieben sind Z-Pac, aber dies wird nur selten von Krankenversicherungen abgedeckt.

## **Gefahr für Kinder / Haustiere**

Jedes Mal, wenn Sie in Ihrem Haus haben synthetischen Antibiotika, besteht das Risiko für Kinder und Haustiere. Es besteht das Risiko werden sie finden und sie verbrauchen. Eine Überdosierung von solcher Medikamente können sehr ernst, nicht nur für Kinder sondern auch für Erwachsene zu sein.

Unter mehr als die tägliche vorgeschlagenen Betrag wird nicht helfen, Sie besser in weniger Zeit.

Sie haben auch, um das Medikament für die gesamte Lauf es vorgeschrieben wurde, zu nehmen, selbst wenn Sie sich besser fühlen. Wenn nicht, besteht die Gefahr, dass die Bakterien nicht vollständig zerstört werden, und Sie müssen wieder ganz von vorne mit dem Medikament anfangen.

## **Riesige Gewinne für Unternehmen**

Die riesigen Gewinne, die Pharmaunternehmen machen aus dem Verkauf von synthetischen Antibiotika beträgt Milliarden Dollar jährlich. Dies ist Teil der Grund, warum es ist nicht wirklich ein Push-to-Verbraucher erhalten auf pflanzliche Antibiotika angewiesen. Diese Unternehmen würden lieber Geld als Fokus auf das allgemeine Wohlbefinden der Gesellschaft.

## **Kapitel 2**

### **Oft in die Küche**

Mehrere der natürliche pflanzliche Antibiotika aus denen Sie wählen können, sind bereits in Ihrer Küche. Wenn Sie oder Ihre

Familienmitglieder bakteriellen Infektionen häufig erhalten, fügen Sie mehr von ihnen auf die Lebensmittel, die Sie zubereiten. Sie werden zu verbessern den Geschmack Ihrer Speisen und Getränke, und bieten Ihnen eine natürliche Art und Weise, gesund zu bleiben.

## **Apfelessig**

Es gibt ein hohes Maß an sowohl Äpfel und Essigsäure in Apfelessig gefunden. Es enthält auch große Mengen an Aminosäuren und Vitaminen. Es ist ein guter Weg, um Krankheiten zu bekämpfen, wie es antivirale, antibakterielle und Anti-Pilz.

Wobei einen Löffel in der Früh und am Abend ist eine gute Möglichkeit, gesundheitliche Bedenken zu kämpfen. Wenn Sie nicht wie der Geschmack, können Sie es mit einem Glas Wasser, um es zu verdünnen mischen.

## **Kohl**

Die Heilkraft von Kohl sind enorm, aber zu viele Menschen nicht essen. Fügen Sie diese auf Ihre Ernährung, mindestens einmal pro Woche, um Ihr Immunsystem zu stärken. Sie können auch täglich zu trinken frischen Kohlsaft für eine Woche, damit Sie von einem gesundheitlichen Problem, dass Ihre Energie aufgebraucht hat wieder auf die Beine.

## **Kokosnussöl**

Nicht nur, dass Kokosöl zur Verringerung der Gefahr von bakteriellen Infektionen, aber es kann die Lebensmittel, die Sie gesünder vorbereiten zu machen. Er bietet viele allgemeine Gesundheit Vorteile und es schmeckt auch super! Jedes Rezept, das für die Verwendung von Pflanzenöl ruft gesünder mit diesem einfachen Veränderung sein. Sie können dies mehrmals pro Woche im Rahmen einer gesünderen Ernährung zu verwenden. Es ist kleine Änderungen wie diese, die sich am meisten hinzuzufügen.



Kokosöl kann helfen, um Ihr Immunsystem zu stärken. Es bietet auch Anti-Pilz-Eigenschaften und viele starke Antioxidantien. Es wird angenommen, dass zur Verbesserung der Blutzuckerspiegel und die Gehirnfunktion zu steigern. Wenn Sie nicht mit ihm zu kochen wollen, fügen Sie einen Löffel, um Ihren Kaffee am Morgen für eine gesunde Boost und mehr Energie.

## **Fermentierten Lebensmitteln**

Was kommt in den Sinn, wenn man darüber fermentierten Lebensmitteln denken? Viele Menschen verbinden sie nur mit Alkohol. Jedoch gibt es Vorteile für die Gesundheit fermentierte Lebensmittel, wie sie als Probiotikum klassifiziert. Sie werden schädliche Bakterien, nicht aber die gesunden Bakterien im Körper zu zerstören.

Einige große Auswahl in diesem Lebensmittelkategorie sind kultiviert Gemüse und rohen Gurken. Sie können auch eine tägliche Kapsel Form davon, die Sie auf der lokalen Bioladen zu finden. Fermentierten Lebensmitteln bieten jede Menge Antioxidantien und notwendigen Mikroorganismen. Die Lebensmittel, die bieten mehr Vorteile als die Kapseln.

## **Knoblauch**

Mindestens 2.000 Jahre Knoblauch wurde in der ganzen Welt als Quelle der Medizin eingesetzt.

Es hat sich für Ohr-Infektionen, Grippe, und sogar die Pest eingesetzt. Knoblauch enthält starke Antioxidantien, die schädliche Bakterien zu töten.

Es entfällt auch Radikale in den Blutkreislauf, so dass das Immunsystem wird stärker. Allicin ist der Wirkstoff in Knoblauch gefunden, und es hilft bei der Zerstörung beider Viren und Bakterien

- etwas, ein verschreibungspflichtiges Antibiotikum nicht in der Lage zu tun.

Knoblauch kann in den Mahlzeiten in Form von Nelken konsumiert werden. Es kann auch in einem Saft hergestellt werden. Wenn Sie nicht wie der Geschmack von Knoblauch haben, gibt es auch Kapseln. Sie brauchen nur eine kleine Menge, um die Vorteile zu erreichen; zu viel Knoblauch kann tatsächlich verärgert den Magen. Wenn Sie jede Art von blutverdünnende Medikamente zu nehmen, vermeiden, mit Knoblauch als natürliches pflanzliches Antibiotikum.

## **Ingwer**

Nicht nur ist Ingwer mächtig, es ein sehr starkes Aroma hat. Der Geruch ist das Ergebnis der verschiedenen ätherischen Ölen und Verbindungen es besteht aus. Einige dieser Eigenschaften bieten entzündungshemmende und antibakterielle Eigenschaften. Nur eine geringe Menge von Ingwer sollte zu einem Zeitpunkt eingenommen werden.

## **Honig**

Der süße, leckere Geschmack von Honig macht es ein beliebtes Element in jeder Küche. Jedoch bietet es auch antibakterielle Eigenschaften. Viele Kulturen verließ sich auf Roh-Honig, bevor synthetische Antibiotika eingeführt wurden.

Ein antimikrobielles Enzym in Honig gefunden, und es verbietet verschiedenen Arten schädlicher Bakterien wachsen. Es wird auch angenommen, dass mit der Leber zu helfen und Toxine in den Körper, die das Immunsystem zerstören kann reduzieren. Honig kann zu Getränken hinzugefügt werden, auf Toast verbraucht wird, hinzugefügt, um heiße Müsli, oder roh verzehrt.

## **Zwiebel**

Viele Menschen kochen mit Zwiebel für den Geschmack, aber sie sind auch ihr Immunsystem zu helfen. Zwiebel wird angenommen, dass mit der Behandlung fast alles was Sie sich vorstellen können helfen. Dazu gehören bakterielle Infektionen und sogar Entzündungen.

Zwiebel enthält Schwefelverbindungen, und das ist, was es ist eine sehr gute pflanzliche Antibiotikum macht. Sie können auch helfen, um die Symptome der Erkältung und der Grippe, die virale sind zu reduzieren - nicht bakterielle - Erkrankungen.

## **Salbei**

Wenn Sie dazu neigen, von der oberen Atemwege leiden, ist Salbei eine gute Option, damit Sie sich besser fühlen. Addiert man diese, um Ihre Lebensmittel regelmäßig kann Ihr Immunsystem zu stärken und zum Schutz vor solchen Gesundheitsprobleme entwickeln. Sie brauchen nicht zu viel sage hinzufügen, um einen Unterschied zu machen.

## **Kapitel 3**

### **Kräuter**

Es gibt auch viele der Kräuter können Sie für das Kochen zu verwenden oder ein pflanzliches Getränk erstellen. Es gibt eine lange Liste von solchen Kräutern, die Ihnen den Wert der natürlichen Antibiotika. Möglicherweise haben Sie schon mit einigen von ihnen.

Andere, die Sie vor Ort kaufen können, entweder frisch oder getrocknet. Es ist wichtig, Ihr Bestes tun, um qualitativ hochwertige Kräuter finden. Je besser die Qualität, desto mehr Macht, die sie wert sein wird, wenn die Abwehr von bakteriellen Infektionen.

### **Piment**

Mit außergewöhnlichen Antioxidantien und entzündungshemmende Elemente ist Piment sicherlich etwas zu für pflanzliche Antibiotika zu berücksichtigen. Es kann für verschiedene Rezepte verwendet werden, so ist es oft eine Art von präventiven Hilfe. Es kann das Immunsystem einen Schub, so dass Sie weniger wahrscheinlich von bakteriellen Infektionen und anderen Erkrankungen leiden. Es ist sehr stark und eine kleine Menge von Piment geht ein langer Weg im Geschmack.

## **Anis**

Dies ist ein Gewürz häufig in asiatischen Speisen verwendet, aber es kann so ziemlich alles hinzugefügt werden, um Sie nicht zu viel davon brauchen, wenn es, wie es hat einen kühnen Geschmack. Es schmeckt wie Lakritze, so ist es oft für die ehemalige in Gerichten.

Anis ist als Heilpflanze für viele Jahrhunderte in Asien und in der ganzen Welt eingesetzt. Seine antibakteriellen Eigenschaften sind nur eine der wertvollsten Elemente bietet. Es bietet auch viele Antioxidantien.

Überschreiten Sie nicht eine Dosis von 500 mg pro Tag. Wenn Sie vorhaben, eine maximale Dosis zu nehmen sind, teilt sie in zwei oder drei Dosen über den Tag statt alle auf einmal.

## **Basilikum**

In Basilikum, um die meisten Gerichte zu kochen, und es wird Ihr Immunsystem zu stärken.

Basilikumöl kann auf Lebensmittel, die Sie nicht kochen, wie Salate hinzugefügt werden. Es wird Ihnen helfen, gesund zu bleiben und wenn Sie beginnen, eine Art der bakteriellen Infektion zu bekommen, kann es helfen, zu töten die schädlichen Bakterien früh.

## **Lorbeerblatt**

Die endlosen Vorteile aus Lorbeerblatt machen es zu einer beliebten Option für diejenigen kämpfen bakteriellen Infektionen. Es hilft auch, um Akne zu reduzieren und Magenbeschwerden lindern. Das Öl aus Lorbeerblatt hilft, die Fähigkeit von schädlichen Bakterien zu wachsen. Es kann auch zu kämpfen, das Wachstum von mehreren Formen von Pilzen.

## **Kardamom**

Vielleicht ist einer der besten versteckten Geheimnisse in Bezug auf die Bekämpfung von schädlichen Bakterien ist Kardamom. Es enthält hohe Mengen an Cineol. Es ist auch ein sehr üblicher Weg, um chronisch schlechten Atem zu bekämpfen.

Dies ist ein sehr nützliches Kraut für die Behandlung von Halsschmerzen und Husten. Sie sollten nicht Kardamom, wenn Sie Gallensteine haben, oder wenn Sie Ihre Gallenblase entfernt wurde.

## **Kümmel**

Sie erhalten die besten Ergebnisse, wenn Sie Schwarzkümmelöl zu suchen. Seit Tausenden von Jahren hat es sich zur mit einer Vielzahl von gesundheitlichen Bedenken zu helfen. Es ist ein guter Weg, um Bakterien zu bekämpfen, dass tiefe Infektionen, die schwer zu bekämpfen sein verursacht.

Dieses Öl sollte darauf geachtet werden, wenn Sie die ersten Auftreten solcher Gesundheitsprobleme fühlen. Nehmen Sie einen Teelöffel morgens und einmal in der Nacht, bis die Symptome nicht mehr vorhanden sind. Wenn Sie nicht wie der Geschmack haben, fügen Sie ein wenig Honig auf das Öl. Die empfohlene Tagesdosis für die Prävention von 50 mg bis 100

mg.

## **Kerbel**

Die Geschichte der Kerbel geht sehr tief in vielen Kulturen auf der ganzen Welt. Es wächst wild in vielen Regionen, und es dauerte nicht lange, für die der Wert, entdeckt zu werden. Der beste Weg, es zu benutzen, ist, einige Kerbel Blätter in einer Tasse Apfelessig zu kochen. Entfernen Sie die Blätter und trinken das Gebräu mit ein paar Löffel Honig in gemischt es süß zu machen.

Kerbel ist eine gute Option für einen chronischen Husten zu betrachten. Solche Husten kann es schwierig, nachts zu schlafen. Nippen an einen Tee aus diesem Kraut gemacht, bevor Sie

versuchen zu schlafen kann Ihnen helfen, die Ruhe die Sie wirklich brauchen.

## **Chili Peppers**

Es gibt durchaus ein paar Sorten von Chili Peppers da draußen zur Auswahl. Einige haben einen milden Wärme und andere eine mittlere oder sehr heißen Wärme haben. Sie brauchen nicht zu viel dieser Chili Peppers zu konsumieren, um die Früchte zu ernten. Sie können den Körper gesund und die schädlichen Bakterien am Wachstum zu hindern.

## **Zimt**

Auf der süßeren Seite der Dinge gibt es Zimt, das bietet auch Schutz gegen schädliche Bakterien.

Zimt kann beim Backen verschiedenen Süßigkeiten verwendet werden oder es kann in Getränken gestreut werden sie süßer ohne die Verwendung von Zucker zu machen. Es kann dazu beitragen, die Symptome der Erkältung, Muskelkrämpfe, Erbrechen und Entzündungen.

## **Gewürznelken**

Kann nicht nur helfen, Nelken gewinnen den Kampf gegen bakterielle Infektionen, sie können auch verwendet werden, um Schmerzen zu reduzieren. Platzieren Sie ein paar gekochte Nelken in den Mund zwischen den Zähnen und dem Zahnfleisch kann Schmerzen und Entzündungen zu reduzieren, bis Sie von Ihrem Zahnarzt zu sehen.

Nelken kann auch verwendet werden, um leichte Schmerzen aufgrund von zu Entzündung, wie die Symptome von Arthritis. Nelken kann helfen, Übelkeit und Erbrechen zu reduzieren aufgrund

der

Grippe,  
Gesundheit  
betrifft,  
oder  
auch  
Nebenwirkungen  
von  
verschreibungspflichtigen Medikamenten.

## **Koriander**

Eine  
der  
beliebtesten  
Anwendungen  
für  
Koriander  
ist,  
um  
die  
Gefahr  
einer

Lebensmittelvergiftung zu verhindern. Es kann auch helfen, kämpfen verschiedene Formen von Infektionen, die resistent gegen Antibiotika rezept zu sein scheinen. (Dieser Widerstand kann passieren, wenn eine Person nimmt sie zu häufig). Sie können ihn in fast jedem Lebensmittelartikel hinzufügen und es wird nicht den Geschmack zu verändern.

Gelenkschmerzen wird oft mit der Verwendung von Koriander reduziert. Manche Menschen finden es auch dauert natürlich Pflege von Hämorrhoiden für sie. Frauen, die schwanger sind oder stillen kann es verwenden, um ihre Milchfluss zu erhöhen.

### **Kreuzkümmel**

Zugabe einer geringen Menge von Kreuzkümmel, um Ihre Nahrung zu verbessern Geschmack.

Dies gilt vor allem der peruanischen Speisen. Kreuzkümmel ist ein leistungsfähiges Antibiotikum Wahl. Es enthält Thymol, und dies hilft auch, verbessern die Effizienz von verschreibungspflichtigen Antibiotika, sollten Sie brauchen, um sie zu nehmen.

### **Dill**

Eine kleine Menge von Dill geht ein langer Weg durch den würzigen Geschmack liefert es zu Lebensmitteln. Dill kann auch helfen, Ihren Körper Bekämpfung von Infektionen und Ihr Immunsystem. Frischer Dill kann im Sommer und Anfang des Herbst gefunden werden.

Allerdings können Sie das ganze Jahr lang getrocknet Dill erhalten. Dill wurde auch nützlich im Kampf gegen den Knochenverlust.

Es kann an der Innenseite des Mundes oder der Kehle zur Verringerung der Schmerzen angewendet werden. Es ist wichtig, nicht zu Dill verwenden, wenn Sie die Einnahme von Lithium als Ihr Arzt verschrieben hat. Dill kann im Körper führen, nicht die Verarbeitung Lithium wie es sollte.



## **Fenchel**

Viele Menschen streuen Fenchelsamen in der Nahrung oder auf Salaten als eine Möglichkeit, den Stoffwechsel zu fördern. Es ist ein gemeinsames Element für eine wirksame langfristigen Gewichtsverlust. Fennel hat auch Anti-Pilz und antibakterielle Eigenschaften zu bieten.

## **Zitronenmelisse**

Nicht nur, dass Zitronenmelisse schmecken und riechen lecker, ist es sehr antibakteriell. Es ist auch eine beruhigende Kraut, das seit Jahrhunderten verwendet worden ist, um zu helfen, Stress und Angst zu reduzieren. Es wird als Tee, getrocknete Blätter, Kapseln und Extrakte angeboten.

Zitronenmelisse sollte nicht von jedem, der Schilddrüsen-Medikamente nimmt verwendet werden.

## **Majoran**

Die Erkältung kann lähmend sein, aber Majoran ist ein guter Weg, um die Länge der Zeit, verweilt zu reduzieren. Es bietet Hilfe sowohl für bakterielle und virale Erkrankungen. Es ist sanft genug, dass viele Eltern nutzen es für Säuglinge und Kleinkinder. Doch es ist effektiv genug, um Hilfe für Erwachsene anbieten, auch. Es wird in Form eines Öls und getrocknete Blätter angeboten.

Majoran wird häufig in einen Tee, der an Kinder verabreicht werden können, um eine laufende Nase oder die Auswirkungen der Erkältung zu reduzieren. Es kann auch verwendet werden, um einen trockenen Husten, der zum Verweilen scheint zu kämpfen. Ohrenscherzen und Halsscherzen sind auch Gründe, Majoran verwenden.

## **Mints**

Mints bieten verschiedene ätherische Öle, die das Immunsystem stärken und beruhigen die Verdauung. Sie können in verschiedenen Lebensmitteln Sie im Laden in dem Bemühen um die Haltbarkeit zu verlängern kaufen verwendet werden. Mints kann auch zum Tee in Form von Öl oder Blättern zur Verringerung bakterieller Infektionen gegeben werden. Dies beinhaltet jene, die Kehle und die Nebenhöhlen beeinflussen.

## **Senf**

Senfsamen verwendet werden, um eine Vielzahl von wohlschmeckenden Speisen zu machen. Sie brauchen nur eine kleine Menge, um den Wert, den sie bieten zu bekommen. Auch die glatte Senf Würze enthält solche Samen und hat antibakterielle Vorteile zu bieten.

Die Verwendung von Senf kann helfen, Muskelschmerzen und Entzündungen zu reduzieren. Es ist auch eine gute Wahl für die Behandlung von Erkältungen. Schwarzer Senf Blätter können in Salaten und anderen Speisen verwendet werden. Sie können auch Kapseln einnehmen, um Vorteile zu erlangen oder zu kochen Senfkörner, um Tee zu machen.

## **Muskatnuss**

Es gibt zahlreiche Verwendungen für Muskat zusätzlich zum Hinzufügen des Geschmacks von Nahrungsmitteln. Während viele Menschen es um Süßigkeiten zu fügen wie Desserts, kann es für alle Arten von Lebensmitteln zugesetzt werden. Es wurde oft verwendet, um E. coli und Staphylokokken-Infektionen zu bekämpfen. Es verfügt über antimikrobielle Eigenschaften, die schädlichen Bakterien zu reduzieren.

Muskatnuss kann auch die Gelenkschmerzen und Entzündungen im Mund. Darüber hinaus kann sie Übelkeit und Durchfall lindern. Verwenden Sie nicht mehr als 120 mg pro Tag oder es kann in Halluzinationen führen.

## **Oregano**

Oregano ist nicht nur für die Verbesserung der Geschmack der besten italienischen Gerichten. Es ist auch ein Weg, auf Grund der großen antibakterielle Eigenschaften bietet es gesund zu bleiben.

Das Öl aus Oregano Blätter hat das größte Potenzial.

Es wurde in dem durch das Rezept aufgerufen Antibiotikum Penicillin angeboten verglichen.

Einige Studien haben gezeigt, Oregano kann helfen, töten Prostatakrebszellen. Die Verwendung von Oregano kann sehr gut für die Probleme der Atemwege einschließlich Husten, Krupp oder Asthma.

Für solche Krankheiten, die empfohlene Dosis 200 mg pro Tag. Es sollte nicht von denen, die Medikamente für Blutungsstörungen nehmen verwendet werden.

## **Petersilie**

Es gibt einige bestimmte antibiotische Eigenschaften, um in Petersilie gefunden werden. Es kommt vor allem aus der von Petersilie Samen gewonnene Öl. Es gibt mehrere Formen von Bakterien und Pilzen zu bekämpfen. Eine der häufigsten Erkrankungen Petersilie ist gut für ist Staphylokokken-Infektion.

Es kann auch verwendet werden, um zu verhindern und zu heilen, Harnwegsinfektionen (HWI) und den Schmerz von Nierensteinen zu verringern. Es kann die Länge der Zeit, die Erkältung verweilt zu reduzieren und das Risiko einer Gelbsucht zu reduzieren. Es wird häufig für Säuglinge, die von Kolik leiden.

## **Pfeffer**

Es gibt verschiedene Arten von Pfeffer, die Sie verwenden können, um das Risiko von bakteriellen Infektionen zu reduzieren oder um

sie zu bekämpfen. Dazu gehören schwarzer Pfeffer, Chili-Pfeffer und Cayennepfeffer. Sie eignen sich auch zur Bekämpfung von Darmbezogenen Themen, wie gut.

Alle Pfeffer enthält Paprika, und das ist, was Bakterien bekämpft. Je heißer der Pfeffer ist, desto mächtiger wird es im Kampf gegen die Bakterien. Allerdings müssen Sie sicherstellen, dass die Lebensmittel, die Sie setzen in Pfeffer nicht zu heiß für Sie zu konsumieren, zu werden.

## **Rosmarin**

Ein ätherisches Öl, das sehr gut riecht ist Rosmarin. Es kann als Öl auf den Körper oder verwendet werden, atmete durch eine Brüheinheit. Wenn Sie irgendeine ätherisches Öl zu verwenden, müssen Sie nur ein paar Tropfen, weil sie sehr mächtig sind. Mehr als zwei Tropfen davon zu Ihrem Badewasser nicht hinzufügen.

Rosemary bietet erstaunliche Vorteile für das Immunsystem. Es ist eine Art der Aromatherapie, die auch zur Behandlung von chronischem Asthma Probleme verwendet. Es kann gegen Schimmel, Pilze und Bakterien zu bekämpfen.

## **Salbei**

Verringerung der Entzündung und die Aufrechnung bakterielle Probleme sind bekannt Vorteile von Salbei. Dies wird typischerweise als getrocknetes Blatt, das zum Kochen verwendet wird angeboten. Allerdings können die Blätter auch gekocht und angestrengt, um einen starken Tee zu machen.

Einige Experten glauben, tägliche Einnahme von Salbei kann das Risiko von Diabetes und Alzheimer-Krankheit zu reduzieren. Es wird oft verwendet, um den Schmerz und Druck von einer Sinus-Infektion zu reduzieren. Es kann eingeatmet, um einen trockenen Husten oder Schwellung der Atemwege durch Asthma oder Bronchitis zu reduzieren. Die Tagesdosis sollte 2,5 mg nicht überschreiten.

## **Estragon**

Zunächst

Estragon

war

ein

natürliches

Antibiotikum

verwendet

werden,

um

Lebensmittelvergiftungen in verschiedenen Gerichten zu vermeiden. Es wurde als ein großer Konservierungsmittel, das Essen zu haben, eine längere Haltbarkeit und ohne Verbraucher krank immer erlaubt. Estragon war auch ein früher Medizin für Darm-Anliegen und Tuberkulose zu bekämpfen.

Es kann auch ein natürlicher Weg, um bessere Schlafgewohnheiten zu fördern. Allzu oft wird eine Person das Gefühl groggy, wenn sie over-the-counter oder verschreibungspflichtige Schlafmittel zu nehmen. Estragon kann Ihnen helfen, auch ohne diesen schwierigen Nebenwirkungen zu kämpfen schlafen.

Die Dosis zu nehmen, hängt von dem Alter und der Schwere der Erkrankung. Am besten ist es, mit nur einer kleinen Menge beginnen und sehen, wie es für Sie arbeitet. Erhöhen Sie langsam die Dosis, wenn Sie benötigen, um die meisten Vorteile zu bekommen.

## **Thymian**

Eine weitere Option für das Kochen und die Verringerung der bakteriellen Problemen ist Thymian. Es wird in der Regel bei chronischen trockenen Husten verwendet. Es ist auch eine gute Ressource für diejenigen, die aus Atemprobleme einschließlich Asthma und Bronchitis leiden. Thymian kann helfen, den Verdauungstrakt sowie zu beruhigen.

Thymian mit Keuchhusten zu helfen, auch wenn es kleine Kinder zu beeinflussen. Es kann Laryngitis und Halsschmerzen zu behandeln. Wenn die Mandeln sind geschwollen, sie mit der Verringerung der Schmerzen und Entzündungen helfen können.

## **Kurkuma**

Eine natürliche Gewürz oft auf Gerichte aus dem Nahen Osten zu finden ist Kurkuma. Die Hauptbestandteile bieten die Möglichkeit, Enzyme, die schädlichen Bakterien zu verbreiten ermöglichen blockieren. Kurkuma hat Eigenschaften, die Verringerung bakterieller Infektionen, Entzündungen, und verschiedene Formen von chronischen Infektionen helfen. Es kann auch mit chronischen Kopfschmerzen und Bronchitis unterstützen.

Auch wenn Kurkuma ist würzig, kann es ein natürliches Heilmittel für Sodbrennen sein. Für diejenigen, die stark gewürzte Speisen, aber nicht die Liebe die Nachwirkungen, das kann ein Traum wahr! Es kann auch zu einer Verminderung von Schmerzen und Entzündungen von leichter bis mittelschwerer Arthrose.

## **Kapitel 4**

### **Auszüge**

Vielleicht haben Sie über den Wert der verschiedenen Extrakte gehört. Diese sind oft Kapseln, die Zutaten, die geschaffen wurden, um Ihre allgemeine Gesundheit und Wohlbefinden zu profitieren, enthalten. Wenn Sie bereits eine dieser Tages Extrakte als Ergänzung, Sie kämpfte gegen bakterielle Infektionen ohne es zu merken!

Diese Extrakte sind nicht teuer und können eine signifikante Veränderung in der Art und Weise Sie das Gefühl zu machen. Überlegen Sie, was diese Extrakte bieten, so dass Sie eine, die am besten Ihren Bedürfnissen auswählen.

### **Kolloidales Silber**

Verschiedene Eigenschaften von kolloidalem Silber gehören zu töten Bakterien und Keime.

Dieser Extrakt, das ist eigentlich ein Mineral, ist seit mehr als 100 Jahren verwendet, um Bakterien und Pilze zu töten. Es wurde auch verwendet, um auf eine Reihe von Viren zu nehmen.

Kolloidales Silber kann auch mit dem Heilungsprozess von topischen Wunden und offenen Wunden, die nicht scheinen, wie sie sollten zu heilen helfen. Es kann sehr hilfreich sein für diejenigen, die an Bronchitis. Es kann auch die Energieeffizienz in Patienten mit chronischer Müdigkeit.

Dieses Mineral sollten nur in geringen Mengen verwendet werden. Achten Sie darauf, die Gebrauchsanweisung auf der Verpackung ergänzen folgen. Die Potenz von kolloidalem Silber kann von einem Produkt zum nächsten variieren.

### **Chrysanthemum Lavandulifolium Extract**

Diese besondere Extrakt hat eine sehr ähnliche Make-up der von synthetischen Antibiotika. Es wird angenommen, dass eine der ältesten Produkte verschiedener Kulturen verwendet werden, um Gesundheitsprobleme zu heilen. Es kann auch helfen, das Immunsystem durch die Förderung der Vermehrung der gesunden Zellen zu steigern.

### **Echinacea**

Die Erholungszeit von einer bakterielle Infektion oder Pilzinfektion mit dem Einsatz von Echinacea reduziert werden. Es kann mit

Verminderung der Symptome und die Dauer von Ohreninfektionen, Infektionen der Atemwege und Nebenhöhlenproblemen zu helfen. Es reduziert auch Entzündungen, so eine Halsentzündung wird nicht so kräftezehrend.

Die meisten Menschen nehmen Echinacea als Kapsel zu ergänzen. Wenn das Öl verwendet wird, sollte ein paar Tropfen aus einer Pipette in ein Glas Wasser einmal pro Tag eingenommen werden. Viele Leute mögen Echinacea Tee mit einer kleinen Menge von Honig, um den Geschmack zu versüßen zu machen.

### **Grapefruitkernextrakt**

Die lebhaften Antioxidantien in Grapefruit gefunden sind allgemein bekannt. Doch nicht jeder ist ein Fan von dem Geschmack der frisches Obst oder Saft. Andere wählen, um es mit einer Menge Zucker zu versüßen, aber das können andere gesundheitliche Probleme die Straße hinunter führen.

Eine positive Lösung ist der Konsum von Grapefruitkernextrakt. Es bietet Anti-Pilz und antibakterielle Elemente. Studien haben mehr als 800 Arten von Bakterien gefunden, und mehr als 100 Arten von Bakterien durch dieses Extrakts getötet werden. Die gute Nachricht ist auch, dass es die gesunden Bakterien Ihr Körper braucht nicht töten.

### **Lavendel Öl**

Viele Menschen auf Lavendelöl verlassen, um ihnen helfen, entspannen und besser schlafen. Das ätherische Öl ist auch für die Verringerung der Entzündung bekannt. Es ist auch eine antibakterielle Extrakt, Atembeschwerden, Sinusinfektionen und bakterielle Infektionen, die den Hals und die Ohren beeinflussen verringern kann.

Lavendelöl kann Infektionen am ganzen Körper in Bezug auf Schwere und Dauer zu reduzieren.



Sie brauchen nur ein paar Tropfen Lavendelöl, da es sehr potent. Sie können die Tropfen zu Ihrem Badewasser hinzufügen, oder Sie können sie in einen Diffusor setzen.

## **Neemöl**

Eine kleine Menge von Neemöl geht ein langer Weg für die allgemeine Gesundheit Vorteile.

Dieses Öl stammt aus dem Neem-Baumes. Die Blätter sind ebenfalls verfügbar, um zu kaufen, aber das Öl den größten Nutzen für Ihren Körper. Neem ist seit mehr als 4.000 Jahren in Indien und Afrika verwendet worden, um zur Verbesserung der Haut und reduzieren die Menge an Zeit, die für den Körper zu heilen.

Neemöl hilft auch, das Wachstum beider Viren und Bakterien zu reduzieren. Zur gleichen Zeit, es ist ein natürliches Schmerzmittel und es kann helfen, die Entzündung zu verringern. Es kann sich ein hohes Fieber in einer kurzen Zeit zu bringen. Oft wird es verwendet, um die Auswirkungen von Übelkeit und eine Magenverstimmung, die Nebenwirkungen der verschiedenen verschreibungspflichtigen Medikamenten kann zu reduzieren.

## **Pau d'Arco**

Einige Leute nehmen Pau D'Arco kommt aus Frankreich durch seinen Namen, aber es tatsächlich stammt aus Südamerika. Der Hauptbestandteil in diesem Kraut ist Lapachol, die Infektionen, die durch Bakterien, Pilze und Viren verursacht werden können. Einige Experten glauben auch, es Eigenschaften, die einen Beitrag zur Bekämpfung bestimmter Formen von Krebs hat.

Doch die meisten Menschen nutzen es als Befreiung von der Erkältung. Es sind diejenigen, die Ihnen sagen, dass, wenn sie nehmen Pau D'Arco, sobald sie die ersten Symptome einer Erkältung fühlen, schöne innerhalb von wenigen Tagen sind sie. Sie fühlen sich nicht die Intensität der Kälte, und es nicht zu verweilen.

Andere entscheiden, eine niedrige Dosis von Pau D'Arco in der kalten und Grippezeit täglich zu benutzen. Sie tun dies als eine Möglichkeit, das Immunsystem zu stärken und das Risiko zu erkranken zu reduzieren. Dies gilt vor allem für diejenigen, die sich um viele andere Menschen zu kümmern, da sie dazu neigen, anfälliger für solche Luftbeschwerden zu sein.

### **Pflanzensamen Nuss Extract**

Während Samenmutter Extrakt oft verwendet wird, um Diabetes zu kontrollieren, hat es auch jede Menge Antioxidantien zu bieten. Es kann verwendet werden, um Probleme mit glykämischen Index (GI) und chronische bakterielle Infektionen zu kontrollieren.

Sie können Samen Mutter zu kaufen, wie eine Kapsel täglich als Prävention getroffen werden.

Allerdings sind die besten Leistungen kommen aus dem Öl, das aus den Samen Mutter gewonnen wird. Das ätherische Öl ist leistungsstark, so dass Sie nur ein paar Tropfen auf einmal.

### **Teebaumöl**

Teebaumöl wurde von Medizinern bis in die 1940er verwendet werden, wenn sie unter Verwendung von Penicillin begann, aber es wird immer noch als eine der besten natürlichen Antibiotika zur Verfügung. Es kommt aus dem Blatt der Pflanze, die ursprünglich aus New South Wales und Australien ist. Es ist sowohl antibakteriell und antiviral. Es ist mächtig genug, um MRSA und andere Mitarbeiter Infektionen zu behandeln.

Das ätherische Öl ist sehr leistungsfähig und sollte konservativ verwendet werden. Nur ein oder zwei Tropfen ist notwendig, um Ergebnisse zu erzielen. Sie können die Blätter verwenden, und kochen Sie sie, aber die besten Ergebnisse stammen aus dem extrahierten Öl-Version.

## **Kapitel 5**

## **Von Pflanzen**

Nicht wenige natürliche pflanzliche Antibiotika stammen aus Pflanzen. Sie wurden von alten Kulturen verwendet, um Krankheiten vorzubeugen und zu heilen verschiedenen Krankheiten. Sie können auch Ihnen helfen, gesund zu bleiben oder zu kämpfen eine bakterielle Infektion.

### **Aloe Vera**

Die Pflanze Aloe Vera bekannt ist eines haben die meisten Menschen für beruhigende Verbrennungen eingesetzt. Dazu gehören Koch Verbrennungen und Sonnenbrand. Diese Pflanze wächst in Klimazonen, die heiß und trocken sind. Es kann auch helfen, um bakterielle Infektionen und sogar Herpes kämpfen.

Aloe bedienen, einfach aufgeschnitten die Blätter einer Pflanze und erhalten Sie den Saft von ihm. Sie können es zu kochen und atmen Sie die Dämpfe, um den Körper von gesundheitlichen Beschwerden erholen helfen. Bei Verbrennungen, wird sie direkt auf den betroffenen Bereich aufgetragen. Einige Leute erstellen Aloe-Saft und trinken Sie es, um ihr Immunsystem zu stärken.

Es gibt auch Ergänzungs Kapsel Aloe vera zur Verfügung, die für eine Reihe von gesundheitlichen Bedenken verwendet werden kann. Die empfohlene Tagesdosis liegt zwischen 100 mg und 200 mg pro Tag.

### **Cryptolepis**

Dies ist eine blühende Pflanze, die ursprünglich aus Gambia und Kongo ist. Cryptolepis wird aus der Wurzel der Pflanze extrahiert. Es wird häufig als ein Mittel zur Behandlung von Malaria und Typ II Diabetes. Die antibakteriellen Elemente machen dies zu einem sehr potente Unternehmen im Kampf gegen die Entzündung und schädliche Bakterien.

Cryptolepis können in einer Vielzahl von Formen gefunden werden. Pulver und Kapseln sind sehr häufig. Der Tee bietet mehr Vorteile für den Körper, aber der Geschmack ist bitter.

Hinzufügen einiger Honig oder Nektar kann den Geschmack angenehmer.

## **Echinacea**

Seit Hunderten von Jahren hat Echinacea verwendet worden, um das Immunsystem etwas Hilfe zu geben. Es wurde auch verwendet, um Infektionen sowohl der bakteriellen und viralen Vielzahl bekämpfen. Dies ist ein sehr starkes Kraut, und es kann zu schweren Formen von Bakterien, einschließlich derer, Staph-Infektionen und MRSA verursachen zerstören.

Echinacea scheint eine der beliebtesten zu sein, gehen Sie zu, pflanzliche Antibiotika. Das ist, weil es hilft, mit einer solchen Vielzahl von gesundheitlichen Bedenken. Es kann täglich in geringen Dosen eingenommen werden, um bakterielle und virale Probleme zu verhindern. Es kann auch für schnell erreicht werden, wenn Sie spüren, eine Krankheit, kommen auf.

Viele Leute finden, dass Echinacea hilft ihnen natürlich besser fühlen. Es gibt nur sehr wenige Menschen gibt, die nicht bekommen, eine positive Antwort gesundheitlich, wenn sie es verwenden. Es gibt sowohl Kapseln und in den meisten Naturkostläden angeboten flüssige Formen.

## **Eukalyptus**

Das Öl, das aus Eukalyptus kommt wurde auf der ganzen Welt seit Tausenden von Jahren verwendet. Es stammt ursprünglich aus Australien und hat es als Arzneimittel Antiseptikum verwendet. Um das Öl zu extrahieren, werden die Blätter gekocht oder gedünstet.

Das Extraktionsverfahren kann schwierig und zeitaufwendig sein. Deshalb ist es so teuer ist.

Eukalyptusöl sollte niemals direkt auf die Haut unverdünnt angewendet werden. Wenn Sie dies tun, kann es in das Brennen und Jucken der Haut führen. Die negativen Auswirkungen können die positiven zu begegnen, so dass immer sicherstellen, dass Sie es zu verdünnen. Dieses Öl sollte nie durch den Mund genommen werden.

Dies ist eine gute Option für jemanden, der nicht den Erfolg mit anderen pflanzlichen Antibiotika oder sogar viel Befreiung von synthetischen Antibiotika hatte. Solche gesundheitlichen Bedenken können chronische Nebenhöhlenentzündungen und chronische Ohr-Infektionen sind.

## **Wacholder**

Die Wacholder Pflanze ist bekannt für die große Verkostung Beeren bietet bekannt. Sie werden in verschiedenen Lebensmitteln und Getränken gefunden, Geschmack zu verleihen. Dies ist ein Antibiotikum Form von Kräutermedizin, die oft übersehen wird. Es kann helfen, Probleme durch Bronchitis oder Entzündung zu verringern. Es kann auch zu bekämpfen bakterielle Infektionen.

Zum Nutzen für die Gesundheit ist Wacholderöl eine gute Wahl. Die Dosis beträgt etwa 100 mg pro Tag. Wenn Sie aktuelle Beeren verwenden, ist die Dosis nur 10 g pro Tag. Es kann schwer sein, um frische Wacholderbeeren ganze Jahr über zu bekommen, aber das Öl kann online oder von einem Bioladen gefunden werden.

## **Lakritze**

Der große Geruch und Geschmack von Lakritz macht es verlockend für Kinder und Erwachsene.

Es bietet antibakterielle und antimykotische Eigenschaften. Es wird oft verwendet, um die Entzündung zu verringern. Es ist eine gute Wahl für chronische Probleme mit Bronchitis und Virusinfektionen.

Süßholz hilft dem Immunsystem so kann es verwendet werden, um im Kampf gegen die Erkältung und Grippe zu werden. Es ist am besten in kleinen Mengen verwendet, obwohl. Die ganze Wurzel bietet den besten medizinischen Wert. Es sollte nicht von jedermann mit Bluthochdruck eingesetzt werden.

Wenn Sie eine Halsentzündung oder Halsentzündung, die Schaffung eines Tee aus Honig und Süßholzwurzel hergestellt kann es schnell beruhigen. Fügen Sie 1 Teelöffel Lakritzpulver bis 8

Unzen warmes Wasser. Trinken Sie zweimal täglich, bis Sie sich besser fühlen.

## **Olive Leaf**

Es ist unbestritten den Gesamtnutzen von Olivenblatt. Dazu gehören die Verringerung der Entzündung und beseitigt schädliche Bakterien und die Stärkung des Immunsystems. Er wird häufig von Personen, die unter Arthritis und Verdauungsproblemen leiden.

Die empfohlene Tagesdosis an laufenden Gesundheitsprobleme zu behandeln, ist 30 ml. Zur Prävention, liegt die Dosis zwischen 10 ml und 20 ml pro Tag. Es kann durch den Mund in der flüssigen Form genommen werden, aber Sie sollten 2 Esslöffel pro Tag nicht überschreiten.

## **Kapitel 6**

### **Von Trees**

Ein paar Optionen für pflanzliche Antibiotika kommen von Bäumen. Während dieser Liste ist kürzer und weniger bekannte, macht es keinen von ihnen geringere oder unaccessible Optionen.

### **Gelbwurzel Wurzel**

Während Gelbwurzel ist nicht so weit wie andere pflanzliche Antibiotika bekannt sind, darf nicht übersehen werden. Es kann den

Kampf um die Pilze und Bakterien zu gewinnen. Es wird auch verwendet, um chronische Entzündung zu verringern. Dies ist ein sehr potenter Anlage und es kann Schwellung im Hals schnell zu reduzieren.

Es beruhigt die Auskleidung der Schleimhäute, die irritiert von Erkrankungen der Atemwege oder ein Sinus-Infektion zu können. Kanadische Orangenwurzel kann auch die chronisch trockenen Husten, der Schlaf verhindert.

### **Poke Wurzel**

Poke Wurzel ist sehr seltsam aussehende, und es in den reichen Boden Gebieten Nordamerikas wächst. Diese Wurzel kann sehr hilfreich für die Bekämpfung von Bakterien und geben dem Immunsystem eine Hilfe sein. Man muss vorsichtig sein, es zu benutzen, aber, wie zu viel Poke Wurzel kann giftig sein. Verwenden Sie nicht mehr als ein Tropfen pro Tag, oder es kann Schäden an den Nieren verursachen.

### **Usnea**

Meistens als Antioxidans bekannt ist, ist usnea auch eine gute Möglichkeit, schädliche Bakterien zu bekämpfen. Es kann auch Formen der Pilz in Schach zu halten und Ihnen helfen, ein sehr gesundes Immunsystem aufrecht zu erhalten. Dies ist eine gute Option für jemanden, den Umgang mit einer chronischen Husten. Usnea beruhigt die Schleimhäute.

### **Holzwurm**

Während Holzwurm wird hauptsächlich verwendet, um Infektionen von Würmern zu behandeln, kann es auch mit Morbus Crohn und Entzündungen Problemen zu helfen. Es ist ein pflanzliches Antibiotikum, das hilft dem Körper zu bekämpfen bakterielle und virale Probleme.

Woodworm ist ein ätherisches Öl, das in geringen Mengen verwendet werden sollte. Es kann als eine Kapsel als auch gefunden werden. Nicht täglich 5 g dieser Substanz überschreiten.

## **Kapitel 7**

### **Beste Herbal Choices**

#### **für verschiedene Krankheiten**

Die Auswahl der besten pflanzlichen Antibiotika für verschiedene Krankheiten ist wichtig.

Während die meisten von ihnen haben die Mittel, um schädliche Bakterien zu töten, auch andere zu kümmern sich um Schadpilz und Viren. Es gibt auch diejenigen, die Ihr Immunsystem zu stärken.

Jede Person wird auf pflanzliche Antibiotika unterschiedlich reagieren. Dies liegt daran, Körperchemie jeder Mensch ist anders. Sie müssen möglicherweise mit ein paar Optionen zu experimentieren, bevor Sie finden, was Ihnen hilft, gesund zu werden oder als Prävention zu verwenden.

Was Sie verwenden, kann auch in Abhängigkeit von den gesundheitlichen Bedenken werden Sie sofort gegen basiert. Wenn Sie sich nicht wohl fühlen, brauchen Sie eine schnelle Lösung, um Ihnen helfen, das Gefühl Ihr Bestes in der kürzesten Zeit zurückzukehren.

Um bakterielle und virale Gesundheitsprobleme erfolgreich zu bekämpfen, sollten Sie alles, was Sie können, um Ihre besten fühlen. Es ist wichtig, das Potenzial der pflanzlichen Möglichkeiten zu realisieren. Hier ist eine kurze Referenzliste, die Sie finden vorteilhaft.

Akne - Aloe Vera, Calendula, Teebaumöl

Alkoholkonsum - Kudzu, Primel



Allergien - Kamille

Alzheimer-Krankheit - Ginkgo Bilbao, Rosmarin

Angina - Weißdorn, Knoblauch, grünen Tee, Weiden

Angst - Kamille, Hopfen, Kava, Lavendel, Passionsblume, Baldrian  
Arthritis - Paprika, Ingwer, Kurkuma

Fußpilz - Teebaumöl

Bronchitis - Echinacea

Verbrennungen - Aloe Vera

Erkältung - Andrographis, Echinacea, Süßholzwurzel

Husten - Eukalyptus

Depression - Johanniskraut

Durchfall - Heidelbeere, Himbeere

Schwindel - Ginkgo, Ingwer

Ohrenschmerzen - Echinacea

Ekzem - Kamille

Grippe - Echinacea

Gingivitis - grüner Tee, Gelbwurzel

Heuschnupfen - Butter bur

Hoher Blutdruck - Knoblauch, Weißdorn

Hoher Cholesterinspiegel - Apfel, Zimt, Leinsamen

Hitzewallungen - Rotklee, Soja-

Verdauungsstörungen - Kamille, Ingwer, Pfefferminze

Infektion - Echinacea, Knoblauch, Ginseng, Teebaumöl

Insomnia - Hopfen, Kava, Baldrian

Rückenschmerzen - caracole, Thymol, Weidenrinde

Migräne - Pestwurz, Mutterkraut

Morgendliche Übelkeit - Ingwer

Muskelschmerzen - Paprika, Wintergrün

Übelkeit - Ingwer

Halsschmerzen - Süßholz, Königskerze

Verstopfte Nase - Echinacea

Zahnschmerzen - Nelkenöl, Weiden

Hefe-Infektion - Knoblauch, Gelbwurzel, Pau D'Arco

## **Kapitel 8**

### **Gespräch mit Ihrem Arzt**

#### **über pflanzliche Antibiotika**

Scheuen Sie sich nicht, wenn Sie möchten, um mit Ihrem Arzt über pflanzliche Antibiotika sprechen. Mit den Informationen, die Sie hier gelernt haben, bewaffnet, können Sie versuchen, mit einige dieser Mittel anstelle von synthetischen Antibiotika.

Sie sollten über eine gut genug Beziehung mit Ihrem Arzt, dass Sie mit ihm oder ihr offen zu kommunizieren. Lassen Sie ihn oder sie wissen, warum Sie gehen, um pflanzliche Antibiotika versuchen.

Denken Sie daran, dass es kann vorkommen, dass Sie oder jemand in Ihrer Familie hat ein Rezept.

Allerdings können Sie Ihren Arzt wissen Sie gehen, um natürliche Antibiotika sowohl als Prävention und Behandlung zu versuchen. Wenn Sie nicht in der Lage, um auf die Bakterien, die die Probleme verursacht zu nehmen sind, bringen Sie zum Arzt für eine Bewertung und versuchen synthetischen Antibiotika zu dieser Zeit wenn dies notwendig erscheint.

Die meisten Mediziner gehen, um Ihre Entscheidung zu respektieren. Sie können Notizen in Ihrer Krankenakten sowie in den Dateien für Ihre Kinder zu setzen. Sie werden Ihre Ehrlichkeit zu schätzen wissen, und sie wird Sie bitten, diese zu melden, wenn Sie irgendwelche Fragen oder Bedenken haben.

Viele Mediziner unterstützen die Verwendung von pflanzlichen Antibiotika. Allerdings sind sie nicht in der Lage, sie zu ihren Patienten zu fördern durch ihre Art von Geschäft. Wenn Sie einen Arzt, der Ihnen nicht davon zu überzeugen, pflanzliche Antibiotika versucht haben, können Sie Ihre Wahl der, die Sie für die medizinische Versorgung verwandeln denken.

Auch wenn sie nicht mit Ihrer Wahl zustimmen, sind die meisten Profis gehen, um die Entscheidungen, die Sie gemacht haben, zu respektieren. Es ist sehr wichtig für Sie und Ihr Arzt,

um auf der gleichen Seite sein, in Bezug auf Ihre Gesundheitsversorgung Bedürfnisse und die Bedürfnisse Ihrer Familie. Nicht darüber hinwegtäuschen, dass Sie pflanzliche Antibiotika von Ihrem Arzt zu verwenden.

## **Kapitel 9**

### **Tipps für die Anreise die bestmögliche**

#### **Pflanzliche Antibiotika**

Es ist äußerst wichtig zu verstehen, dass die Qualität der natürlichen pflanzlichen Antibiotika beeinflusst ihren Wert und ihre Wirksamkeit. Es ist sinnvoll, um sicherzustellen, dass Sie die bestmöglichen Optionen zu erhalten. Ecken mit kosten Schneiden Sie nicht nur um am Ende mit einem Produkt, das nicht, wie es sollte funktioniert.

## **Forschung, bevor Sie kaufen**

Führen Sie einen Artikel nicht davon ausgehen, ist der gleiche wie der ganze Rest. Seien Sie ein gut informierter Verbraucher. Haben Ihre Forschung, bevor Sie pflanzliche Antibiotika zu kaufen. Nehmen Sie sich Zeit, um Online-Rezensionen zu lesen, um zu sehen, was die Leute zu sagen haben.

Lesen Sie die Zutaten sowie, denn Sie werden erstaunt sein, was manchmal hinzugefügt, dass Sie nicht wollen, zu sein. Achten Sie auf die Online-Bewertungen von echten Konsumenten. Sie sind viel wertvoller als Testimonials Sie über Produkte zu finden. Testberichte sagen, was sie gekauft haben, was sie für das Produkt, und die Ergebnisse, die sie erhalten verwendet.

Während pflanzliche Antibiotika funktionieren anders für die Menschen auf der Grundlage ihrer Körperchemie, können Sie eine gute Vorstellung davon, was für Sie arbeiten zu bekommen.

Wenn es scheint gut für die Mehrzahl der Anwendungen zu arbeiten, ist es ein gutes Produkt zu prüfen, versuchen.

## **Glaubwürdige Online-Seiten**

Möglicherweise können Sie einige erstaunliche Angebote für pflanzliche Antibiotika bekommen, wenn Sie sie online kaufen. Allerdings müssen Sie sicherstellen, dass Sie sie von einer glaubwürdigen Online-Website zu kaufen.

Finden Sie heraus, wie lange das Geschäft geöffnet war. Denken Sie daran, jeder kann eine professionell aussehende Website zu

erstellen. Sie müssen herausfinden, wie lange sie verkauft haben und wie viele Beschwerden, die sie erhalten haben.

Werden Sie eine Tracking-Nummer, wenn Schiffe Ihrer Bestellung bekommen? Wie ist die Qualität der Kundenbetreuung? Gibt es irgendeine Art von Erstattung Politik oder Garantie angeboten?

Nehmen Sie sich Zeit, um mehrere Websites zu vergleichen, so dass Sie eine realistische Vorstellung davon, was angeboten bekommen kann. Achten Sie darauf, die Preisgestaltung und die Versandkosten zu vergleichen, zu. Manchmal werden Sie einen niedrigeren Preis finden, aber wenn Sie auf den Versand in es einen großen Sprung in der Gesamtkosten verursacht.

Wenn es einen Ort, um eine Promo-Code oder einen Rabattcode eingeben, öffnet sich ein zweites Browser und die Suche nach einem. Durch Kopieren und Einfügen, was Sie finden, werden Sie Geld bei jeder Bestellung sparen.

### **Kaufen Sie frische Kräuter, wenn möglich**

Wenn Sie Kräuter Sie mit Ihrer pflanzliche Antibiotika kann kochen verwenden möchten, versuchen Sie, um sie frisch zu kaufen. Möglicherweise können Sie sie in der Gemüseabteilung von Ihrem Lebensmittelgeschäft zu bekommen. Je nach Jahreszeit kann es Landmärkten um Sie herum, die sie anbieten können.

Denken Sie daran, wie das Hinzufügen frischen Kräutern auf die Lebensmittel, die Sie kochen kann eine große Linie der Verteidigung von bakteriellen und viralen gesundheitlichen Bedenken sein. Diese Kräuter können auch verbessern den Geschmack der Lebensmittel, die Sie für Ihre Familie zu dienen.

### **Wachsen Sie Ihre eigene Kräuter**

Es gibt auch Kits können Sie die Ihnen helfen, Ihre eigenen Kräuter wachsen zu kaufen. Dies ist weniger teuer als der Kauf von frischen, lokal. Sie brauchen nicht eine große Menge an Raum, um zu

wachsen. In der Tat sind einige dieser Kits klein genug, dass man sie auf dem Fensterbrett in Ihrer Küche zu platzieren.

### **Die Dosierungsanleitung beachten Komplet**

Überschreiten Sie niemals die Dosierungsanleitung für pflanzliche Antibiotika-Produkte. Zu oft, die Menschen werden die Dosis denken, es wird ihnen helfen, besser in weniger Zeit zu erhöhen.

Das ist nicht wahr, obwohl, und es kann zu Nebenwirkungen oder schwerer Krankheit führen.

Wenn die Dosierungs hat niedrige und hohe Optionen beginnen mit der niedrigsten möglichen Dosis. Wenn Sie nicht das Gefühl, dass Sie zum maximalen Nutzen sind, dann können Sie nach und nach erhöhen Sie die Aufnahme, bis Sie den geeigneten Schwellenwert zu erreichen. Wenn die Richtungen sagen, um ein Produkt in zwei oder drei Dosen pro Tag zu verteilen, nehmen Sie nicht alles auf einmal.

### **Die richtige Lagerung**

Nicht ordnungsgemäß übersehen, nicht die Speicherung pflanzliche Antibiotika. Im Allgemeinen müssen Sie, um sie vor Licht, Hitze und Feuchtigkeit fernhalten. Ergänzungen im Badezimmer nicht lagern aufgrund der Feuchtigkeit durch Duschen verursacht. Alle Medikamente, Kräuterprodukte Stellen Sie auf einen Zähler in dem sie dem Sonnenlicht ausgesetzt werden.

Stattdessen speichern sie in einem kühlen, dunklen Ort, die auch trocken ist. Halten Sie ein gutes Auge auf Ablaufdaten, auch. Achten Sie darauf, alle pflanzlichen Produkte und andere Formen der Medikamente zu halten außerhalb der Reichweite von Kindern oder Haustieren.

### **Mit ätherischen Ölen**

Die Wirksamkeit von ätherischen Ölen ist wichtig, zu verstehen. Ein paar Tropfen verdünnt in Wasser kann mehr als signifikant sein. Die meisten ätherischen Öle sollten nicht direkt auf die Haut, ohne sie verdünnt angewendet werden. Sie sollten nicht oral entweder verbraucht werden.

Mischen Sie niemals ätherische Öle zusammen, wenn Sie nach einer bestimmten Rezeptur.

Andernfalls könnten Sie einige Nebenwirkungen, die nicht attraktiv sind, zu erstellen und wird nicht helfen, Ihre Gesundheit Ziele zu erreichen.

## **Abschluss**

Bakterielle Infektionen können schwer zu vermeiden sein, wegen der ständigen Exposition müssen wir Keime und zu anderen Menschen. Allerdings können die Symptome schwerwiegend sein und kann Energieniveaus und der Lebensqualität gering zu halten. Eine bakterielle Infektion selten kommt noch besser auf seine eigene, und es kann Ihr Immunsystem in kürzester Zeit zum Abbau überhaupt.

Verschreibungspflichtige Antibiotika sind oft sehr teuer, auch wenn Sie Versicherungsschutz haben. Sie können auch eine Reihe von Nebenwirkungen, wie Übelkeit, Durchfall, Mundtrockenheit, Schlaflosigkeit und Schütteln. Keine dieser Nebenwirkungen sind leicht zu bewältigen.

Die Verwendung von natürlichen pflanzlichen Antibiotika hat sich seit dem Beginn der Zeit stattgefunden. In vielen Kulturen gibt es Leute, die gehen würde und sammeln die Kräuter und Extrakte. Sie würden diese Elemente zu denen, die von den Symptomen von bakteriellen Infektionen litten bieten.

Sie sind jetzt bewusst sechsfünfzig mögliche Optionen für natürlich Verhütung und Heilung von bakteriellen Infektionen. Sie müssen möglicherweise mit einigen der Optionen experimentieren,

um zu finden, was am besten für Sie! Leisten Sie Ihren Beitrag so gesund wie möglich zu bleiben.

Dazu gehören immer mindestens acht Stunden Schlaf jede Nacht und tägliche Übung. Achten Sie

auf

eine

ausgewogene

Ernährung

mit

Mindestmengen

an

Zucker.

Praxis

Entspannungstechniken wie Meditation und Kommunikation, um Stress abzubauen. Pflegen Sie gesunde Beziehungen und vermeiden Sie gefährliche Lebensgewohnheiten wie Trinken und Rauchen.

Halten Sie Ihren Körper gesund wird Ihnen helfen, die Lebensqualität zu erreichen Sie wollen.

Die Verwendung von natürlichen pflanzlichen Antibiotika kann dazu beitragen, das Immunsystem und wieder auf die Beine, wenn Sie durch eine bakterielle Infektion sollte

betroffen sein.



Untersuchungen der letzten Jahrzehnte deuten häufige Verwendung von Antibiotika aufgrund der Antibiotika-resistenten Infektionen. Das bedeutet eine einfache Krankheit könnte in Krankenhausaufenthalt oder sogar zum Tod führen, weil der Körper nicht in der Lage, diese Antibiotika erfolgreich verwenden, um gesund zu werden.

Die DASH-Diät

Lehnen Sie Salz, Ja für mehr Lebensqualität

Die DASH-Diät zur Gewichtsreduktion

*Die Ultimate Beginner DASH-Diät-Führer für Gewichtsverlust, niedriger Blutdruck, und eine bessere Gesundheit mit köstlichen DASH-DiätRezepte*

*Ella Marie*

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## **INHALTSVERZEICHNIS**

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-Wie Kann mir helfen?

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Abschluss

## **Einführung**

Ich möchte Ihnen danken und gratulieren Ihnen zum Download des Buches "Die DASH-Diät."

Dieses Buch enthält bewährte Schritte und Strategien auf, wie man zu senken Ihren Salzkonsum, Ihre Gesundheit zu verbessern, und genießen Sie gutes Essen.

Wenn Sie jemals Symptome, die Besuche und Medikamente Arzt geführt haben, dann sind Sie wollen über die Verwendung einer Diät wie die DASH-Diät denken. Vielleicht ist Ihr Arzt hat gesagt, Sie leiden:

Ein Herzleiden

Hypertonie

Gewichtszunahme

Diabetes oder Nierenerkrankungen

Wei Sie sollen wissen, dass diese Diät ist eine gute Option für Sie. Die DASH-Diät ist nicht nur eine Diät, sondern eine gesunde Alternative zu Ihrem Essen in strukturierter Weise übergehen, um eine optimale und langfristige gute Gesundheit zu erzielen.

Ein Problem, das die Menschen in der Zeit ausgeführt ist, dass sie alle diese großen Lebensmittel, die sie essen wollen, aber sie wissen nicht, dass der Salzgehalt ist so hoch, dass es zu beschädigen ihre Körper.

Die DASH-Diät ist ein Weg, um Ihre Nahrung auszugleichen, so dass Sie gesunde Alternativen in alles, was Sie verbrauchen, genießen können, auf diese Weise können Sie sicherstellen, dass Sie sich für eine sehr lange Zeit! Weil wir uns Sorgen machen so viel über Stress am Arbeitsplatz und immer durch den Tag, die wir manchmal nicht in der Salzmenge, die in den verarbeiteten Lebensmitteln, die wir essen ist zu suchen. Das ist, wo die DASH-Diät kommt, weil der DASH-

Diät gewährleistet, dass:

Sie essen gesund sind

Sie essen frische bist

Sie verbrauchen viel Obst und Gemüse sind

Nicht nur sind Sie mit einer Menge an Ballaststoffen, aber sie in einer Menge von Protein binden bist gerade frisches Fleisch wie Fisch und anderen Meeresfrüchten, Pute, Huhn, Rind, und Tofu.

Die DASH-Diät ist mehr als nur Gewichtsverlust; es ist eine gesunde Ernährung, und das ist, warum Wei möchte Sie auf diese Diät als gesunde Alternative zu betrachten. In diesem handlichen Buch erfahren Sie, über sich selbst:

Was die DASH-Diät ist und wie es Ihnen helfen kann

Der DASH-Diät in einer Schritt-für-Schritt-Verfahren

Die DASH-Diät Gewicht zu verlieren

Die Kombination von Lebensmitteln und Anpassungen, weil ein Teil der Diät und Teil der Umstellung Ihrer Ernährungsgewohnheiten macht kleine Anpassungen mit jeder Mahlzeit

Ernährung und Bewegung

Verschiedene Arten von Lebensmitteln, die Sie haben, dass kann helfen, Ihren Blutdruck senken

Verschiedene Arten von Mahlzeit Pläne, die Sie in Betracht ziehen und Proben Diäten in Phasen, die für Sie arbeiten könnte

Tipps, Hinweise, und Dinge, die Sie wollen zu Faktor in wie Sie umschalten auf die DASH-Diät

Denken Sie daran, ein Problem, dass die Menschen auf dem Weg zu finden, ist, dass sie die

Dinge, die verarbeitet werden essen und hohen Salzgehalt soll, und wenn sie das tun, müssen sie ein Medikament zu nehmen, um den Salzgehalt zu senken, weil ihre Blutdruckwerte sind zu hoch. Deshalb möchte ich Sie, an der DASH-Diät aussehen.

Diese natürliche Alternative kann nicht nur über Heilwirkungen und große Vorteile, aber es kann auch zu helfen:

Ihren Blutdruck senken

Richten Sie Ihre Diabetes Fragen

Gewicht verlieren

Letztlich Wei wissen, das Ziel Sie haben, ist, um Ihre Natriumaufnahme zu fixieren, so dass Sie die Einnahme von Blutdruckmedizin und ein besseres Leben. Die DASH-Diät wird

Ihnen helfen, lernen, wie Sie Anpassungen vornehmen, um ein besseres Leben zu führen, und schließlich, das ist das Ziel, mit diesem Buch.

Nochmals vielen Dank für downloadingpurchasing dieses Buch, ich hoffe es gefällt euch!

## **Kapitel 1**

### **Was ist der DASH-Diät?**

Die DASH-Diät begann als Konzept zu niedrigeren Natrium helfen, und als ein Weg, um den Menschen helfen, Gewicht zu verlieren. Das Ziel, wenn es anfang war es, den Blutdruck senken.

Da die Ernährung immer beliebter wurde, es wurde auch eine gesündere Lebensweise. Die DASH-Diät ist im Grunde eine bessere Art von Targeting, was Sie essen und sicherstellen, dass Sie essen gesunde Mahlzeiten durch den Einbau von gesunden, frischen Lebensmitteln. Denn es bindet Dinge wie gesunde Obst, Gemüse, Nüsse, Samen, Vollkornprodukte, und von frischem Fleisch, werden Sie feststellen, dass nicht nur diese Diät schmackhaft und angenehm, aber Sie wollen, dass Sie es früher begonnen hatte!

Die DASH-Diät basiert auf den Buchstaben des Wortes, die diätetischen Annäherungen, stehen zu stoppen und zu verhindern Hypertonie basiert. Diese Diät wurde als Schritt-für-Schritt-Verfahren festgelegt, um Ihnen helfen, Ihr Leben durch die Begrenzung der Menge an Salz, die Sie verbrauchen zu verlängern. Statt zu essen eine Menge von verarbeiteten Lebensmitteln, werden Sie auf Lebensmittel, die reich an Vitaminen, Nährstoffen und Mineralien wie Kalzium, Kalium und Magnesium zu konzentrieren.

### **ANFANGEN**

Wenn Sie die DASH-Diät zu beginnen, um zu verfolgen, wie viel Sie essen, wie Sie auf Teil Kontrolle zu arbeiten halten wollen. Sie werden verschiedene Mahlzeit Pläne, die Sie auf einer täglichen

Basis haben kann. Das Ziel ist, die DASH-Diät ein wenig in einer Zeit, mit jeder Mahlzeit zu tun. Sie könnten aus starten Sie es für die Gewichtsabnahme oder einfach nur, um Ihren Salzkonsum zu senken, der Durchführung der Diät und Überwachung, was Sie in den nächsten zwei bis vier Wochen zu essen.

Danach Laufen zu halten möchten. Haben Sie Ihren Blutdruck wieder überprüft, so dass Sie sehen, wie viele Punkte sie untergegangen ist; Menschen, die die DASH-Diät versucht haben, haben festgestellt, dass es hilft wirklich. Die DASH-Diät kann auch Kampf Dinge helfen, wie Herzerkrankungen, Schlaganfall, verschiedenen Formen von Krebs, Osteoporose und verschiedene Ebenen von Diabetes. Die Diät ist in der Lage, diese verschiedenen Bereiche zielen, weil Sie die Änderung der Lebensmittel, die Sie essen. Wie Sie mehr frische Lebensmittel, wie Ihre Nüsse, Meeresfrüchte und Grüns zu essen, du bist raub gesünder natürliche Nährstoffe, die nicht wie Tiefkühlkost verarbeitet werden.

Wie kann der DASH-Diät mir helfen?

Der Zweck der DASH-Diät ist, um:

Ändern Sie Ihre Essgewohnheiten

Niedrigere Salzzufuhr in der Ernährung

Reduzieren Sie Ihr Blutdruck

Letztlich dies geschehen ist, wie Sie, was Sie essen zu ändern. Das ist, warum es läuft darauf hinaus, um Sie, wie Sie auf eine neue Weise sehen Sie Essen.

**Was ist in Ihrem verarbeitete Lebensmittel?**

Jemand kann wählen, um eine fettarme, gefroren Mahlzeit als eine Möglichkeit der Diät essen.

Sie verkaufen diese in verschiedenen Formen, wie Lean Cuisine und Smart Ones, zum Beispiel im Supermarkt. Die Tiefkühlkost kann sagen, auf der Verpackung, dass sie helfen können, um Ihr Cholesterin zu senken, oder sie können sagen, dass sie fettarm und dass sie eine gesunde Alternative zu Essen. Wenn Sie jedoch auf die Zutaten schauen, sehen Sie wahrscheinlich 700

bis 800 Milligramm Salz.

Wenn Sie dies kombinieren mit anderen Lebensmitteln im Laufe des Tages, können Sie feststellen, dass Ihr Salzgehalt ist so hoch, dass Ihre Füße anschwellen, Sie halten eine Menge Wasser bist, und Ihr Blutdruck in die Höhe schnell! Das ist, wo die DASH-Diät kommt in. Mit der DASH-Diät, weil Sie wirklich zu ändern sind, was Sie essen, werden diese Tiefkühlkost geht rechts aus dem Fenster! Man kann tatsächlich sehen Veränderungen sofort, weil Sie senken Salzverbrauch sofort.

Wie Sie mehr frische und gesunde Lebensmittel zu integrieren, werden Sie beginnen, um bessere Leistungen zu sehen, wie Ihre Haut Aufräumen und Ihre Verdauung besser zu werden, und Sie können feststellen, dass Ihr Darm tatsächlich besser bewegen. Das ist, weil Sie Einbeziehung gesunde Lebensmittel und eine Menge an Ballaststoffen sind.

## **Faser-reiche Lebensmittel**

Eine Person, die isst eine gefrorene Mahlzeit zum Abendessen vielleicht nur, dass keine zusätzlichen Gemüse, um sie zu begleiten. Oder, wenn sie enthalten einen Salat, sie dürfen nur Zugabe von Salat und Tomaten zu sein. Das Problem hierbei ist, wenn Sie nicht raub reichen Nährstoffe, die Ihr Körper braucht, können die Verdauung Probleme wie Verstopfung haben.

## **PROTEIN VORTEILE**

Andere Möglichkeiten, die Ihnen helfen kann, Ihre Ernährungsgewohnheiten mit der DASH-Diät zu ändern sind, wie es

wird Ihnen helfen, frisches Fleisch zu integrieren. Da Sie ein hohes Maß an Protein sind, wird es Ihrem Körper auslösen, um ein extra Salz und extra Wasser zu vertreiben. Protein hilft, um Muskeln aufzubauen, und das ist, warum Sie sicherstellen, dass Sie eine Menge davon in der Ernährung, sowie eine Menge an Ballaststoffen zu helfen, sie zu verarbeiten haben wollen. Deshalb ist der DASH-Diät hat viel gesundes Gemüse und gesunde Früchte enthalten, um sicherzustellen, dass Sie leicht Ihre Verdauung Protein.

### **SAMPLE Mahlzeiten und die Mineralien im THEM**

Wenn Sie an einer Probe Mahlzeit suchen, kann es so etwas wie Lachs zum Abendessen.

Während Sie als Ihre Protein haben Lachs, können Sie Spinat und eine Seite von Süßkartoffeln damit. Spinat enthält Kalzium und Eisen, und Ihre Süßkartoffel enthält Kalzium und verschiedene Formen von Magnesium und Kalium. Es ist auch reich an Ballaststoffen, zusammen mit dem Spinat, die in Ihrer Verdauung wird. Der Lachs wird als Ihr Protein zu dienen, und es ist auch eine Form der reichen Omega-3-Fettsäuren.

Wie Sie verschiedenen nährstoffreichen Lebensmitteln und Proteine in Ihrer Ernährung zu integrieren, wird dies Ihren Körper, um Arbeiten zu ermöglichen wird, wie es sollte. Sie werden besser in der Lage, Nahrungsmittel zu verarbeiten, wird es bei der Verdauung helfen, und Sie können auch die Vorteile, die eine nährstoffreiche Ernährung, Protein (die Muskeln aufbauen wird) und geringeren Fett genießen.

### **Stoffwechselwirkungen**

Als Salz löst sich Ihre Ernährung, die Sie befreien sind Ihren Körper von überschüssigem Wasser, so dass Sie beginnen, Gewicht zu verlieren.

Protein hilft Ihnen auch Muskel zusätzlich zu bauen, um Senken Sie Ihre schlechte Fette und erhöhen Ihre gute, gesunde Fette. Mit



diesem nährstoff- und eiweißreiche Ernährung, werden Sie ein besseres Leben.

## **LOW SALT VORTEILE**

Senken Sie Ihre Salzaufnahme kann:

Ihren Blutdruck senken

reduzieren Migräne oder chronischen Sinus Kopfschmerzen

niedriger das Risiko für Diabetes-

reduzieren Wasserretention

reduzieren das Risiko für Herzinfarkte und Schlaganfälle

Gewicht reduzieren

Wie Sie mit dem DASH-Diät fortzusetzen, können Sie tatsächlich die Entwicklung einer Gewichtsverlust-Programm. Dies kann helfen, die Bereiche, in denen Sie Probleme abzielen. Sie können die DASH-Diät mit gesunden Snacks und Mahlzeiten zu kombinieren. Zum Beispiel, wenn Sie zur Arbeit gehen, oder wenn Sie in der Turnhalle sind, können Sie gesunde Shakes oder gesunde Snacks, um sicherzustellen, dass Sie die DASH-Diät alle den ganzen Tag aufrecht zu erhalten.

## **DAILY Salzaufnahme**

Wie der DASH-Diät hilft, senken Sie Ihre Salzaufnahme, erhöht es Ihre Wahrscheinlichkeit, ein gesünderes Leben, die Sie genießen können. Denken Sie daran, dass die tägliche Salzgehalt sind in der Regel etwa 3500 Milligramm oder mehr. Sie können sogar 4.500 bis 5.000 Milligramm je nachdem, was Sie essen können.

## **FRAGEN SIE EINEN ARZT**

Ihr Arzt kann die Idee der Sie herzlich willkommen Beginn einer Diät wie dieses. Haben Sie Ihren Arzt beurteilen, Ihren Blutzuckerspiegel, den Blutdruck, die Herzfrequenz und alle Medikamente, die Sie auf zu sein. Auf diese Weise, während der Verwendung der Ernährung, werden Sie in der Lage, Ihre Fortschritte im Laufe der Zeit zu verfolgen.

Dieses Buch ist in zwei Teile, die Phase 1, wie man die DASH-Diät auf einer täglichen Basis zu verwenden, und Phase 2 sind, wie man Übung in Ihre Ernährung integrieren unterteilt. Ich werde auch mit gesunden Lebensmitteln und Snacks, was tägliche Anpassungen, und zur Errichtung Mahlzeit Pläne konzentrieren. Lassen Sie uns also beginnen ...

## **Kapitel 2**

### **Gewichtsverlust: Mit dem DASH Diät zur**

#### **Gewichtsabnahme und Bewegung**

Wenn Sie bereit, Gewicht zu verlieren, können Sie den Fehler, zu versuchen, es selbst zu tun zu machen. Sie können sich mit den besten Absichten zu starten; finden Sie eine Diät-Plan, wie es funktionieren könnte, laden, bis auf gefrorenen, fettarme Lebensmittel, und kaufen alle diese Protein-Riegel aussieht. Sie mögen denken, Sie haben einen Plan für den Erfolg haben, und das ist, wo Sie den ersten Fehler gemacht.

Lebensmittel kann sagen, dass sie gesund sind, aber in Wirklichkeit, könnte ihr Salzgehalt hoch ist, ohne dass Sie es merken können. Am Ende werden Sie feststellen, dass Ihr Blutdruck ist immer noch hoch ist oder sogar noch höher geworden! Aber weil Sie Zeitersparnis in der Küche und Ihren Tiefkühlgerichte so gut geschmeckt, halten Sie sie zu essen!

Dann oben auf, dass, Sie sind verstopft. Das ist ein Problem, dass, wenn Sie auf einer Diät auf eigene Faust, oder wenn Sie auf die falschen Arten von Diät passiert. Wenn Sie bereit, um die DASH-Diät

zur Gewichtsreduktion verwenden, stellen Sie sicher, dass die Änderungen, die Sie starten in Ihrem Kühlschrank und Möbel - von Anfang jener eingefroren und ungesunde Lebensmittel zu befreien.

## **Reinigen Sie den Kühlschrank und die Schränke**

Rid Ihre Schränke aller verarbeiteten Lebensmittel. Das bedeutet, nehmen Sie all diese TV-Dinner und Protein-Riegel. Begrenzen Sie die Menge an Alkohol und Koffein, die Sie verbrauchen. Koffeinkonsum nicht unbedingt Blutdruck beeinflussen (abgesehen von einer anfänglichen Spike), aber sollten Sie Ihren Koffeinkonsum einschränken oder halten Sie sie gedrückt, weil es Ihre Herzfrequenz erhöhen.

Die DASH-Diät wird Ihnen helfen, Gewicht zu verlieren, weil es eine Menge von natürlichen Lebensmitteln, die nicht über die in verarbeiteten und gefrorenen Lebensmitteln enthalten Konservierungsmittel und Zusatzstoffe verwendet. Wie Sie es zu testen, um zu sehen, ob Ihr Körper wird auf die Ernährung zu nehmen, können Sie schnell erkennen, dass es ist die Art von Diät Sie für den Rest Ihres Lebens haben wollen. Sie können eine Menge von Obst, Gemüse und eine gute Protein in Form von Fleisch zu integrieren.

Wie Sie Ihr Risiko für Dinge wie Schlaganfall, Herzkrankheiten und anderen Erkrankungen, die zu Bluthochdruck in Beziehung stehen zu senken, werden Sie sehen, dass der DASH-Diät schnell zu etwas, das nicht nur um Gewicht zu verlieren, sondern um die Aufrechterhaltung einer gesunden Lebensweise.

## **Die DASH-Diät zur Gewichtsreduktion**

Sie werden idealerweise drei volle Mahlzeiten pro Tag, und Sie werden auch zwei bis drei kleine Snacks zwischendurch. Diese Diät ist nicht zu berauben Sie von Lebensmitteln; Sie müssen nicht, um zu hungern oder das Gefühl, man kann nicht essen zu kümmern. Sie werden in der Lage, eine Menge guter, eiweißreichen Lebensmitteln zu essen. Schauen wir uns einige der Dinge, die Sie in der

Ernährung haben kann, so dass Sie die entsprechenden Änderungen vornehmen können.

## **Gesunde Snacks**

Nüsse wie Mandeln, Erdnüsse, Walnüsse, Cashew-Nüsse, Pekannüsse und kann helfen, sicherzustellen, dass Sie den ganzen Tag voll bleiben. Sie können auch Dinge wie Kürbiskernen und edamame integrieren. Wenn Sie Hunger bekommen, und Sie etwas Süßes wollen, sind Ihre Möglichkeiten getrocknete Cranberries, Rosinen, Bananen, Äpfel, oder jede andere Frucht. Mach dir keine Sorgen; wenn Sie Phase 2 zu wechseln, werden Sie in der Lage, gesunde Nachos und Kartoffelschalen haben oder sogar Ihre eigenen gesunden Snacks, wie Apfel Kleiemuffins und Müsliriegel zu sein!

Denken Sie daran, dies ist nur ein Beispiel für einige gesunde Snacks. Dies ist nicht einmal unter Einbeziehung der tatsächlichen gesunde Lebensmittel, die Sie haben können, wenn Sie Ihre optimale Gewichtsabnahme zu erreichen. Das ist, warum, wenn Sie Phase 1 abgeschlossen haben, um auf der DASH-Diät in Phase 2. bleiben, wenn Sie umschalten, um die regelmäßige Diät-Plan für das Leben in Phase 2, die Mahlzeiten besser werden wollen, genau wie die Snacks taten. Sie werden in der Lage, Dinge wie Bohnen-Dip, edamame Hummus, und sogar Vollkornmuffins haben.

## **EINBEZIEHUNG Übung in den DASH-Diät**

Wenn das Programm zu starten, während Sie auf der DASH-Diät sind, ist die eine Sache, die Sie haben zu prüfen, wie Sie sich zu Ihrem Körper Brennstoff sind. In der Vergangenheit, vielleicht Ihre Art zu schüren Ihr Körper war mit einem Schokoriegel oder ein Protein-Bar, aber das war der Grund, warum Sie begann Verpackung auf die Pfunde in den ersten Platz haben kann. Mit der DASH-Diät, möchten, dass Sie geeignete Lebensmittel, die Sie während und nach Ihrem Training helfen müssen.

Zum Beispiel, Sie wollen etwas, das Sie für das Training Kraftstoff und Ihnen Energie, die aus Proteinen und Kohlenhydraten kommen kann. Vor dem Training, in Erwägung ziehen, Nüsse wie Mandeln, Joghurt in eine Erschütterung oder hart gekochte Eier. Sie können auch Ihre eigenen Müsliriegel oder Studentenfutter, oder Sie können ein Weizen Muffin mit Erdnussbutter oder Eier in einem Pita haben, bevor Sie in die Turnhalle Kopf.

## **MACHEN SIE IHRE EIGENEN Lieblings-Lebensmittel**

Wie Sie weiter auskommen in der DASH-Diät und Sie die Kombination von Lebensmitteln eigene gesunde Rezepte zu machen beginnen, können Sie feststellen, dass Sie Ihre eigene große Snacks wie Müsliriegel machen wollen. Sie können Dinge wie Melasse und Honig in sie zu integrieren. Sie können sie auch füllen viele gute Nüsse und Samen, um Ihnen die Nährstoffe und Mineralien, die Sie benötigen und sich selbst während des Trainings zu tanken.

## **Shakes und PROTEIN**

Sie können auch Ihre eigenen Protein-Shakes Sie den Kraftstoff Sie für ein Training benötigen.

Versuchen Sie, mit einer Shake mit Joghurt, Erdbeeren, Bananen, Gurken, Brokkoli, Paprika, und alles, was mit der Faser und etwas Zucker und für Kraftstoff.

Dies wird auch bei der Verdauung helfen, so dass Sie sich keine Gedanken über die Probleme mit Verstopfung zu kümmern. Wenn auf der anderen Seite ein Problem mit lose Darm haben Sie, dann machen Sie Ihren Protein-Shakes ein wenig milder; haben so etwas wie eine Mango-Protein-Shake mit Wassermelone, eine Melone Shake mit Erdbeeren, oder eine Banane, und beschränken Sie Ihre Grüntöne, bis Sie Ihr Training im Fitnessstudio zu beenden. Hinzufügen von Gemüse zu einem Shake ist über Balance für Ihre Verdauung, und Sie werden wissen, wenn Sie mehr grüne hinzufügen müssen!

## **CURB CRAVINGS**

Wenn Sie Heißhunger während des Trainings oder sogar in der Mittagszeit ein Training, einen kleinen Snack wie eine Tüte Mandeln oder ein paar Stücke von fettarmer Käse, können Wunder wirken. Sie können auch einen schönen, gesunden Salat am Mittag, mit Salat, Tomaten, Thunfisch-Salat und rote Zwiebeln darin. Sie können eine fettarme Pita verwenden, um ihn zu halten. Diese Mahlzeit wird Ihnen genügend Protein, durch das Mittag- und das Training zu bekommen.

## **AN Muskelaufbau**

Stellen Sie sicher, dass Sie eine gute Herz-Kreislauf-Training, das das Laufband, Crosstrainer oder Stepper verwendet verwenden. Sie wollen auch sicherstellen, dass Sie anfangen, den Aufbau von Muskeln, da dies verbrennt Fett, die Ihnen hilft, Gewicht zu verlieren. Beachten Sie, dass Muskelaufbau kann zunächst dazu führen Sie zu erscheinen, wie Sie an Gewicht zunehmen.

Workouts sind auch über die Langlebigkeit. Sie wollen sicherstellen, dass Sie die Kombination sind Ihr Essen mit einer konsequenten Trainingsprogramm. Sie wollen nicht, um zu versuchen, so viele Kalorien wie möglich zu verbrennen und dann wieder am nächsten Tag und das gleiche tun; Sie werden schnell zu verbrennen sich selbst aus, und Sie wollen nicht, das zu tun.

Erarbeiten und trainieren konsequent und auf lange Sicht, wird Ihr Körper sich besser fühlen und Sie werden in der Lage sein, um eine optimale Gesundheit zu erhalten. Achten Sie darauf, sich zu strecken und trinken Sie viel Wasser vor, während und nach dem Training.

## **Mehr Kalorien zu verbrennen**

Eine Menge Leute, schalten Sie in die DASH-Diät, weil sie lernen, wie man gesund und Bewegung für das Leben essen wollen. Wenn Sie bestimmte Shows über Gewichtsverlust, können diese

Menschen in der Turnhalle, die bis 6000 Kalorien zu verbrennen am Tag versuchen zu zeigen. Diese Shows können Sie Menschen, die 10 £ pro Woche fallen zu sehen, und das ist nicht gesund. Nicht nur, dass sie führen zu Frakturen betonen, aber Sie können so viel Salz, das Sie am Ende im Krankenhaus zu verlieren. Das ist nicht Ihr Ziel. Sie wollen auf einer einheitlichen Plan zu arbeiten. Wenn Sie ein Pfund in einer Woche zu verbrennen wollen, müssen Sie 3500 Kalorien pro Woche zu verbrennen, um diese Pfund zu verlieren.

Diese Art der Gewichtsverlust kann auch durch die Aufnahme von weniger Kalorien pro Woche erreicht werden. Sie wollen eine gute Balance zwischen dem Training und der Ernährung zu finden. Versuchen Sie, zu übernehmen Protein-Shakes in Ihr Training. Gehören Dinge wie Bananen und Joghurt, die den Kalium haben. Die Aufnahme einer Menge von Kalzium in Ihrer Ernährung, und geben Sie Ihrem Körper genügend Treibstoff zu trainieren.

## **DIE GEFAHREN VON MERCURY**

Seien Sie vorsichtig mit viel Fisch in der Ernährung. Sie mögen denken, mit Thunfisch jeden Tag um die Mittagszeit wird Ihnen helfen, Gewicht zu verlieren, aber Sie müssen sehr vorsichtig sein mit Ihren Quecksilberaufnahme. Versuchen Sie, nicht mehr als den Gegenwert von zwei Dosen Thunfisch pro Woche haben. Quecksilber kann die Nieren schädigen, und Sie wollen nicht zu kümmern zu müssen.

## **Kapitel 3**

### **Senkung des Blutdrucks: Nahrungsmittel**

#### **und Mineralien, die Hilfe**

Wenn Sie jemals hatte, um einen Monitor zu tragen, um den Überblick über Ihren Blutdruck zu halten, oder wenn Sie jemals hatte, um den Blutdruck Medizin zu nehmen, dann wissen Sie, dass eine der besten Dinge, die Sie tun können, ist senken Sie Ihren Blutdruck natürlich.

Es gibt ein paar wichtige Möglichkeiten zur Verfügung, die Sie berücksichtigen sollten, zu tun, wenn Sie nicht möchten, dass auf den Blutdruck Medizin für den Rest Ihres Lebens sein. Dieses Medikament kann Ihren Blutdruck und Herzfrequenz zu senken, aber es könnte auch negative Auswirkungen, wie Trägheit. Am besten wäre es, wenn Sie nicht haben, um jede Blutdruck-Medikamente nehmen.

Beachten Sie, dass mit der DASH-Diät, es gibt bestimmte Lebensmittel, die natürlich senken Ihren Blutdruck. Lebensmittel, die reich an Kalium sind, zum Beispiel, und Lebensmittel wie Kartoffeln, Süßkartoffeln, und sogar Bananen helfen, mit Ihrem Druck. Andere Lebensmittel, die helfen können, sind Ingwer, Ingwer ist entzündungshemmend.

Integrieren Sie Lebensmittel, die reich an Vitaminen und Mineralien in Ihrer Ernährung sind.

Auf diese Weise Sie tatsächlich zielt auf eine homöopathische Art, Ihren Lebensstil ändern, wenn Sie Ihre Essgewohnheiten. Auch Magnesium und Kalium, die Ihren Körper Brennstoff und Bekämpfung der verschiedenen Krankheiten und Krankheiten können.

## **FRAGEN SIE EINEN ARZT**

Wenn Sie Blutdruck-Medikamente sind, mit Ihrem Arzt zu besprechen kommen aus der IT.

Wenn Ihr Druck ist in der Regel 180 über 100, kann unter den Blutdruck Medizin ist es zu einem gesunden 120 über 80. niedriger, wenn Sie anfangen, eine Ernährung, Ihren Blutdruck kann sogar noch niedriger fallen - zu niedrig wie 90 über 60,! Sie könnten Probleme im Stehen haben und können schwindlig, und Sie definitiv nicht wollen, dass.

Ihr Arzt kann den Blutdruck Medizin zu senken, wie Sie sind auf der Diät, um dieses Problem zu vermeiden. Sie können auch fragen Sie



Ihren Arzt über die Investition in eine Blutdruckmanschette, so dass Sie den Überblick über Ihre Blutdruck zu Hause zu halten. Nicht immer eine Blutdruck-Medikamente plötzlich nicht mehr, und Sie stoppen nicht auf eigene Faust. Sie müssen mit einem Arzt zu konsultieren, da plötzliche Veränderungen können lebensbedrohlich sein.

## **Tägliche Aufnahme**

Wenn Sie dabei eine regelmäßige DASH-Diät sind, Sie wollen versuchen, etwa 2.200 bis 2.300

Milligramm Natrium pro Tag verbrauchen. Für eine salzarme DASH-Diät, versuchen, es auf etwa 1.500 Milligramm Salz pro Tag zu halten. Dies wäre nützlich, wenn Sie sich Sorgen um Ihre Gesundheit, sind über dem Alter von fünfzig oder hohen Blutdruck, Herzbeschwerden, Bluthochdruck, Diabetes oder Nierenerkrankungen.

Auf der DASH-Diät, im Idealfall, was Sie über 2.000 Kalorien pro Tag konsumieren wollen.

Dazu gehören alle Arten von großen Nahrungsprodukte, wie Bohnen, Geflügel, Fisch, und einige rotes Fleisch - in Maßen. Sie können immer noch Süßigkeiten und fettarme Produkte in kleinen Mengen. Also, lassen Sie uns einen Blick auf den Abbau.

## **Müsli, Nudeln und BREAD**

Idealerweise willst du etwa sechs bis acht Portionen pro Tag zu haben. Sie können Müsli zum Frühstück Zeit, Pasta zum Mittagessen mit Thunfischsalat und Reis haben mit Abendessen.

Beachten Sie außerdem, dass Sie gehen zu Substitutionen, wie Vollkornbrot oder 100%

Vollkornbrot statt Weißbrot, Naturreis statt weißem Reis und Weizen Nudeln anstelle von regulären Pasta sind.

## **Karotten, Brokkoli und grünes Blattgemüse**

Sie wollen in der Regel um etwa vier bis fünf Portionen Gemüse pro Tag zu bleiben. versuchen, verschiedene Gemüse in jeder Mahlzeit zu integrieren. Zum Frühstück können Sie Karotten und Sellerie in einem Shake zu haben; wenn Sie Eier zu machen, können Sie Zwiebeln und grünem Paprika hinzufügen.

Zur Mittagszeit, Sie wollen immer enthalten einen Salat, ob es einen Obstsalat oder ein regelmäßiger Grünen mit gemischten Salat und viel Gemüse gemacht. Zum Abendessen, versuchen Sie, einen Salat und ein herzhaftes, grünen grüne Gemüse wie Grünkohl oder Spinat haben. Kaufen Sie nicht Gemüse in Dosen, die eine Menge von Salz in ihnen haben können.

Stattdessen für gefrorene oder frisch.

## **Hohen Gehalt an Mineralien**

Ihr Gemüse sollte auch reich an Eisen, Zink, Magnesium, Kalium und anderen Mineralien und Nährstoffen. Achten Sie darauf, gezielt Lebensmittel wie Grünkohl, Spinat, Süßkartoffeln, Brokkoli, Kürbis, Zucchini, Tomaten, Erbsen, grüne Bohnen, Auberginen, rote Zwiebeln, Knoblauch und Ingwer, die sehr herz gesund sind.

## **Erdbeeren, Bananen, Avocados, UND MEHR**

Haben mindestens vier bis fünf Portionen Obst pro Tag. Der Zweck hiervon ist es, dass man als Faser einnehmen; es hilft bei der Verdauung. Ein Teil der DASH-Diät ist etwa mit hoher Proteingehalt, und die Faser wird dazu beitragen, sicherzustellen, dass Sie in der Lage, Ihre Nahrung leichter verdaulich. Ein weiterer Vorteil ist, dass Sie auch die Einnahme eine Menge Vitamine und Nährstoffe, die Ihr Körper braucht.

## **Milch und Joghurt**

Wenn Sie vorhaben, Milchprodukte in der Ernährung, wie zB Milch oder Joghurt haben werden, Sie wollen versuchen, mindestens drei Portionen pro Tag zu haben. Diese lassen sich in Dinge wie fettarme und salzarme Käse, Joghurt und Milch eingearbeitet werden. Sie können Milch mit Getreide haben. Ihren Joghurt in ein Parfait, Smoothie oder Protein-Shake zu gehen, und Käse kann ein Snack am Nachmittag sein.

### **Meeresfrüchte, Geflügel und rotem Fleisch**

Haben sechs Portionen Fleisch pro Tag. Sie können einen niedrigen Natrium Speck am Morgen.

Sie können Pute, Huhn oder Thunfisch in der Mittagspause haben, oder mischen Sie sie in einem gesunden Salat oder Pita-Wrap. Abendessen kann jedes Sortiment von Fleisch wie Lachs, Tilapia, rotes Fleisch wie Hackfleisch, oder Steak in Maßen sein, je nach Ihren Cholesterinspiegel. Fleisch ist eine gute Quelle für Protein und gehören Eisen und Zink sowie Vitamin B.

### **Erdnüsse, Mandeln, und Sonnenblumenkernen**

Sie wollen sicherstellen, dass Sie in Ihrer Ernährung haben Nüsse, Bohnen und Samen -

mindestens vier bis fünf Portionen pro Woche. Stellen Sie sicher, Sie haben nicht viel fettreichen Nüsse wie Pistazien. Wenn Sie geschehen, ein Vegetarier zu sein, werden Sie feststellen, dass Ihre Mutter und Samen Verbrauch mit Soja-basierten Produkten integriert kann auch in der DASH-Diät funktioniert. Sie können auch Dinge wie Tofu zu integrieren in einen gesunden Salat, viel Gemüse und Nüsse in sich hat.

Einige Lebensmittel zu beachten sind Walnüsse, Mandeln, Pekannüsse, Erdnüsse, und sogar Pinienkerne in Maßen. Bohnen wie edamame, Linsen, schwarze Bohnen, weiße Bohnen, rote Bohnen, Pinto-Bohnen, und Kichererbsen sind reich an Ballaststoffen und haben eine Menge von Mineralien und Nährstoffe

in ihnen. Wenn Sie beginnen, Ihre eigenen Suppen und Dips wie Hummus, man kann wirklich kommen mit großer Rezepte.

## **ZUCKER UND Ihren süßen Zahn**

Ihren süßen Zahn kann anrufen, aber versuchen, Ihre Aufnahme von Zucker zu begrenzen.

Schließlich werden Sie in der Lage, im Kampf gegen den Zucker Heißhunger zu sein. Stellen Sie nicht zu Limonaden, weil sie genauso schlecht für Sie, und stellen nicht notwendigerweise Umschalten auf künstliche Süßstoffe, die auch genauso schlimm oder noch schlimmer sein können; versuchen, auf die Menge an echten Zucker, mit denen Sie zu reduzieren.

Sie können für zuckerfreie Versionen verschiedener Dinge wie Bonbons, Kekse und sogar Sorbets und Eis zu suchen. Wenn Sie Probleme bei der Suche diese sind, in Erwägung ziehen, Ihre eigenen. Es ist nicht so schwierig, Ihre eigenen Sorbet machen, und Sie können tatsächlich finden, dass Sie es genießen mehr, wie Sie mit verschiedenen Geschmacksrichtungen zu experimentieren.

**Fetthaltige Lebensmittel und Produkte auf Ölbasis** Versuchen Sie, Ihre fetthaltige Lebensmittel zu zwei bis drei Portionen pro Tag zu begrenzen.

Verbrauchen Sie gute Fette und schlechte Fette nicht. Gute Fette sind gesättigte; schlechte Fette sind Transfette. Transfette sind normalerweise in frittierten Lebensmitteln gefunden, also nicht braten Sie Ihr Essen. Sie können alles, was statt zu backen. Wenn Sie so etwas wie gebratenes Huhn möchten, gibt es mehrere Möglichkeiten, es zu backen, dass es schmeckt besser machen -

versuchen Eintauchen des Huhn in einem schönen Teig und das Hinzufügen von Panko Paniermehl extra Krise!

Um sicherzustellen, dass Sie genügend gesättigtem Fett, aber Sie nicht übertreiben, versuchen Sie, wie viel Butter, Käse, Sahne zu

begrenzen, und Eier thatyou konsumieren. Verwenden Sie echte Butter statt Margarine, und verwenden Sie einfach weniger davon. Für alle Salatdressings, die Sie verwenden, überprüfen Sie die Salz und Fettgehalt, so dass Sie nicht zu viel von entweder.

## **Kapitel 4**

### **Anpassungen: Verfolgung von Änderungen**

#### **und Anpassungen Täglicher**

Im Auge zu behalten, dass es gehen, um tägliche Anpassungen, die Sie machen müssen, wenn Sie auf der DASH-Diät arbeiten, wollen Sie. Zum Beispiel können Sie sich mit Freunden und Familie sein, und Sie sind versucht, diese fettigen Nachos oder dass gebratene Lebensmittel bestellen. Sie müssen stark sein und daran erinnern, dass auf der DASH-Diät, können Sie die gleichen großen Lebensmittel haben aber asin eine gesündere Version, die Sie machen können.

Mit Ihrer Diät Anpassungen, wird Ihre Art zu kochen über das Hinzufügen von mehr Nährstoffe und Gewährleistung Sie Nahrungsmittel mit weniger Salz in ihnen haben. Das Problem ist, obwohl, ist es schwer, wenn Sie nicht zu Hause, weil manchmal Sie hungrig sind und Sie wissen einfach nicht, was sie essen. Das ist, wo die DASH-Diät kommt in.

### **MAKING AUSTAUSCH**

Wie Sie beginnen, um zu Ihrer täglichen Aufnahme von Nahrung zu suchen, die Sie gehen zu müssen, um Anpassungen vorzunehmen. Zum Beispiel, wenn Sie unterwegs sind und Sie zum Mittagessen mit Freunden zu gehen, vielleicht gibt es gesunde Alternativen, die Sie in einem Restaurant zu finden. Sie hätten ein Buffet-Salat, wo Sie Ihre eigenen Salat zu bauen, oder vielleicht können Sie ein Stück gegrilltes Hähnchen mit viel gedünstetes Gemüse bestellen.

### **ÄNDERN jedem Menü**

Manchmal obwohl, können Sie feststellen, dass es keine gesunde Alternativen in einem Bereich, den Sie mit Freunden und Familie zu gehen. Sie können die Schnellimbibis-Verbindung oder das Restaurant mit wirklich ungesunden Optionen auswählen. Das ist, wo Sie müssen sehr vorsichtig sein mit dem, was Sie essen. Unter Umständen müssen Sie für bestimmte Dinge, die Sie haben, wie in Scheiben geschnittenen Tomaten, Salat und Thunfisch-Salat ohne Salz bitten, und anzugeben, wie sie geliefert werden soll.

Zum Beispiel, statt einer Thunfisch-Salat auf geröstetem Brot mit gegrilltem Käse, um es auf einem Fladen ohne den gegrillten Käse. Der Käse wird nicht fettarm zu sein, und das Brot kann Weißbrot sein.

### **SEIEN SIE NICHT Angst, um gesündere Optionen ASK**

Auch sicher sein, um so etwas wie eine fettarmen Joghurt und Fruchtmischungen fragen. Beim Essen mit Freunden oder Familie, können Sie Schwierigkeiten haben etwas, das man haben kann finden. Essen anders als sonst, so dass Sie weniger Natrium zu konsumieren. Beachten Sie, dass eine Mehrheit der gebratene Lebensmittel mit hohem Salz sind.

### **VORAUSPLANEN**

Sie können Lebensmittel mit sich führen. Zum Beispiel, wenn Sie wissen, dass Sie gehen, um sich für einen langen Tag sein, werfen Sie einen Snack mit Ihnen. Carry Mandeln in der Tasche, als Mandeln sind leicht und auch Füllung. Oder denken Sie an, die einen kleinen Stück von fettarmem Käse. Denken Sie auch so etwas wie Traubentomaten, die Sie mit Ihnen auf dem Sprung zu nehmen.

Wie Sie kleine Anpassungen an Ihre Snacks zu machen, sind Sie auch gehen zu wollen, um sicherzustellen, dass Sie dies in alle Ihre Mahlzeiten zu integrieren. Darüber hinaus ermutigen Sie Ihre Familie, um die gleiche gesund zu ernähren, so dass sie sie zu bekämpfen Krankheiten und Krankheiten, wie du tust.

## **Mahlzeit EINSTELLUNGEN**

Lassen Sie zielen auf unterschiedliche Bereiche, die eingestellt werden müssen. Vielleicht sind Sie nicht auf das Frühstück genutzt, weil Sie keine Zeit haben, um es zu machen. Sie können jederzeit Pakete Haferflocken mit sich führen. Vorzugsweise möchten, dass Sie so etwas wie Stahl geschnitten Hafer, die niedriger Salz und mehr Vitamine, Nährstoffe und Mineralien zu suchen.

Oder Sie könnten einen Protein-Shake, der schnell ist, zu greifen. Machen Sie es sich in der Nacht vor und lassen Sie es in den Mixer in den Kühlschrank, und am Morgen, haben Sie Ihren schütteln und gehen. In Ihrem schütteln, könnten Sie Müsli, Joghurt und viel Obst und Baby-Spinat zu kombinieren; Auf diese Weise werden Sie sich das Laden auf eine gesunde Ernährung.

## **Frühstück auf der GO**

Eine weitere Option ist mit hart gekochten Eiern zum Frühstück. Sie können tragen diese mit Ihnen zu arbeiten, weil sie leicht zu transportieren. In den Verkehr auf dem Weg zur Arbeit, können Sie etwas Gesundes wie ein Protein-Shake zu halten Sie auf, bis Sie an das Amt zu bekommen.

## **Gesunde Snacks**

Wenn Sie Ihre Snacks kaufen, kaufen viele gesunde Alternative wie Traubentomaten, Edamame, Stangensellerie und Baby-Karotten, dass, wie Sie kleine Dinge, die Sie auf, wenn Sie einen leichten Snack haben wollen grasen haben.

Wenn Sie etwas Süßes wollen, gehen Sie für Erdbeeren oder Kirschen.

Weil Sie suchen sich gesunde Alternativen, Sie sind immer gehen, um etwas auf der Hand, die als ein Licht und gesunden Snack dienen kann halten. Wenn es ist schwer, diesen Heißhunger zu bekämpfen, prüfen, ob man so etwas wie hausgemachte gebackene

Kartoffel-Chips, die Sie dünn und im Ofen backen in Scheiben schneiden.

Sie könnten auch Nüsse, die Sie in einer Pfanne rösten. Sie können schnell machen diese mit Mandeln, Sonnenblumenkerne und Erdnüsse. Nur werfen alles, was in und braten Sie es leicht.

Es dauert nur wenige Minuten. Sie können sogar sie über Joghurt für zusätzlichen Vorteil, aber spare etwas für Ihren Salat später!

## **MITTAGESSEN BEI DER ARBEIT**

Wie Sie bei der Arbeit sind, kann es schwierig sein, gute, gesunde Optionen. Versuchen Sie, Huhn, Pute, Thunfisch oder Lachs in Ihr Mittagessen zu integrieren. Für die anderen Mahlzeiten in der Mittagspause können Sie gegrilltes Hähnchen oder im Ofen gebratene Putenbrust zu versuchen. Kaufen Sie nicht Deli Fleisch Pute oder Fleisch, das abgepackte ausverkauft. Dies sind in der Regel sehr hoch in Salz und Nitrate. Nur suchen die Ofen geröstet Versionen Salzverbrauch zu reduzieren.

Sie können auch Mehrkornbrot mit Fleisch: Nussbrot, Vollkornbrot, oder Weizen pitas. Achten Sie auf die Low-Carb-Alternativen. Wenn Sie einen Salat bei der Arbeit jeden Tag haben, das wäre toll; fügen Sie mehr gesunde Gemüse über die grundlegenden Salat und Tomaten, wie Paprika, Paprika, Gurken, Radieschen, geraspelte Möhren, Sellerie, Zwiebeln, rote Zwiebeln, Mais, grüne Bohnen und Brokkoli.

Wie Sie sehen können, indem Sie mehr Quellen für Ballaststoffe, Eiweiß und nährstoffreichen Lebensmitteln in Ihr Mittagessen Sie Betankung sind Sie Ihren Körper und gibt ihm, was er braucht, und nicht raubHochSalz Lebensmittel.

## **ABENDESSEN**

Viele Restaurants haben faresdishes, die gesund aussehen könnte, aber sie sind wirklich mit einer Menge von Salz und gesättigten



Fetten geladen. Zum Beispiel muss man vorsichtig mit einigen Restaurant-Ketten wie die Olive Garden, TGI Fridays und Applebees.out dort zu sein.

Suchen Sie nach dem Zusammenbruch Kalorien auf ihren Menüs, so dass Sie sehen können, welche Selektionen salzarm sind. Stellen Sie außerdem sicher, dass Sie mit Ihrer Diät, indem sie die Dinge kleben sind, wie beispielsweise einem Stück gegrilltes Hähnchen oder ein Stück gegrillter Lachs und einer gesunden Salat oder Gemüsemischungen mit ihm.

Tipp: Möchten Sie sehen, wie Sie auch auf eine Diät bist nicht? Wenn Sie wissen, um welches Restaurant Sie gehen Besuche ihrer Speisekarte Online vor der Zeit. Auf diese Weise, wenn sie dich fragen Sie nach Ihrer Bestellung, werden Sie nicht umständlich klingen oder wie man sie noch an Ort und Stelle gebracht worden!

### **Essen bestellen in Stadien**

Für die Zeiten, die Sie wollen zu gehen, um einen Film oder auf ein Baseball-Spiel, zum Beispiel, Sie wollen nicht alles, was ich verarbeitet oder gefroren. Die meisten der verfügbaren Nahrungsmittel, wie Hot Dogs, Französisch frites und Popcorn, hoch in Salz sein.

Es wäre besser für Sie, etwas gesunden von zu Hause, wie Sie Ihren Käse, Trauben Tomaten, Sellerie oder Karotten zu bringen. Vermeiden Sie essen etwas, das geht, Ihren Blutdruck erhöhen. Wenn Sie keine Nahrung zu sich nehmen mit Ihnen, erhalten Erdnüsse in der Schale oder Pommes ohne Salz ..

TIPP: Wenn Sie überhaupt finden, dass Ihre Füße beginnen zu schwellen, fragen Sie sich, was es war, dass Sie an diesem Tag gegessen. Manchmal gibt es versteckte Salze in Dinge wie Spaghetti-Sauce, Barbecue-Sauce und Salat-Dressing. Mit einem salzarme Diät, werden Sie in der Lage, so schnell wie Sie etwas, das eine Menge von Salz hat, weil Sie vielleicht am nächsten Tag Wasser zu halten haben zu erzählen!

## **SNACKS SIE selbst machen**

Menschen, die Naschen auf Chips verwendet werden, können finden es schwer, mit der DASH-Diät beginnen, weil sie so um mit dem Salz verwendet. Eine Alternative ist so etwas wie Studentenfutter oder Müsli-Mix, die Sie selbst zu machen. Auch einige neue Getreide haben jetzt hohe Proteinspiegel in ihnen. So stellen Sie sicher, dass sie in Salz niedrig sind.

## **READY-TO-GO SNACKS**

Halten Sie Ihr Müsli in kleinen baggies, und nehmen Sie immer einige mit Ihnen. Sie sollten immer ready-to-go-Lebensmittel in Ihrem Kühlschrank, wie Cut-up-Äpfel, hartgekochte Eier und andere Lebensmittel, die Sie mit Ihnen nehmen können. Sie können auch kleine Wackelpudding Tassen; sicherstellen, dass sie zuckerfrei sind, und sie sind gut reisen kann. Vergessen Sie nicht den Löffel!

## **Kapitel 5**

### **Modalität: Beispiel Diäten, Tipps und**

#### **Hinweise**

Eine Probe-Menü: wie man die DASH Diät beginnen

Wenn Sie die DASH-Diät beginnen, Sie gehen, um ein paar Dinge, die Sie möglicherweise nicht über die ganze Zeit denken, übernehmen zu wollen. Das wird einige Zeit, um sich daran zu gewöhnen nehmen. Vielleicht möchten Sie packte einen Bagel mit Frischkäse zum Frühstück verwendet werden, oder Sie gerade erst einen Burger unterwegs gewohnt sind. Mit der DASH-Diät, wirst du über die verschiedenen Möglichkeiten, wie Sie frische Lebensmittel in Ihre Mahlzeit Pläne zu integrieren denken. Der erste Ort, den Sie beginnen soll ist in der Lebensmittelgeschäft Gang.

## **BETTER EINKAUF**

Seien Sie sicher, dass Sie gesunde Lebensmittel zu kaufen. Ein guter Ort, um mit zu beginnen ist Ihr Saft Gang. Ja, werden Sie in der Lage, Ihre Lieblings-Saft haben. Sie sollten Säfte wie zu kaufen:

Low-Natrium Tomatensaft

Zuckerfreie Cranberry-Saft

Orangensaft

Apfelsaft

## **PRODUZIEREN**

Als nächstes, wenn Sie Ihren tatsächlichen Nahrungsmittel zu kaufen, möchten Sie für die Dinge in Ihrem Erzeugnisgang wie beispielsweise Kopfsalat, Tomaten, Paprika, Trauben Tomaten, regelmäßige Tomaten, Karotten und Baby-Karotten aussehen.

## **SNACKS**

Achten Sie darauf, die Dinge, die Sie genießen, wie zuckerfreie Götterspeise, die Füllstoffe sein und keine hohen Kalorien zu kaufen. Suchen Sie auch nach fettarmen Hüttenkäse, Cranberries, getrocknete Früchte, Nüsse und gesund wie Erdnüsse in der Schale, Cashew-Nüsse, Pistazien, Pekannüsse, Walnüsse und Mandeln.

## **Fleisch und Meeresfrüchte**

Als nächstes möchten, dass Sie nach Fleisch, die Sie machen werden frisch sind aussehen, so dass für Dinge wie ofen gebratenen Truthahn, Hähnchenbrust, ganze Hähnchen, Beine und Schenkel, dass Sie backen können, und Fische wie Tilapia, Lachs, oder Flunder. Beschränken Sie sich nicht mit dem Fleisch und Meeresfrüchte; Sie können große Salate mit Garnelen oder Shrimps und Steak vom Grill zu machen. Während Sie nicht wollen, eine Menge rotes Fleisch haben, können Sie Rindfleisch-Eintopf,

Rinderbraten und Schmorbraten haben, da diese wahrscheinlich haben Sie werfen eine Menge von Gemüse in den Mix.

## **Saucen und Dressings**

Schauen Sie sich Ihre Dressings und Saucen irgendwelche, die Sie auf sie zu nutzen wäre. Wenn Sie eine Sauce für Spaghetti zu machen, versuche, es eine, die frisch aus Tomaten oder Tomatenmark, im Gegensatz zu einer, einen vorgefertigten Spaghetti-Sauce in einer Dose ist, denn diese sind in der Regel eine Menge von Salz in ihnen zu machen. Wenn Sie haben, um mit einer Hochsalz Art zu gehen, können Sie immer zu verdünnen die Sauce mit etwas Wasser.

## **PHASE 1**

Dies ist der Gewichtsverlust Phase der DASH-Diät, und wir haben eine Probe-Menü, um Ihnen zu zeigen, all die großen Optionen, die Sie genießen können enthalten!

## **FRÜHSTÜCK**

Eine Probe Frühstück könnte Eiweiß, Rührei oder Schneebeisen und salzarme Saft enthalten.

## **MORNING SNACKS**

Ein Snack am Morgen könnte so etwas wie Trauben Tomaten, Stangensellerie, oder Baby-Karotten sein. Sie könnten auch ein kleines Stück von fettarmer Käse oder hart gekochte Eier, das ist schön Proteinquellen sind.

## **MITTAGESSEN**

Für das Mittagessen, suchen Sie nach etwas wie geräuchertem Truthahn, im Ofen gebratenen Truthahn oder Huhn, die gegrillt ist. Haben Sie es mit oder in einem Salat, und betrachten Sie Ihre zuckerfreie Götterspeise für ein leichtes Dessert oder Füllstoff.

Sehen Sie sich auch einen leichten Snack wie Popcorn ohne Butter oder Salz, die Sie zu Hause

### **Snacks am Nachmittag**

Ein Snack am Nachmittag könnte so etwas wie eine Handvoll Mandeln und ein paar Karotten, oder Sie können die Jell-O, wenn Sie nicht auf früher in den Tag haben.

### **ABENDESSEN**

Wenn Sie zum Abendessen zu bekommen, können Sie über so etwas denken, dass Ihr Ofen gebratenes Huhn oder Truthahn und eine Seite von Gemüse, oder Sie können einen Salat mit einer sehr leichten Dressing haben. Sie können Ihre eigenen Vinaigrette oder verwenden Sie ein leichtes Olivenöl als Dressing.

### **DESSERT**

Für Ihre Dessert, haben vielleicht das Jell-O, oder ein kleines Stück Käse und Tomaten. Wenn Sie wirklich etwas Süßes wollen, müssen Sie ein paar Erdbeeren und einige Mandeln.

Wie Sie Ihr Gehirn neu programmieren, um echte Lebensmittel zu essen, werden Sie, dass alles, die hinzugefügt gesunde, eiweißreiche und hoch in Nährstoffen und Mineralien, wie zum Beispiel Gemüse, Obst und Milch weyou war zu bemerken.

### **PHASE 2**

Wie Sie in Phase 2 zu gehen, das ist, wo Sie gehen zu beginnen, mehr gesunde Lebensmittel zu fügen sind. Beachten Sie, dass diese Phase einstellen, wenn Ihre tatsächlichen Gewichtsverlust erreicht haben und nun gezielt höhere Proteine, höheren Faser, geringeren Fettgehalt und niedrigeren Salz.

### **FRÜHSTÜCK**

Zum Frühstück, prüfen, ob man Rühreier Schlägern oder hart gekochte Eier. Sie können auch ein wenig von der Frucht, wie ein gemischtes Obst Tasse oder einer Mischung aus Erdbeeren und Bananen. Sie können Orangensaft, Kaffee oder heiße Schokolade.

## **Znüni**

Für einen Snack am Morgen, in Erwägung ziehen, Mandeln und fettarmen Joghurt. Dies kann helfen, sicherzustellen, dass Sie keine Hungerattacken. Die Mandeln dienen auch als kleiner Weg, um Fett zu verbrennen.

## **MITTAGESSEN**

Zur Mittagszeit können Sie Ihre eigenen Pute, Huhn, oder Thunfisch Wrap zu machen. Sie können Salat, ein Fladen oder eine Tortilla-Shell verwenden, und dann bei gesunden Gemüse wie Zwiebeln und Paprika hinzufügen, wenn Sie möchten. Füllen Sie ihn mit Tomaten und Kopfsalat, aufrollen, und genießen Sie!

## **NACHMITTAGS-SNACK**

Für Ihren Snack am Nachmittag, können Sie ein wenig mehr Protein, wie eine Handvoll Nüsse haben erneut. Sie können Joghurt, eine Obstschale, oder Wackelpudding. Versuchen Sie, mit Erdnüssen in der Schale; Sie tatsächlich weniger essen auf diese Weise.

## **ABENDESSEN**

Zum Abendessen machen etwas Herzhaftes, wie gegrilltes Hähnchen Parmesan. Servieren Sie es mit einer roten Sauce, und fügen Sie ein wenig fettarmer Käse dazu. Sie könnten auch Kürbis, Zucchini und anderes Gemüse hinzufügen, um Ihre Sauce es reich zu machen. Haben einen großen Salat mit, dass und Sie können nicht einmal Nachtisch!

## **DESSERT**

Wenn Sie immer noch Platz für den Nachtisch, prüfen, ob man Erdbeeren, Mandeln, oder ein Joghurt-Parfait.

Wie Sie aus der Nahrung zu sehen, du bist Einbeziehung hausgemachten Speisen, die Vermeidung von gebratenen und gesalzene Speisen und Verzehr von Lebensmitteln, die reich an Nährstoffen und Mineralien sind. Dies kann helfen, Ihren Blutdruck senken und halten sie gering. Letztlich sind Ihre Gewichtsverlust und Diät Änderungen über das Setzen von Zielen und deren Erreichung einen Schritt zu einer Zeit.

Weil Wei wissen, dass der DASH-Diät ist etwas, das Sie erfolgreich im Laufe der Zeit vollbringen konnte, es ist nur eine Frage der Veränderung Ihres Denkens. Deshalb we've ein paar Tipps, die Ihnen helfen, Ihren Geist neu zu programmieren und neu zu bewerten Ihre Ernährungsgewohnheiten zusammen.

## **LEHNEN SIE verarbeitete Lebensmittel**

Wenn Sie durch Ihre Schränke zu gehen, gefrorener, verarbeitet oder High-Salz Lebensmittel loswerden. Das bedeutet, Tiefkühlpizza, gefrorene TV-Dinner, gefrorene Hähnchen-Nuggets, gefroren Französisch frites, oder etwas, das verarbeitet wird, sollte weggeworfen werden. Füllen Sie Ihren Gefrierschrank mit gesunden Optionen wie gefroren Obst, Gemüse und frisches Fleisch. Denken Sie immer weniger Salz. Die DASH-Diät wird Ihnen helfen, Ihren Salzkonsum zu senken, und dies kann Ihnen helfen, Ihren Blutdruck senken. Aber das bedeutet, dass Sie gehen, um Ihre Hausaufgaben als auch zu tun zu haben sind.

## **Lesen Sie die Etiketten**

Sehen Sie in der Salzgehalt von was auch immer es ist, dass Sie essen. Beispielsweise kann eine Tasche des Chips 250 mg des Salzes. Können Sie eine, die nur 60 bis 80 Milligramm Salz ist finden? Sie wollen, gesund zu essen und konsistent über sie so viel wie Sie können.

## **Warenlieferung in den Regalen**

Achten Sie darauf, die Regale mit den Lebensmitteln, die Sie in der Diät essen werden aufzufüllen. Machen Sie eine Liste aller neuen Leckereien, die Sie gehen, um im Laden abholen bist, wie Joghurt, gemischten Nüssen, Gemüse und Obst. Die eine Sache, die Menschen weg von einer Diät fallen verursacht, ist, wenn sie sagen: "Oh, ich kann nicht etwas zu essen zu finden."

Das ist nicht wahr. Sie wissen einfach nicht, was zu essen - noch nicht. Deshalb müssen Sie sicherstellen, dass Sie Dinge, die Sie über die Ernährung haben kann. Es wird ziemlich viel sein, damit zu experimentieren! mit dem Essen.

## **Kommen mit neuen Rezepten**



Ihre neue Diät und neue Sichtweise auf Nahrung haben Sie viele tolle, neue Gerichte genießen.

Allerdings können Sie feststellen, dass Sie sich wie Sie gerade die gleiche Sache, die jeden Tag.

So, wie Sie auf Ihre Diät-Plan zu arbeiten, konzentrieren sich auf neue Wege, um gesund und auf neue Rezepte, die mit der DASH-Diät verwendet werden können, zu essen. Haben Sie keine Angst, dass die Frucht in den Ofen geschoben und trocknen Sie es für einen Leckerbissen sein.

Haben Sie keine Angst, um Erdnüsse in der Schale haben. Haben Sie keine Angst, um Grünkohl zu backen oder kreiere deine eigenen Müsliriegel. Das ist der Spaß eine neue Diät: machen Sie Ihre eigenen!

### **Zeit, sich anzupassen**

Weil das Konzept ist neu, dauert es Zeit, sich anzupassen. Gönnen Sie sich Zeit und Sie werden sehen, wie die Vorteile zahlen sich aus die Straße hinunter. Suchen Sie nach Möglichkeiten, wie Sie die DASH-Diät verwenden, um gesündere Versionen von den Lebensmitteln Sie können beginnen, verpassen zu machen.

### **REVAMP FRIES und Pizza**

Zum Beispiel, wenn Sie gern mit Pizza, ob es eingefroren wurde, oder Sie es bestellt haben, können Sie immer noch es als eine bessere Version. Experimentieren Sie mit einem Pita, frische Tomaten, und fettarme und salzarmen Käse. Vielleicht haben Sie zu diesen schmierigen Französisch frites verwendet wurden. Nun, Sie können immer noch zu; nur sicherstellen, dass Sie die Nutzung aller frischen Zutaten, wie frische geschnittene weiße Kartoffeln oder Süßkartoffeln sind. So können Sie sicherstellen, dass Sie immer die Nährstoffe der Körper braucht sind.

### **Abschluss**

Das Ziel, wie Sie auf die DASH-Diät anzupassen ist, um über die Möglichkeiten, wie Sie Salz zu senken funktionieren, stellen, neue Nahrungsmittel und ersetzen salzigen, verarbeiteten und frittierten Lebensmitteln mit frischen Lebensmitteln. Diese neuen Lebensmittel sind besser für Sie und sicherer für Ihren Körper. Das ist das Hauptziel der Diät - Lebensmittel, die Ihren Körper profitieren von und für einen guten Zweck einnehmen. Sie wollen nicht zu haben, Ihren Körper mit Salz geladen, weil Sie dann was du dein Herz, härter zu arbeiten und machen Sie Ihren Blutdruck explodieren.

Der nächste Schritt bei der Herstellung der DASH-Diät Arbeit mit einer mineralreichen Ernährung mit viel Nährstoffe und Vitamine. Wie Sie füttern Sie Ihren Körper die richtigen Lebensmittel, wird es nicht nur produktiver arbeiten für Sie, aber Sie werden sehen, Ihre Haut hat eine gesündere glühen, um es, Sie fühlen sich verjüngt, werden Sie Gewicht zu verlieren, und du wirst in der Lage, im Kampf gegen all jene bösen Krankheiten und Krankheiten, dass man nicht vor.

Sehen Sie die DASH-Diät als eine Möglichkeit für eine schnelle Lösung. Sehen Sie es als einen Schritt, mit denen Sie gesund für das Leben essen. Menschen lernen, dass sie nicht nur ein gesünderes Leben, aber sie haben eine Bounce-Back, wie sie nie zuvor! Das ist, was Sie sollten auch haben. Jeder Tag sollte ein ermächtigt sein; haben die gesunde Ernährung, die Ihren Körper von der Zeit erhalten Sie bis zu, wenn Sie zu Bett gehen jede Nacht Kraftstoff. Sie sollten auch die DASH-Diät zu integrieren, was Sie in Ihrer Familie zu ernähren, weil diese gesunde Optionen werden sie auch profitieren!

Nochmals vielen Dank für dieses Buch herunterzuladen!

Wir hoffen, dass dieses Buch war in der Lage, um Ihren Salz zu senken, zu verjüngen Ihrem System, und starten Sie ein gesundes Leben.

Schließlich, wenn Sie dieses Buch gefallen hat, dann möchten wir Sie um einen Gefallen bitten: Wären Sie so freundlich, um einen

Kommentar zu diesem Buch auf Amazon zu verlassen? Es wäre sehr dankbar!

Vielen Dank!

MINDFULNESS MEDITATION

*12 Simple Steps to Anwesend sein und zu beseitigen Ihre tägliche Stress durch Mindfulness Meditation*

*Ella Marie*

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**Einführung**

Achtsamkeit kann als Spiegel dachte beschrieben. Es spiegelt genau das, was ist, ohne weiteres, genau so, wie es vor sich geht. Es sind keine Neigungen. Darüber hinaus ist die Achtsamkeit eine nicht-wertende Wahrnehmung. Es ist diese Fähigkeit der Psyche, die Sie ohne Rück sehen können. Mit dieser Fähigkeit, die Dinge sieht man, ohne Urteil.

Man ist erstaunt über nichts. Man nimmt im Grunde ein bereinigtes Begeisterung für die Dinge genau, wie sie in ihren regelmäßigen Zuständen sind. Man muss nicht wählen und nicht urteilen.

Eine einfach Uhren. Es ist vorteilhaft für Sie zu verstehen, dass, wenn wir sagen: "Man muss nicht wählen und nicht urteilen", was wir meinen, ist, dass der Meditierende Uhren Begegnungen wie ein Forscher beobachten ein Element unter einem Vergrößerungsinstrument ohne vorgefassten Ideen, nur um siehe

den Artikel genau, wie es zu sein scheint. In der gleichen Weise, bemerkt der Meditierende Vergänglichkeit, ungeeigneter Qualität und Großmut.

Es ist mental unvorstellbar für uns, um zu sehen, was in uns geschieht leidenschaftslos, für den Fall, dass wir nicht in der Zwischenzeit erkennen die verschiedenen Zustände des Gehirns. Dies gilt vor allem mit unappetitliche Zustände der Psyche. So wie unsere eigenen besonderen Beklommenheit zu beobachten, müssen wir anerkennen, dass wir Angst haben. Wir können unsere eigene besondere Traurigkeit nicht zu analysieren, ohne sie komplett zu tolerieren es. Das gleiche gilt für Ärger und Störungen, Enttäuschung und jedem dieser anderen unangenehmen leidenschaftliche Zustände.

Sie können etwas nicht vollständig analysiert den Fall, dass Sie mit der Entlassung ihrer Präsenz besetzt sind. Was auch immer Erfahrung Sie haben können, Achtsamkeit erkennt ihn einfach.

Kein Stolz, keine Schande, was da ist, wird da sein.

Daher ist in Teilen, ist Achtsamkeit ein Ehrlich Wachsamkeit. Es braucht nicht Seiten. Es nicht auf, was gesehen hängen bleiben. Es sieht einfach. Es wird nicht versucht, die schrecklichen mentale Zustände entziehen. Es gibt keine Festhalten an der durchschnittlichen und kein Entkommen aus der unangenehm. Achtsamkeit behandelt alle Begegnungen ebenso, alle Überlegungen ähnlich, alle Emotionen genauso. Nichts wird erstickt. Nichts ist gedämpft. Mit

anderen Worten, es gibt keine Priorisierung.

Achtsamkeit ist nicht bedenkt. Es funktioniert nicht mit Gedanken oder Ideen enthalten zu werden. Es muss nicht auf Gedanken oder Vermutungen oder Erinnerungen hängen bleiben. Es sieht einfach. Mindfulness registriert Begegnungen, aber es nicht zu analysieren. Es muss nicht benennen oder ordnen sie. Es passt einfach alles, als ob es sich überraschend passiert. Es ist keine Prüfung, die sich um

Reflexion und Speicher konzentriert. Es ist fair, die sofortige und schnelle Auftreffen auf, was los ist, ohne das Medium des Denkens. Sie geht in der Wahrnehmungsverfahren gedacht.

Achtsamkeit kann auch als das Bewusstsein der Gegenwart beschrieben. Es ist die Erkenntnis, was sich zu diesem Zeitpunkt. Es bleibt ewig in der Gegenwart, unendlich auf dem Höhepunkt der Dauerstrich der Sitzung zurück. Für den Fall, dass Sie erinnert Ihre zweit Bewertung Lehrer sind, ist, dass Speicher. Wenn Sie dann darauf achten, dass Sie erinnernd Ihre zweit Bewertung Erzieher sind gekommen, das ist sich dessen bewusst. Für den unwahrscheinlichen Fall, dass Sie dann konzipieren die Methodik und zu sich selbst sagen: "Meine Güte, ich erinnert," dass unter Berücksichtigung wird.

Achtsamkeit ist eine Form der Aufmerksamkeit, die nicht-egoistischen Natur ist. Es kommt vor, ohne Rücksicht auf sich selbst. Mit Sorgfalt sieht man alle Phänomene ohne Verweise auf Ideen wie "mir", "meinen" oder "Mein". Zum Beispiel wird angenommen, es Schmerz im linken Bein.

Normale Kenntnis würde sagen: "Ich habe Schmerzen." Verwenden von Mindfulness, einen wesentlichen beachten Sie würden das Gefühl als Sensation. Man würde nicht zu befestigen, dass weitere Idee "I." Mindfulness verhindert man von etwas hinzuzufügen, um Unterscheidungsvermögen oder Subtraktion alles von der gleichen. Man nichts zu aktualisieren.

Man nichts zu unterstreichen.

One Uhren einfach genau, was da ist, ohne Verstümmelung.

Achtsamkeit ist das Bewußtsein des Fortschritts. Es ist gerade die Weitergabe Erlebnisstrom. Er wird sehen Dinge, wie sie weiterentwickelt werden. Es ist zu sehen, die Konzeption, die Entwicklung und die Entwicklung aller Phänomene. Er wird sehen Phänomene reiflich und Weitergabe. Darüber hinaus ist es Anschauungs von Minute zu Minute, unaufhörlich und beobachten

alle Phänomene körperlichen, geistigen oder leidenschaftlich-die schnell im Gehirn

auftritt. Einer schlägt einfach zurück und beobachtet die Show.

Achtsamkeit ist die Erkenntnis des Wesens der jedem Wunder. Es ist gerade das, was Schwellen-und vorbei unaufhörlich. Es ist, in einer Weise, den Prozess der Wahrnehmung, wie das, was gibt uns das Gefühl, und wie wir darauf reagieren. Es ist zu beobachten, wie es andere beeinflusst.

Mit anderen Worten, ist einer ein unparteiischer Zuschauer, deren einzige Beschäftigung ist informiert zu bleiben.

Der Meditierende, die Erstellung ist Selbst-Bewusstsein geht es nicht um die äußere Universum.

Es ist da, noch in der Kontemplation, ist einer der Bereich der Studie eine Begegnung, eigene Überlegungen, eigene Gefühle und die eigene Unterscheidungen. In der Meditation wird man seine Forschungszentrums sein.

Das Universum im Inneren hat eine kolossale Vertrauen der Datenhalte den Eindruck von der Außenwelt und deutlich mehr. Eine Untersuchung der diese auffordert, vollständige Gelegenheit.

Achtsamkeit ist partizipatorischen Wahrnehmung. Der Meditierende ist sowohl Mitglied und Zuschauer an ein und dieselbe Zeit. Für den unwahrscheinlichen Fall, dass man die eigenen Gefühle oder körperlichen Empfindungen Uhren, ist ein zu gleichen Minute fühlte sie. Im Bewusstsein ist nicht ein gelehrter Achtsamkeit. Es ist einfach Achtsamkeit. Die Spiegel dachte Darstellung bricht hier. Es ist die aufmerksame Wissen vom Leben, ein Interesse an der kontinuierlichen Methode des Lebens.

Es ist extrem schwierig, Achtsamkeit in Worten zu beschreiben, nicht mit der Begründung, dass es kompliziert ist, aber da es extrem einfach und offen ist. Das gleiche Problem taucht in allen Aspekten

der menschlichen Erfahrung. Die wesentliche Idee ist zuverlässig der schwierigste zu binden. Werft einen Blick auf ein Wort Referenz und Sie werden eine angenehme Probe sehen.

Langwörter, in den meisten Fällen weisen kompakte Definitionen. Doch kurz wesentliche Wörter wie "der" und "sein" können Definitionen eine Seite lang. Auch in den Materialwissenschaften, der schwierigste Kapazitäten darzustellen sind die wichtigsten diejenigen, die die meisten Grundstoffe der Quantenmechanik zu verwalten.

## **Mindfulness-Grundlagen**

Wir bekommen oft ratlos, und das Gefühl, dass das Leben sich unablässig Verrutschen. Wir akzeptieren, dass das Leben sinnlos und außerhalb unserer Kontrolle. Wir eilen und Stress, und wir sind nur ungern wieder aus. Durch das Leben auf diese Weise, wir vermissen das wirkliche Leben, die wir auf der Erde zu erleben versendet. Wir steigern zusätzlich die Gefahr der Krankheit und Schäden.

Es gibt zwei Aspekte der Achtsamkeit nämlich Achtsamkeit im normalen Leben und eingedenk Meditation. Beide sind von größter Bedeutung und wichtig, um die Gewinne der Achtsamkeit zu bekommen. Eingedenk Meditation ist ganz anders transzendente Betrachtung oder andere Vergleichspraktiken in dem Sie Rücksicht auf eine Sache zu zentrieren und zu verbieten alle verschiedenen Überlegungen und Ablenkungen. Diese Praktiken können profunde Zustände des Glätte führen. Eingedenk Meditation beginnt durch Zentrieren, um Ruhe und Solidität zu erstellen. Doch dann geht es vorbei an diesem Zustand zu einem zentrierten Betrachtung.

Was mit Blick auf oder ersticken Betrachtungen, die in das Gehirn kommen Gegensatz, sind Überlegungen zur Kenntnis genommen und sah absichtlich ohne Urteil, von Minute zu Minute, wie die Ereignisse auf dem Gebiet der Achtsamkeit.

Heute ist die Achtsamkeit in der Regel nicht eine religiöse Praxis noch da Buddhisten ursprünglich erstellt es existiert das Konzept der Vipassana Meditation, die einen buddhistischen Fokus betont. Für Personen, die sehr beschäftigt sind, verpflichtet die Meditationsdisziplin mit der Begründung, dass es erfordert einige Investitionen jeden Tag, um Praktiken, die die Fähigkeit, aufmerksam zu sein im täglichen Leben verstärken tun wird.

Achtsamkeit im gewöhnlichen Leben ist im Grunde von Minute zu Minute Achtsamkeit, so dass jede Bewegung ist eine Veranstaltung zum Polieren der Praxis der Achtsamkeit. Es braucht nur sich von Auto-Pilot-Modus in einen Modus des Bewusstseins. Lernen Sie die Zeugin Ihrer Überlegungen und Gefühle. Holen Sie sich eingedenk der Stiftung, "statische" konventioneller Selbstverständlichkeit, und wie selten sie ruhig in sich selbst sind. Durch das Beobachten Ihre Gefühle und die guten und schlechten Zeiten des Lebens, herausfinden, wie man die Wellen zu

surfen. Unter der Oberfläche der Wellen sind die Friedfertigkeit, Qualität und Lebendigkeit des Universums, die alles, was in Ihrem Leben entscheiden wird.

Achtsamkeit im Alltag durch den Einbau von einfachen Tätigkeiten wie erreicht werden kann: beim Zähneputzen, das Gefühl der Berührung der Bürste auf das Zahnfleisch, den Geschmack und Duft der Zahnpasta und der Kühle des Wassers, wenn Sie spülen den Mund.

Beim Konsum von Lebensmitteln, fühlen sich die Zusammensetzung der Nahrung in den Mund und die verschiedenen Aromen und Duftstoffen. Auf verschiedene Dinge oder sprechen Sie nicht darüber nachzudenken, und nicht zu betrachten Ihren knabbern, bis Sie die aktuelle total genossen haben.

Beim Gespräch mit jemandem, wirklich zu hören und hören, was sie sind, ohne ein Urteil über sie, unter Berücksichtigung verschiedener Dinge, oder vermitteln, was du als nächstes sagen müssen unter Angabe.



Mindfulness oder der Zustand des Seins bewusst ist eine kumulative Ergebnis der einfachen täglichen Ereignisse und Eure gesamte Beteiligung an jedem einzelnen von ihnen.

Studien zeigen, dass in nur acht Wochen der Vorbereitung und Achtsamkeit, den Geist und die Art und Weise bildet es Gefühl, unter Angstzuständen könnte geändert werden. Am Ende der acht Wochen ist der insusceptible Rahmen kräftigeren Individuen fühlen sich ruhiger, und sie besser über ihre Körper fühlen. Die Gefahr des Schadens deutlich verringert. Angst ist ein Aggregat Persönlichkeit / Körperreaktion auf eine scheinbare Gefahr. Reaktionen stammen aus vorgesehen Gefahren.

Die Angst Antwort den endokrinen und fokale sensorische Systeme, die Entlastung Angst Hormone in unserem Körper. Da das Leben ist voller Turbulenzen, wir sind regelmäßig in einem Zustand der Spannung, die über eine solche körperliche Probleme wie Bluthochdruck, Elend, Migräne, Rückenschmerzen, und Schlafentzug bringt. Stress messbar bewirkt eine Ausgabe des Bewegungsapparates, Herz-Kreislauf-, Nerven-, und Magen-Darm-Frameworks.

Unbeugsamen Denken und Praktiken, die uns einmal gehalten haben kann sicher wiederum in unsere Feinde, wenn unsere Realität Sicht geprüft. Alles, was nicht in unsere Vorstellung von

"typischen" passt, ist alarmierend und wird zu einer Ursache für unsere Stress. Um die geistige Unruhe anzupassen, versuchen viele Menschen beschäftigt zu bleiben die ganze Zeit, oder sie süchtig Verbindungen zu Geschlecht, Ernährung, Alkohol oder Medikamente zu schaffen. Stress untergräbt die Solidität der unser Gehirn und unsere Körper und kann möglicherweise schlachten uns. Neben dieser, zusätzlich stöbert uns von der Natur des Lebens.

## **Üben Achtsamkeit**

Es gibt eine Anekdote über einen 43-jährigen Mann, der unter Betreuung nach einigen Hospitalisierungen war und erhielt

Medikamente für Angst-Mittelteil Schmerzen und überwältigende Angst. Er berichtete: "Ich hatte nicht eine gute Begegnung die ganze Woche."

Der Fachmann fragte: "Haben Sie vor der Arbeit duschen?" Der Mann antwortete:

"Consistently." Der Berater fragte, ob er in dem Duschen erfreut, und der Mann antwortete: "eine ganze Menge". "So haben charmante Begegnungen konsequent, sind Sie", sagte der Spezialist.

Der Mann antwortete: "Du meinst, diese kleinen Begegnungen auch zählen?"

Mindfulness verpflichtet ziehende Betrachtung aus der Vergangenheit und der Zukunft um jeden Punkt sie nicht benötigt werden. Ihre Psyche hat eine Tendenz, die Flucht der Gegenwart in die Zukunft und der Vergangenheit, die sowohl illusorisch sind. Was noch kommen wird entweder vorgesehen über oder bevorzugt schrecklicher als die Gegenwart werden. Ihre Vergangenheit ist eine Geschichte der großen und schrecklichen Begegnungen, die nicht der gegenwärtige Augenblick sind. Um frei zu der Zeit sein, frei von der psychischen Notwendigkeit der Vergangenheit für Ihre Persönlichkeit und die Zukunft für Ihre Erfüllung ist.

Haben Sie zu sprechen und nachzudenken über die Vergangenheit? Unter der Annahme, das der Fall ist, sind Sie nicht in der Gegenwart leben. Ihre Vergangenheit und Ihre Zukunft sind Sie nicht, gerade jetzt. Durch die Vergangenheit nicht in jeder Minute verschieben zurück auf die Minute, in der Sie leben derzeit sind kommen Sie. Wenn die Konzentration auf die Gegenwart, darauf achten, Zeit, wie es erforderlich ist, um Ziele durchzuführen. Für den unwahrscheinlichen Fall, dass Sie ein Ziel gesetzt und bewegen sich in Richtung der es, Sie sind im Übrigen bewusst Zeit, aber Ihr Zentrum ist auf die Gegenwart. Auf der anderen Seite, wenn Sie ein Ziel gesetzt und konzentrieren sich auf das Ziel ist die vorliegende einfach ein Stein gehen in die Zukunft und die Gegenwart verliert seinen natürlichen Wert.

**Verwalten von Gedanken, Reaktionen und Emotionen** Das Leben hat Zyklen von genussvolle Momente und schreckliche Alpträume. Wenn wir proben Achtsamkeit für den Fall, dass etwas macht uns wütend oder schadet uns, stoppen wir schnell, um den Moment zu beobachten. Wir biegen in das Zeugnis über die Umstände und zu achten, unsere Antworten. Indem Sie einen Blick an die Dinge in einer nicht wertenden Weise beeinträchtigen wir die Kraft von den Umständen und lassen Sie es nicht unsere Gefühle aufrecht zu erhalten. Zum Beispiel für den unwahrscheinlichen Fall, dass Sie aus während der Reise in einem hohen Verkehrssituation, statt reagieren mit Straßenwildheit, im wesentlichen zu sehen die Autos schneiden Sie aus, fühle deinen Ärger, und halten Sie sich um zu sehen, was als nächstes passiert werden abgeschwächt. Der Unmut wird eine Kamm getroffen und danach lösen sich durch das Surfen im Fühlen und Betrachten sie ohne Urteil.

"Surrender" ist die einfache Alternative zu widersprechen den Strom, das Leben. Bestätigen Sie die "jetzt." Durch die Tolerierung der Umstände und machen positive Schritte sind wir erfolgreicher als durch gegenüberliegende, die Umstände und unter negative oder keine Aktion.

In schrecklich oder schrecklichen Umständen können wir eine Strategie zu machen, oder wenn es keine Hoffnung gibt, die wir planen können. Aber muss diese Planung nicht enthalten Vorgriff auf die Zukunft und läuft "mentale Filme", die uns veranlasst, die vorliegende entlassen. Wenn wir jeden Schritt nicht machen oder können uns nicht aus den Umständen zu vertreiben, müssen wir tiefer in Hingabe zu gehen, ohne aufzugeben. Es darf niemals eine Undurchlässigkeit gegenüber der Wirklichkeit zu sein. Änderung tritt häufig praktisch ohne Bewegung überhaupt, indem Sie umso tiefer in die Gegenwart.

Pessimismus ist interne Sicherheit, und dies Sicherheit Negativität. Negativität nicht Wirklichkeit zu ändern, aber es verhindert, dass verführerische Bedingungen geschieht. Wir müssen den

Pessimismus und innere Sicherheit zu erkennen und versuchen, es fallen zu lassen.

Psychische und physische Belastungen entstehen, wenn es die Sicherheit. Die freie Strom der Lebenskraft durch unseren Körper ist begrenzt und unser Wohlbefinden erträgt. Wir machen unsere eigenen besonderen Probleme und Schmerzen mit diesem Pessimismus. Für den Fall, dass wir nicht fallen lassen, wir sollten entweder Zentrum Berücksichtigung darauf, oder sich transparent zu ermöglichen, was auch immer ist reizend uns, durch uns weiterzugeben. Was antwortet mit Schutz oder Streik entgegengesetzt, bieten keine Sicherheit. Dies bedeutet nicht, Sie in eine Türmatte drehen und ertragen das schreckliche Verhalten anderer oder Umstände, die

nicht positiv sind anzuerkennen. Im Gegenteil, impliziert dies, dass sie ihre Kontrolle über dich zu verlieren.

## **Managing Probleme**

Wir tragen zahlreichen Belastungen in der Psyche. Wir sehen Dinge, die später geschehen kann.

Wenn wir mit Vergangenheit und Zukunft voller Fragen, gibt es keinen Raum für neue Lösungen. Wir können beschließen, dieses Problem durch die Konzentration auf die eine Sache, haben wir sofort tun können, und hielt zu entsorgen. Es gibt zwei Arten von hält: 1) Kleines hält

Dazu gehören Dinge wie Autozustroms oder der Schlange im Supermarkt zum Beispiel. Dies sind außergewöhnliche offene Türen für Achtsamkeit, wo wir die Dinge und Menschen um uns herum, und unsere eigenen speziellen Gefühle zu beobachten, im Gegensatz zu unruhig. Die Wirklichkeit ist, werden wir hält, und wir müssen halten.

2) Groß hält

Es wartet auf eine größere Haus, eine überzeugende Beziehung, Leistung, oder die nächste Gehaltserhöhung. Einige Personen verwenden ihr ganzes Leben hält angesichts der Tatsache, dass sie die Zukunft, nicht die Gegenwart müssen. Genuine Erfolg vollständig Duldung unserer gegenwärtigen Aktualität und schätzen, was wir haben.

## **Verwalten von emotionalen Aufruhr**

Wenn wir nicht bewusst sind, die Gegenwart, jedes Ereignis, das emotionale Schmerzen induziert verlässt eine Anzahlung von Qualen, die auf in uns lebt. Diese angehäuften Qual negativ Vitalität, die unser Körper und Gehirn beinhaltet. Könnte es erstarrt, oder es könnte dynamisch sein. Bei einigen Personen, das ist Vergangenheit Qual Dynamik für bis zu 100% der Zeit, mit dem Ergebnis, dass sie vollständig in der Qual zu leben. Andere Personen könnten nur auftreten letzten Todeskampf unter bestimmten Umständen, Verbindungen oder, wenn es von einer untadelig Kommentar Gedanken initiiert. Diese schmerzhaften Momente auf negative, schrecklich, oder selbst ruinösen Gedanken, Verhaltensweisen oder Gefühlen führen.

Es ist am besten zu halten, der Vergangenheit Ereignis, emotionalen Aufruhr verursacht, auf die genaue Minute ist es rührt von seiner trägen Zustand und fühlen sich ihre Vitalität zu erhalten.

Seien Sie ganz bewusst davon. Wenn Sie dies tun, verliert die Qual seine Kontrolle über Sie. Für den unwahrscheinlichen Fall, dass wir, um es zu beziehen, kann er die Kontrolle über uns annehmen, lernen Sie einige Stück von uns, und zu überleben in uns. Kämpfen Sie nicht diese Agonie. Beobachten Sie es einfach und erkennen es als was es im Moment ist. Menschen auf der Suche nach Erlösung später versuchen, einige Qualen zu entkommen. Für den unwahrscheinlichen Fall, dass sie auf die Gegenwart zu konzentrieren, erleben sie ihre Qualen, die sie fürchten. Dies löst den Schmerz beeinflussen Sie aus der Vergangenheit.

## **Verwalten Tormenting Beziehungen**

Wenn wir begegnen quälende Gefühle auf jemanden zu sehen, sehen wir in der Regel die Person, um die Ursache für diesen Gefühlen zu sein. Wir projizieren unsere Gefühle nach außen und Sturm das andere Individuum. Menschen hängen von Verbindungen, Pillen, Ernährung, und Alkohol, um ihre Qualen zu verbergen. An dem Punkt, wenn diese Dinge nicht zugänglich sind oder wenn sie leben bis zu den Erwartungen zu beenden, wird der Schmerz freigelegt. In Wirklichkeit ist es nicht so, dass Person, die verursacht Agonie zu uns, ist es uns. Wir haben uns erlaubt es um uns geschehen. Wir müssen die Qual, die in uns ist, anstatt zu versuchen, es mit dem Vorwurf konfrontiert anderen zu entkommen. Um genau diesem Punkt wird unsere Qual in die Vergangenheit zu brechen.

## **Verwalten von physikalischen Bedingungen**

Krankheit und körperlichen Schmerzen sind ein integraler Bestandteil des Lebens. Es wird vorgeschlagen, von Krankheit mit der Begründung, dass sorgt für ihre Aktualität, Stärke und Kongruenz in der Zeit markieren. Körperliche Qual, Manko, Unruhe, oder Behinderung: durch Aufstehen, um Schmerzen und Krankheit, sogar Untergang, nur in der Gegenwart, es auf eine oder wenige dieser Elemente vermindert wird. Der Verzicht auf diese Variablen, um nicht zu dem Gedanken an Krankheit. Wir sollten uns nicht vorwerfen, fühlen sich schuldig, oder beschuldigen unser Leben seiner Ungerechtigkeit. Die Mehrheit der, dass das Gefühl von Widerstand.

In dem Fall, dass wir wirklich krank zu sein und fühlen sich wütend auf dieser Vorschläge ist es Beweise dafür, dass die Krankheit bekommen hat, um ein Teil unserer Gefühl geworden sind: der Selbst und dass wir die Bewachung unseres Charakters und der Krankheit. Unsere Erkrankungen haben nichts mit, wer wir wirklich sind, zu tun. Geben Sie sich der Minute und es wird Sie zu ändern. Angst und Qual wird nicht im Wesentlichen in Glückseligkeit geändert werden, doch werden sie in eine tiefe Anerkennung, dass einfache Gefühle trifft geändert werden.

## **Schritte, um Achtsamkeit**

Dieses Kapitel enthält einige Schritte, um Achtsamkeit und einige Tipps für das Leben im Augenblick. Allerdings müssen diese Schritte mit einem Gefühl der Dankbarkeit aufgenommen werden. Sie sollten dankbar sein für alles, was Sie haben. Die Tatsache, dass man essen, zu Fuß, zu betrachten und zu konzentrieren ist der Grund, warum Sie sollten dankbar sein. Achtsamkeit ist ein Weg, mit dem Sie nicht nur mit dem eigenen Selbst, aber mit der ganzen Welt als auch zu verbinden. Der Akt des Lebens in der Gegenwart sind hinterlassen Sie glücklicher und gesünder.

## **Atmung**

Es wird gesagt, dass für den unwahrscheinlichen Fall, müssen Sie ersparen sich Tausende in Psychologe Gebühren, dann müssen Sie herausfinden, wie man richtig atmet. Der Atem ist ein großartiger Ort, um zu beginnen. Wir sind ständig die Atmung, wenn in der Regel unbewusst.

Durch Abstimmung in, können wir zusammen zu bringen, unser Gehirn und Körper, und bringen uns auf den gegenwärtigen Moment.

Sie können wirklich Belastung und Angst fühlen Schub endlos. Spüren Sie den Atem in den Körper kommen noch einmal durch den Spitzen der Nase und nach, dass sich von Ihrem Körper.

Nehmen Sie einen Stich an sich vorzustellen, den Atem als Schleife. Stellen Sie sich die Atemzüge in Topping off einen großen Teil der Schleife dann Streaming gezielt in die Atemzüge aus. Es ist eine anhaltende Bewegung. Um jeden Punkt erkennen Sie Ihr Gehirn hat schlängelte, müssen Sie es wieder in die Luft zu bringen.

Für den Fall, dass Sie brauchen, um es darüber hinaus zu nehmen, auf Ihrem atmungs in vorstellen weißen Ausbessern Licht, das in Ihren Körper und Ihren atmen-out vorstellen, Spannung und Dehnung verlassen Ihren Körper.

## **Das Bewusstsein für Ihre**

### **Körperempfindungen**

Wir leben in der Regel in unseren Köpfen und unseren Körper völlig außer Acht lassen, wenn wir Schmerzen haben. Wir denken, dass unsere Psyche ist völlig getrennt von unseren physischen Körper. Zu achten, Ihren Körper zu bekommen, schicken Sie Ihren Atem, um diverse Teile und jene Körperteile zu erkennen. Beachten Sie, das Zittern in den Fingern, entladen Sie die Angst im Bauch, bekommen eingedenk der höchste Punkt des Kopfes, und spüren Sie den Druck in den Hals. Immer darauf achten, Ihre Körper wird es Ihnen in die Gegenwart zu bringen.

Es wird Ihre Fähigkeiten optimieren und Beruhigung der Psyche. Ein großartiger Ort, um auf Tuning in Ihrem Körper ist in der Dusche zu arbeiten. Sorgfältig prüfen, um die Neigung des Wassers bewegt über jeden Teil des Körpers, der Empfindungen und der Temperatur. Bringen Sie sich in vollständigen körperlichen Achtsamkeit.

### **Konzentration auf Ihre Achtsamkeit**

Die Fixierung ist wirklich die Grundlage des erfolgreichen Üben Achtsamkeit. Nach allem, können Sie nur in dem Maße, Ihre Psyche ist glatt üben. Ohne Fokus, wird Ihr Gehirn ähnlich wie eine unebene Ozean in einem Sturm. Betrachten konzentrieren, wie stetige Rücksicht auf eine Sache. Es ist das Maß der Zeit, dass wir zentriert bleiben, bevor wir erkennen, dass unsere Psyche hat schlängelte. Sie müssen nur eine Sache auf einmal. Nach und nach bewusst, bringen Sie deshalb in Ihre Tätigkeit und erhalten achten, Ihre Überlegungen, Bewegungen und vor allem den Atem.

Für den unwahrscheinlichen Fall, dass Sie Ihre E-Mails, E-Mails checken einfach. Sie sollten nicht bei Facebook einzuloggen in der Zwischenzeit. Auf der anderen Seite, wenn Sie verbrauchen Abendessen konsumieren einfach Abendessen, nicht das Telefon zu überprüfen und die Nachrichten als gut. Jedes Mal, wenn Sie wahrnehmen, Ihren Fokus hat schlängelte, bringen Sie sich wieder



auf den Atem konzentrieren. Das wird nicht über Nacht geschehen. Doch mit der Praxis, werden Sie es bekommen. Je tiefer Sie Ihren Fokus ist, desto tiefer können Sie in Achtsamkeit und ihre Gewinne zu gelangen.

### **Eingedenk Essen**

Dazu gehören setzte sich an einen Tisch und verbrauchen ein Fest ohne an irgendwelchen anderen Übungen - keine Tageszeitung, Buch, TV, Radio, Musik oder sprechen. Nur konsumieren Ihr Abendessen, so dass sich sorgfältig überlegen, was wenig Lebensmittel, die Sie verbrauchen, wie es aussieht, wie es riecht, wie Sie das Essen zu schneiden, die Muskeln, die Sie verwenden, um es zu Ihrem Mund, der Oberfläche und Geschmack der Nahrung zu erhöhen wählen Artikel, wie Sie es nach und nach zu beißen. Sie können sich, wie Unterscheidungs Essen schmeckt betäubt werden, wenn in dieser Richtung verbraucht und wie das Ausfüllen ein Fest sein kann. Diese Art der Ernährung ist auch nützlich für die Verdauung.

### **Eingedenk dessen, Spaziergehen**

Bei einem Spaziergang, müssen Sie auf dem Gefühl der Boden unter den Füßen und Ihre Atmung zu konzentrieren. Einfach zu sehen, was um Sie herum, wie Sie zu gehen und bleiben in der Gegenwart. Lassen Sie Ihre Hemmungen und nehmen Sie einen Blick an den Himmel, der Perspektive und andere Wanderer. Spüren Sie den Wind, die Temperatur auf der Haut und fühlen sich freuen in dem Moment.

**Verstehen Sie, dass Sie nicht Ihre Gedanken und Emotionen** Ein Schlüssel zur Achtsamkeit ist das Verständnis, dass Ihre Psyche begegnet zahlreichen Einflüssen. Wir sind in der Regel nicht einmal bewusst, dass sie stattfindet. Wenn Sie verstehen, dass Ihr Gehirn plappert entfernt, können Sie vermeiden, lassen jeden Gedanken stören Sie Ihren inneren Frieden. Dies ist der Ort, wo enorme Gewinne beginnen zu geschehen. Sie sind NICHT

Ihre Gefühle, und Sie sind nicht Ihre Überlegungen.

Wenn Sie sagen: "Ich bin gestört," wissen Sie wirklich bedeuten, dass Sie das Gefühl? Wenn wir unsere Gefühle oder Überlegungen, wenn sie verschwinden, sollten wir auch verschwinden.

Aber wir nicht. Gedanken, Emotionen und Gefühle zu verwischen entfernt. Wir können zudem verhindern, dass sie aus der Förderung durch Veränderung unserer Überlegungen. Ihre Gefühle sind ähnlich zu einem Klima Rahmen der Durchreise. Sie sind nicht du.

### **Holen Sie sich ausreichend Schlaf**

Wir brauchen Schlaf, unsere Gehirne und Körper wieder zu beleben. Es ist genauso einfach wie das. Wenn wir müde sind, können wir sprunghaft von Botengang Zuordnung hop ohne echte Klarheit. Wir landen beschreitet einen anstrengenden Schleife des unaufhörlichen Besorgungen.

Es ist eine miteinander verbundene Rund, das alte Huhn oder das Ei Philosophieren. Wir benötigen Achtsamkeit zu schlafen, und wir brauchen Schlaf, um Achtsamkeit zu üben. Awful übrigen Neigungen beschädigen unserem Körper. Wie ein Motor ohne Öl verwandeln, beginnen wir zu brechen.

### **Meditation**

Meditation öffnet sich eine ganz neue Welt. Sie haben zu deaktivieren, Ihre Psyche. Ihr Verstand macht eine Menge bedenkt, und wir sind in der Regel nicht einmal bewusst, dass sie stattfindet.

Zur gleichen Zeit sind diese Überlegungen einflussreich, und hin und wieder Gedanken können in Stauchen, negativen Betrachtungen Wind und kontrollieren uns. Indem Sie Ihr Gehirn, können Sie Trieben und negativen Aspekte zu vermeiden, und Sie können ein Leben frei von Stress führen.

### **Geduld**

Unser Gehirn ist extrem ängstlich und unruhig. Wenn wir anfangen, eine Achtsamkeit Bohrer schaffen wir Toleranz jedes Mal stoppen wir und Praxis. Denken Sie daran, dass alles kommt in seinem eigenen bestimmten Zeit. Es ist wie das Kochen ein Ei. Wenn Sie versuchen, es zu beeilen, wird das Eigelb zu brechen und ein großes Durcheinander. Es ist besonders wichtig, um einen Blick an Ihrem eigenen besonderen Ruhe zu nehmen, wenn Unmut hervor.

Erkenne, dass Achtsamkeit ist eine Praxis, die Jahre dauern kann, um Ace. Beim ersten Start und Sie feststellen, dass Ihr Gehirn Querschläger von Gedanke zu Gedanke, nicht übermäßig hart an sich. Erstellen Sie die Ausdauer, um zu realisieren, dass es in der Zeit kommen. Immer eifrig mit einem Achtsamkeitspraxis ist gerade dabei, wieder aus Ihrem Progression.

## **Vernetzung**

Alles ist mit allem verbunden. Ohne Tageslicht, gibt es kein Leben, ohne Wasser gibt es kein Leben, ohne Bäume gibt es keinen Sauerstoff. Es ist ein komplexes Netz von fein eingestellt Verschaltungen. Es ist sehr gefährlich, sich vorzustellen, dass wir von allem anderen existieren getrennt. Nichts ist von Dauer, und das einzige, was bleibt, wie es. Dies ist eine Tatsache, die Sie in Ihre Umstände zu würdigen, Beziehungen und Hab und helfen können. Jeder und jede Sache, die Sie in Kontakt gekommen ist Ihre Verbindung zur Welt. Allerdings ist jede Verbindung vorübergehend. Daher sollte es für die Zeit, die es schätzen. Achtsamkeit ermöglicht es Ihnen, die verschiedenen Themen von Verbindungen zu entdecken und geben Ihnen ein umfassenderes Bild des Lebens.

## **Andere Achtsamkeit Techniken zur Praxis**

Achtsamkeit ist als ein Zustand des Seins in der Gegenwart, tolerieren die Dinge, wie sie sind, dh in einer nicht wertenden Weise dargestellt worden. Es wurde ursprünglich geschaffen, um im Temperament Regulierung und Backslide Aversion und in Mutlosigkeit zu helfen. Es wurde festgestellt, um respektable Gewinne Wohlbefinden haben.

Einige Tag-zu-Tag-Aktivitäten, die für die Erreichung Achtsamkeit sein können, sind: One Minute Übung:

Beachten Sie eine Uhr oder schauen. Ihre Verpflichtung ist es, Ihre ganze Betrachtung auf Ihre Atmung zu zentrieren, und nichts anderes, für den Moment. Haben Sie gehen - tun Sie es jetzt.

Übung für De-Stress:

Sie müssen eine aufrechte Haltung wählen, und an diesem Punkt fragen Sie sich: "Was ist mit mir passiert jetzt" Sie erlauben im wesentlichen sich selbst zu beobachten, was auch immer geschieht. Nennen Sie keine Überlegungen, die Sie haben und nachher es ihnen ermöglichen, zu sitzen, unbothered. Einfach bereit sein, ihnen eine Chance, um weg Boje zu geben. Atmen Sie in Ihrer Umgebung. An dem Punkt, Gefühle oder Erinnerungen an schreckliche Gelegenheiten geschehen, nicht erlauben, dich selbst eingereicht. Bitte geben Sie für diese Kurznamen, zum Beispiel, "das ist eine düstere Gefühl", oder "das ist ein wütend Gefühl", und danach einfach erlauben ihnen zu schweben oder Boje entfernt. Diese Erinnerungen und Emotionen werden nach und nach zu verringern in Kraft und Wiederkehr. Bald werden Sie beginnen, sich als Ziel Augenzeugen zu unterscheiden oder Zeugen, statt eine Person, die von diesen Überlegungen und Gefühle gereizt wird.

Atemübung:

Bleiben Sie mit allen beunruhigenden Gedanken für ein paar Minuten. Dann, wie Sie ihnen eine

Chance, um weg Boje, zärtlich redirect Ihre volle Aufmerksamkeit, um sich entspannt zu geben.

Sorgfältig prüfen, um jedem Atemzug fertig und getan, wie sie musikalisch zu nehmen einer nach dem anderen. Dies wird Ihnen bei der vorliegenden Masse und helfen Ihnen, in einen Zustand der Achtsamkeit und Selbstbewusstsein zu bewegen.

## **Eingedenk Meditation**

Üben eingedenk Meditation ist ein Versprechen, das zahlreiche widersetzen, doch ist es viel weniger Zeit und Anstrengung, als die meisten Menschen glauben, es tut erfordert. Die Tageszeit ist nicht kritisch; die übliche Praxis ist. In einer perfekten Welt, sollte es für 20 bis 30 Minuten zweimal täglich in einem ruhigen Zimmer mit einem geschlossenen Eingang mit keine Sorgen einstudiert werden. Vielleicht möchten Sie, indem Sie 5 bis 10 Minuten einmal pro Tag anstatt zeigt für die "perfekte" objektiv und hinterher das Gefühl von ihr überwältigt und verfehlen beginnen.

Nutzen Sie eine Uhr, um zu garantieren, dass Sie so lange wie Sie angeordneten grübeln. In der Zwischenzeit ist es vorteilhaft, für einen friedlichen und ruhigen Platz suchen, zum Beispiel setzte sich in Ihrem Büro oder sitzen in Ihrem Auto, immer darauf vorbereitet, nach Hause von der Ausübung Zentrum nach Ihrem täglichen Training zu fahren. Einmal mehr, wählen Sie eine Zeit, in der Umleitungen unerheblich. Dieses Kapitel zeigt eine der beliebtesten Methoden der Durchführung dieser Form der Meditation.

### **Schritt 1**

Der erste Schritt für jede Form der Meditation ist es, in die richtige Haltung zu bekommen. Sie müssen in einer Weise, die Ihre Beine gekreuzt sitzen. Außerdem müssen Sie einen Meditationskissen für eine bessere und bequemere Meditationssitzung zu verwenden. Sie können auch wählen, um zu sitzen mit den Beinen erweitert gerade heraus oder in einem Sitz mit einer Firma zurück zu sitzen, halten Sie Ihre Füße auf den Boden und die Wirbelsäule gerade und stopfte in Ihrem Taste geringfügig auf Ihre Wirbelsäule richtig eingestellt zu halten. Für den unwahrscheinlichen Fall, dass Sie irgendeine Rücken, Becken-oder Nackenschmerzen haben, ist wieder Hilfe von grundlegender Bedeutung.

In der Tat, müssen Sie, um sich auszuruhen, mit dem Kopf aufgestützt in einem 45-Grad-Winkel.

Für den Fall, Sie sitzen auf, schließen Sie die Augen. Wenn Sie sich hinlegen sind, halten Sie die Augen halb offen, um sich vor Sekundenschlaf zu halten.

## **Schritt 2**

Konzentrieren Sie Ihre Augen. Mit Augen zu, zentrieren sie auf einer Stelle, möglicherweise um die Spitze der Nase oder auf Ihre "dritte Auge" (das Chakra oder Lebenspunkt inmitten der Augenbraue). Auf der anderen Seite, drehen Sie gerade aus in Richtung auf die Innenteile der Augenlider. Als Alternative können Sie auch wählen, um Ihre Augäpfel nach oben rollen.

Unabhängig davon, welche Augenposition Sie wählen, stellen Sie sicher, es fühlt sich gut, und dass Ihre Augenmuskeln sind locker. Für den Fall, dass Sie Unbehagen oder die Gründe für Alarm erhöht haben, müssen Sie Ihre Augen teilweise oder sogar vollständig zu öffnen, drehen Sie geradeaus in Richtung auf eine Stelle auf dem Teiler oder aus dem Fenster an einem stationären Element, mit einem bestimmten Endziel zu unterdrücken diese Gefühle. Eine alternative Gedanke ist, die Augen zu schließen, und Envision, in einem Ort, wo Sie in der Regel fühlen sich locker, geschützt und sicher.

## **Schritt 3**

Bezahlen Hinblick auf Ihren Komfort. Mit Augen schließen oder einen Teil der Strecke offen und konzentriert sie auf einer Stelle, atmen mit dem Bewusstsein der Lunge und den Magen. Wie Sie atmen, zu sich selbst sagen: "In". Atmen Sie aus der Lunge und nachher Ihre mittleren Bereich, sagen zu sich selbst, "Out". Tun Sie dies jedes Mal, wie Sie entspannen. Zusätzlich können Sie nutzen die Worte "Klettern" und "unaufhörlich fallenden" oder "Trost" und

"Aufgeben" oder "Kapitulation" und "Entladung".

## **Schritt 4**

Legen Sie Ihre Hände in einer Abwickelrichtung und Animieren Mudra (Handhaltung). Im Buddhismus ist das mudra oder Position der Hände, in der Meditation unerlässlich, mit der Begründung, dass sie den Strom der Lebenskraft beeinflusst ganzen Körper. Es gibt drei übliche Mudras. Wahrscheinlich die am weitesten verbreitete ist man, um den Daumen und Zeigefinger aneinander berühren, und danach halten Sie Ihre Handflächen nach oben, mit Ihren verschiedenen Fingern locker und gerade, und Rest die Handrücken auf den Oberschenkeln.

### **Schritt 5**

Seien Sie aufmerksam! Wie Sie atmen, rational beachten Sie die Gedanken, Gefühle, Töne, Geschmack, Gerüche und Körperempfindungen wie Kribbeln, Temperatur, Qualen oder Unbehagen, oder Emotionen von Größe und Weichheit, die Sie stoßen. Versuchen Sie nicht, zu einem, was man der Feststellung, sind zu prüfen. Im wesentlichen zur Verfügung stehen, offen und wachsam. Sehen Sie sich das Wesen der Empfindung in den Fall, dass es einen hat, und ordnen Sie sie: "Größe in den Schultern," "herben Geschmack", "Gartenschneider draußen",

"quält erwogen Kind", usw. Nehmen Sie dieses Gedanken oder ein Gefühl zu untersuchen nicht es sei denn, es passiert mehr als das Doppelte, in welchem Fall, fragen, ob Sie es jetzt zu verwalten haben oder nach Ihrem Meditation. Für den unwahrscheinlichen Fall, dass es muss gepflegt werden, um sofort, erlauben Sie sich zu sein mit dieser Empfindung, Gefühl, oder redundante Gedanken ohne Urteil, wie es sich verwischt oder vermindert sich der Macht.

Anschließend erläutern auf sie in einem Tagebuch, darüber nachzudenken, oder sprechen mit einem Begleiter oder Anwalt darüber.

### **Schritt 6**

Langsam zu herkömmlichen Kenntnis zurückzukehren. Nehmen Sie drei lange, moderate, volle Atemzüge, wobei durch die Nase ein und

durch den Mund aus. Reiben Sie die Handflächen zusammen, um Schärfe zu erzeugen, und legen Sie die Handflächen über Ihre Augen und Gesicht. Öffnen Sie Ihre Augen und allmählich heben Sie Ihre Hände weit von Ihrem Gesicht, wie Sie zurück zu Achtsamkeit zu kommen. Atmen Sie tief und strecken Sie Ihre Arme über den Kopf, mit den Händen verriegelt. Kurve allmählich nach rechts und danach nach links. Tun Sie dies ein paar Mal, und nach dieser Kurve nach vorne, um die Füße. Überlegen Sie, ob alles, was der Lebenskraft entdeckt sich Ihnen. In einem solchen Fall, zu erläutern Sie in Ihrem Terminkalender, erwägen sie, oder einfach weiterziehen.

Falls Sie Vorstellungsvermögen sind eine bedrückende Situation, in der es versuchen wird nicht reaktiv zu bleiben, oder Sie müssen in der Lage, auf Ihre Innovationsfähigkeit mehr als gewöhnliche bekommen haben, versuchen, eine Meditationssitzung schnell Kalender.

## **Abschluss**

Positiv leben Ihr "NOW" ist nicht einfach, aber es ist sehr Kompensations. Der ideale Ansatz, um aufzustehen und zu gehen auf Ihre eigene Weise, "ohne einen Augenblick zu zögern," ist es, die möglichen Abschreckungs verstehen und im Voraus planen, wie Sie sie zu verwalten.

## **Achtsamkeit erfordert voran Anstrengung.**

Achtsamkeit nimmt eine Menge Arbeit. Allerdings ist das Glück, was die mehr Zeit Sie zu bohren, die weniger anspruchsvoll wird es und desto fröhlicher Ihr Leben bekommt sein. Von Anfang an, wird Ihre Gedanken in Toll sein, und alles erscheint, verrückt zu sein. Ihrem Umstand fühlen sich verwundbar. Aber je mehr Sie konzentrieren sich darauf, wo Sie komplett sind, desto einfacher wird es sein, echte Ruhe im gegebenen Moment und die Zeit zu entdecken.

Achtsamkeit wird am besten erreicht, wenn es den ganzen Tag praktiziert wird. Es ist nicht nur für, wenn Sie Platz nehmen und



betrachten. Konzentrieren Sie sich auf dessen bewusst zu Ihrer Überlegungen, wenn Sie tun, gewöhnliche Aufgaben sind, und es wird einfacher sein, bewusst zu bleiben, wenn die Dinge extrem.

### **Es wird Ablenkungen sein.**

Wenn Sie auf Ihrem Ausflug nach immer mehr bewusst, dir selbst bist, scheint es zu sein, als ob das Universum beginnt, wirft Sachen um Sie einfach nur, um Sie Herausforderungen bereitzustellen. Die Sorgen könnte Probleme im Laufe Ihres Lebens sein, zeigen in Ihre Verbindungen oder alten negativen Überzeugungen Aufspringen aus Ihrer Vergangenheit. Dies sind unglaubliche Türen öffnen, um das Leben im Augenblick üben. Sie werden euch in immer stärker, besser zu helfen, und um so mehr in Einklang mit sich selbst. Die Probleme und Schwierigkeiten wir konfrontiert sind, in der Wirklichkeit, Erzieher ,.

### **Förderung in der Regel nicht schnell kommen.**

Advancement erscheinen mag, quälend nachgelassen werden. Es wird Zeiten geben, wenn Sie die Dinge und Umstände, die Sie benötigen, die machen es schwierig, vollständig in dem Moment sein wird, anzuschließen. Es ist schwierig, vorsichtig zu sein, wenn Sie andernfalls sind auf dem Weg oder Fixierung auf das, was noch kommen wird.

### **Möglicherweise müssen Sie sich zu ergeben.**

Wie bei jeder Vorteil Abenteuer, haben Sie ein Verlangen nach Übergabe und die Aufgabe mehrmals. Es ist durch diese Zeiten, die Sie am meisten verblüfft, dass Sie einen Sprung nach vorne fast fühlen. Unser Leben ist sehr ähnlich wie die Jahreszeiten. Wir erleben kühl, langweilig Wintern und optimistisch, Stretching Sommern. Alles geht hin und her. Es ist die rhythmische Bewegung des Lebens. Wenn Sie verstehen, dass die Testzeiten sind da, um Ihnen helfen, zu entwickeln, werden Sie natürlich fühlen sich ruhig und locker.

## **Ihre Ziele können Ihre Achtsamkeit herauszufordern.**

Mit Zielen ist phänomenal, Taste auch, doch, wenn Sie erhalten, um sie zu übermäßig verbunden ist, etwas Schreckliches passiert. Sie erkennen, dass Sie über angebracht, wenn Sie das Gefühl verwirrt, wütend, und negative beginnen.

Anschluss Verwicklungen unserer Klarheit. Sie, nachdem Sie Ihre Ziele auf dem Gelände suchen, dass Sie akzeptieren, dass sie Sie euphorisch zu machen. Denken Sie daran, wenn Sie lassen Sie Ihre Ziele ziehen Sie in einem erschütternden Zustand der Psyche zu beginnen. Für den unwahrscheinlichen Fall, dass Sie über die großen Dinge um Sie herum zu konzentrieren, werden Sie, dass die Zufriedenheit, die Sie denken, Sie haben zu verfolgen fühlen. Dies wird viel mehr Inhalt in die Langstrecke machen Sie, und natürlich zu diesem Zeitpunkt.

## **Sie können übersehen, dass der Weg ist das Ziel.**

Die meisten Menschen vermissen die Tatsache, dass der Spaß an der Reise nicht in der Destination, sondern in der Reise selbst. Haben Sie überhaupt wahrgenommen wird, dass, wenn Sie ein Ziel zu erreichen, ist es nicht so anregend wie Sie dachte, es wäre? Natürlich, es fühlt sich unglaublich an einen Wendepunkt zu treffen, aber für den Fall, dass Sie dieses Ziel nicht verdrängen müssen mit einem anderen, werden Sie bald am Ende das Gefühl unerfüllt. Die Menschen brauchen Ziele, so dass sie ein Gefühl der Vernunft und Zufriedenheit haben. Es ist während der Abenteuer, das wir lernen, zu entwickeln und besser werden.

Wenn Sie Honen Achtsamkeit sind, erinnern, dass es keinen Ort, um Basis zu berühren. Für den Fall, dass Sie auf, was los ist in dieser Zeit zu konzentrieren, der Rest wird mit sich selbst umzugehen. Tatsächlich sind die meisten Experten, erbaut auf der Erde brauchen, um störende Umstände und unorganisiert Grübeleien zu verwalten. Der Unterschied ist, dass sie herausgefunden haben, wie man die Minute für das, was es zu bestätigen. Wenn Sie das tun, schalten Sie in den Gatekeeper des Innenraums, die der beste Weg,

um große Inneren fühlen und entdecken Sie bedeutende Ruhe in diesem Moment ist.

## POSITIV DENKEN

*20 Praktische Tipps, negative Gedanken zu überwinden und Wahres Glück und Erfolg für das Leben!*

*Ella Marie*

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### **Einführung**

Manche Leute denken vielleicht, dass positives Denken kommt nur leicht, wenn Sie glücklich, gesund und erfolgreich in Ihrer Karriere, soziale und Familienleben, aber die Wahrheit ist, dass positives Denken ist die wichtigste Zutat, um glücklich zu sein, und nicht nur in der Zukunft, sondern jetzt auch.

Allzu oft Leute nur zu markieren ihre Schwächen und ihre negativen Erfahrungen im Leben.

Kein Wunder, denn es ist ein Teil der menschlichen Natur, um negative Informationen mehr lebhaft daran erinnern.

Laut Psychologen, befasst sich der menschliche Geist mit positiven und negativen Emotionen mit unterschiedlichen Teilen des Gehirns. Da negative Gedanken erfordern eine tiefer zu denken (wie Probleme), ist eine eher an sie zu erinnern. Zum Beispiel, wenn jemand sagt, dass Sie freundlich sind, aber humorlos, sind Sie eher zu denken gibt, warum er glaube, ich bin humorlos? Sie werden sicherlich darüber nachzudenken auf der negativen Teil der Kommentar und nehmen Sie das positive Feedback für selbstverständlich.

Also, was sagt das über positives Denken zu sagen? Wenn Sie baut haben die Angewohnheit, sich zu sehr auf Negativität und Perfektionismus zu konzentrieren, könnte dies zu beweisen, um eine ziemliche Herausforderung sein, aber nur am Anfang, weil Sie die Angewohnheit, negatives Denken verlernen und ersetzen sie durch Gewohnheiten, die Sie führen wird um positiv zu denken öfter.

Positives Denken konzentriert sich auf positive Emotionen und Charakterzüge, wie zum Beispiel; Freude, Aufregung, Kreativität, Humor, Liebe, Mut, Weisheit, Wissen und Inspiration.

Positives Denken ist die Grundlage der positiven Psychologie, die drei Aspekte hat: Der subjektive Aspekt, der mit Gefühl, Gutes zu tun, wie zum Beispiel die Zufriedenheit, Glück und Wohlbefinden hat

Der Einzelne Aspekt, der von Ihrer Definition von, wie man ein guter Mensch zu

sein, konzentriert sich, wie Sie Ihre Stärken, Werte, Fähigkeit zu lieben, zu vergeben, und die Interaktion mit anderen.

Die Gemeinschaft Aspekt, der auf Ihrer sozialen Verantwortung, Altruismus und andere Qualitäten, die es Ihnen ermöglicht, über das eigene Wesen zu gehen und auf andere zuzugehen, durch positive Maßnahmen konzentriert.

Positives Denken selbst ist nicht ein Ziel, sollte man danach streben, zu erreichen. In der Tat, wenn Sie dies wünschen, können Sie positiv im Moment denken. Rufen Sie die Szene in Peter Pan, wo er die Kinder aufgefordert, einer glücklichen kleinen Gedanken zu denken, damit sie fliegen konnte (natürlich Feenstaub war eine entscheidende Voraussetzung, um fliegen). Die Kinder begonnen, von Erinnerungen und Dinge, die sie glücklich machte, wie Weihnachten, Schlittenglocken, und Schnee denken. Auch Sie können es jetzt versuchen: denken Sie an einen glücklichen Gedanken aus der Vergangenheit, auch nur eine einfache glückliche Erinnerung aus der Vergangenheit. Darin wohnen und lassen Sie sich laut lachen, wenn der Speicher war ein besonders lustiges.

Wenn Sie in Ihrem Leben zu sehr auf die Negativität zu wohnen, können Sie es schwierig finden, glückliche Erinnerungen zunächst wieder zu verwenden. Aber keine Sorge, weil alles, was Sie tun müssen, ist zu üben die ganze Zeit. Durch das Üben positive Denken jeden Tag, wird dein Geist in der Lage, gute Erinnerungen leichter erinnern, Probleme effizienter zu lösen, und sich mit schwierigen Situationen effektiver. Letztlich macht positives Denken das Leben lebenswert und ermöglicht Ihnen, Ihr Wissen zu erweitern und nutzen Sie Ihre Stärken und Talente in sich selbst aus, um das Beste.

Wenn Sie lernen, positiv zu denken, ist es egal, wie alt Sie sind oder welche Art von Fähigkeiten, die Sie jetzt haben. Jeder hat das Potenzial, durch eine Änderung der Art, wie sie die Dinge und sich selbst zu verbessern. Nehmen Sie sich Zeit, um mit der Fähigkeit, zu verstehen, was Sie hier lesen, gerade jetzt dankbar, denn wenn man in der Lage, dies zu tun sind, dann ist Ihr Gehirn ist sicherlich in der Lage zu lernen, wie man auf das Positive konzentrieren.

### **Was es heißt, ein positiver Denker Werden**

Jeder kann eine optimistische Person, solange man proaktiv trifft die Entscheidung, positives Denken zu wählen sein. Das ist die Schönheit der ein Mensch zu sein: Sie haben immer die Freiheit der Wahl. Es ist zwar richtig, dass man nicht immer wählen, um Ihre Situation im Leben zu ändern, können Sie noch immer wählen Sie Ihre Gedanken über sie. Beachten Sie, was in dem folgenden Szenario passiert:

Es ist dein Geburtstag und ein geliebter Mensch beschloss dir ein Geschenk zu geben. Nach dem Sehen der Box verpackt, können Sie nicht helfen, aber denke, was im Inneren enthält. Ein Bild von etwas, das Sie in der Mall in dem Wunsch sind Springt er sofort in den Sinn; Sie können einfach nicht helfen, aber hoffen, dass es ist, was ist in der Box.

Sie reißen aufgeregt aus dem Packpapier und was bedeutet es zu offenbaren? Sie können nicht umhin zu denken, dass es das

hässlichste Vase, die Sie je gesehen haben. Man fühlt sich sofort enttäuscht, aber Sie versuchen, es zu verbergen, weil Sie nicht wollen, um die Gefühle des Gebers zu verletzen. Nun, es gibt so viele Möglichkeiten, was der nächste Schritt für Sie sein könnte.

Wenn Sie ein anständiger Mensch war, sondern eher auf der negativen wohnen, würden Sie wahrscheinlich danken dem Geber und zumindest versuchen, so zu tun, um die vorliegende mögen, aber heimlich verweilen Gedanken wie, wie hässlich die Vase und auf, wie man loswerden der es so bald wie jeder nach Hause geht.

Auf der anderen Seite, wenn Sie eine positive Denker waren, würden Sie sofort bemerken, eine gute Qualität dieser Vase (wie ihre Farbe oder Form) und konzentrieren sich auf sie. Auf diese Weise können Sie wirklich dankbar für sie sein, und in der Lage, ehrlich sagen, der Geber, dass Sie die Farbe dieser Vase lieben. Ihre positiven Gedanken würde dann erwägen, den besten Weg zur Nutzung der Vase machen, nicht, weil Sie den Geber bitte möchten, sondern weil Sie die guten Eigenschaften dieser Vase zu erkennen.

Basierend auf diesem kleinen Szenario können Sie sehen, dass positives Denken ist alles darum,

selektiv in dem Sie Ihre Aufmerksamkeit. Durch die Wahl auf die gut zahlen, werden Sie mehr Ruhe, glücklich und zufrieden sein. Es bedeutet nicht, blind zu sein, um Fehler der anderen sind; es bedeutet nur, dass Sie wissen um die Negativität, aber Sie wählen, um das Beste aus der Situation zu machen.

Menschen in der Regel stützen ihre Gedanken über ihre Gefühle. Einige haben sogar die Gewohnheit, sofort nach ihnen zu handeln. Der Kampf oder Flucht Reaktion ist ein deutliches Beispiel dafür. Zum Beispiel, wenn Sie sehen, ein Löwe, der direkt vor Ihnen, Terror explodiert in Ihren Geist und zwingt Sie, um zwischen den Kämpfen zurück wählen, oder weglaufen so schnell, wie Sie Ihre Beine können Sie tragen. Ihr Instinkt zum Überleben geht hyper-Laufwerk und Überschwemmungen Ihren Körper mit Adrenalin, so dass Sie unverzüglich Maßnahmen zu ergreifen.

Doch die moderne Welt nicht unbedingt für einen Anruf, um sofort zu übersetzen Emotionen in die Tat die ganze Zeit. Die Menschen "Kampf oder Flucht Reaktion wurde nun weiterentwickelt, um eine Lage zu versetzen, mit zeitgenössischen Situationen, wie mit Blick auf einen wütenden Chef, einen Betrug Partner oder ein leeres Bankkonto umzugehen. Es gibt weit mehr Situationen, jetzt, erlauben es, einen Schritt zurück und denken, bevor sie Maßnahmen. Negative Emotionen sind dennoch Ihrem Körper die natürliche Art und Weise, Ihnen zu sagen, dass etwas nicht stimmt. Aber, wenn sie chronisch erlebt, wäre es mehr verheerenden Auswirkungen, wie Stress, Angst und Depression führen. Es ist aus diesem Grund, dass die Menschen, vor allem Psychologen, so viel Aufmerksamkeit schenken, negative Emotionen und wie mit ihnen umzugehen. Es ist aus diesem Grund, dass positive Emotionen in den Hintergrund treten in den Köpfen der meisten Menschen. Positive Emotionen scheinen nicht direkt mit irgendeiner Form der Aktion zugeordnet, sein Leben vor dem Untergang zu retten, das ist, warum es ist leicht, sie für selbstverständlich halten.

### **Schätzen Sie positive Emotionen**

Barbara Fredrickson, Professor für Psychologie, hob die Bedeutung der Aufmerksamkeit auf positive Emotionen, und das hat sie geführt, um der Broaden-and-Build-Theorie zu konzipieren.

Diese Theorie beschreibt, warum positive Emotionen sind wichtig, und warum sollten Sie sie schätzen:

Sie verbessern Sie Ihre Aufmerksamkeit und Denkvermögen. Mit anderen Worten, sind Sie wahrscheinlich zu mehr Kreativität und aufgeschlossen, wenn Sie erleben sie.

Sie entlasten Sie von negativen Emotionen. Zum Beispiel ist chronischer Stress durch Einträufeln Zufriedenheit und Freude gemildert.

Sie steigern Ihre Fähigkeit, Probleme zu lösen und zu bewältigen mit schwierigen Situationen. Positive Gefühle halten Sie vor dem

Absturz in Depression, indem es Ihnen die Zufriedenheit und Komfort mit anderen und in sich selbst.

Sie steigern Sie Ihre soziale, geistige, körperliche und psychische Wohlbefinden.

Zum Beispiel, positive Emotionen von den Ausgaben Spaßzeiten mit Freunden steigert Ihre zwischenmenschlichen Fähigkeiten, Endorphine aus der Ausübung empfehlen Ihnen, Ihre körperlichen Fähigkeiten zu verbessern, und das Gefühl der Zufriedenheit nach etwas Neues zu lernen steigert Ihren Wunsch, Ihr Wissen zu erweitern.

Positive Emotionen, nach der Theorie, zu einem besseren Leben zu führen, weil sie Ihre allgemeine gesündere Entwicklung zu fördern.

## **22 Tipps, Positives Denken**

### **Verwalten Sie Ihr Negative Emotionen**

Um Ihre negativen Emotionen zu verwalten, sollten Sie Ihre emotionale Intelligenz oder EQ zu entwickeln. Um dies zu entwickeln, können Sie Folgendes tun: wenn Sie eine bestimmte Emotionen zu erleben, egal ob positiv oder negativ, ist der erste Schritt, um die Hauptursache, die dieses Gefühl ausgelöst zu erkennen. Als nächstes betrachten die Überzeugungen, die Sie, wie Sie tun, fühlen verursachen. Danach können Sie auf einer Skala von 1 bis 10 die Intensität dieser Emotion bewerten. Schließlich fragen Sie sich, ob die Emotion würdig Ihre Zeit und Energie ist. Sobald Sie diese Schritte unternommen haben, können Sie betrachten die beste Vorgehensweise, damit umzugehen.

Zum Beispiel, sagen wir, ein Freund ignoriert Ihrer Nachricht, und es macht Sie ängstlich fühlen.

Bevor er sich mit allerlei Vermutungen an, warum Ihr Freund wird nicht antworten, tun Sie am besten, um die Emotion ersten beobachten. Ist es wirklich von Ihrem Freund ist nicht die



Beantwortung von Ihnen verursacht, oder gibt es eine ernstere zugrunde liegende Problem? Ist die Emotionen verursachen körperliche Beschwerden (wie ein schneller Herzschlag und feuchte Hände)? Wie intensiv ist das? Ist die Situation der Mühe wert vorbei? Von Sorgen zu machen, werden Sie in der Lage zu kommen mit einer Lösung sein? Wenn nicht, sollte, was die richtige Lösung?

Hier sind einige Vorschläge, wie Sie Ihre negativen Gefühle in die Tat in einer positiven Weise zu transformieren:

Aufwenden all dieser Energie. Wenn Sie wütend oder ängstlich sind, machen Sie einen Spaziergang, gehen Sie laufen, schwimmen, oder jede andere gesunde Form der Bewegung.

Sprechen Sie es aus. Stellen sich selbst im Spiegel und sprechen Sie ihn um. Lassen Sie Ihre Gedanken fließen in Form von Worten nur Sie hören können. Lassen Sie es alle in privaten, bis Sie sich zu erschöpfen. Dann fahren Sie mit der Suche nach

einem logische Lösung.

Relax. Wenn Sie das Gefühl überwältigt sind, eine Verschnaufpause durch das Hören auf einige entspannende Musik oder das kurze Nickerchen. Sie müssen nicht, um so eilig sein die ganze Zeit.

sozialisieren. Sprechen Sie mit einem Freund oder Ihr Haustier über das Problem.

Lassen Sie den wilden Emotionen verblassen, indem sie mit anderen für eine Weile.

Tun Sie etwas angenehmer. Wenn Sie einen Schaufensterbummel mögen, dann in die Mall gehen und einen Blick auf ein paar Dinge. Wenn Sie malen oder schreiben Gedichte mag, übersetzen die Emotion durch Ihre Kunst. Wenn Sie die Ideen sind, nehmen Sie einen Mopp oder einen Besen und reinigen Sie Ihr Haus; Tun Sie Ihre Hausarbeit ist eigentlich eine günstige Form der Therapie.

Beachten Sie aber, der unwirksamen Formen des Umgangs mit negativen Emotionen. Während sie scheinen wirksamer könnte, sie tatsächlich auslösen eine Abwärtsspirale, die noch schlimmer Situationen und Emotionen in der Zukunft führen kann. Die häufigsten davon sind: Drehen zu Drogen und Alkohol, bewußt das Problem zu vermeiden, tun passive Dinge wie verschlafen und zu viel Fernsehen, und die Vermeidung von Sozialisation.

## **Umschulen Ihr Gehirn**

Das Gehirn ist ein leistungsfähiges Organ, Steuerung aller der Körper die lebenswichtigen Funktionen, einschließlich aller menschlichen Emotionen. Der Geist hat eine solche Kontrolle über den Körper, die psychische Belastung, wie betont wird oder das Gefühl, unter Druck gesetzt, kann körperliche Reaktionen im Körper, wie Übelkeit, Kopfschmerzen und Benommenheit verursachen. Aber eine andere erstaunliche Aspekt des Gehirns ist seine Fähigkeit, zu lernen, zu ändern und anzupassen. Das heißt, Sie können ändern, wie Sie denken und wie Sie die Dinge um Ihnen zu antworten. Sie können Ihr Gehirn bedingen positiver zu werden.

Das menschliche Gehirn weiter zu lernen und zu wachsen, und bestimmte Teile des Gehirns, die mehr Gebrauch gemacht werden, wie sie für Speicher oder Kognition verantwortlich, größer werden, das ist, warum auch ältere Menschen können immer noch neue Fähigkeiten zu erlernen, oder nehmen Sie über die neuen Arbeiten das ist ganz anders als das, was sie in der Vergangenheit getan hatte. Im gleichen Sinne, können Sie sich selbst zu lehren, neue Wege zu reagieren oder die Reaktion auf negativen Umständen. Wie beispielsweise in Fällen, in der Enttäuschung, anstatt das Festhalten an dem Bedauern für eine lange Zeit oder sogar werfen Schuld gegenüber anderen, können Sie bewusst wählen zu gehen dieser Reue zu lassen, und wie Sie auch weiterhin diese neue Denkweise zu schärfen, wird es leichter , bis es praktisch zur zweiten Natur. In der Tat, durch mehr optimistisch und positiv, das Gehirn kann Probleme schneller und effizienter zu lösen, im Vergleich zu Zeiten,

wenn der Geist mit negativen Emotionen und Pessimismus zu den möglichen Ergebnissen überflutet.

## **Den Geist zu beruhigen**

Damit Sie positive Gedanken zu haben, müssen Sie in der neutralen Zone zu starten, mit dem Sein im Frieden und im Bewusstsein, ohne werten, wer Sie sind, was Sie tun, und was um Sie herum geschieht. Vor Panik, Sorgen, oder fallen in Verzweiflung, einen Moment Zeit nehmen, um zu reflektieren: ist es wirklich so hoffnungslos? Gibt es wirklich nichts, was man tun kann?

Ist es wirklich so große Sache? Sobald Sie ruhig fragen Sie sich diese Fragen, können Sie auch in Ruhe beantworten. Mittlerweile würden Sie eine Wahl zu haben, um ein Pessimist oder Optimist sein und bewusste Wahl ist in dem Wunsch, eine positive Denker sehr wichtig.

Einer der häufigsten Wege, um Frieden und Ruhe zu finden, ist eingedenk Meditation, die ein Ableger der traditionellen buddhistischen Meditation ist. Hier finden Sie einige Zeit weg zu nehmen, finden Sie einen ruhigen, bequemen Platz, und reflektieren die aktuelle Denken und Handeln, ohne kritische von ihnen. In dieser Übung müssen Sie nur auf die Gegenwart zu konzentrieren, achtete nicht auf Vergangenheit Reue oder Befürchtungen hinsichtlich der Zukunft. Sehen Sie nur, was geschieht, nur die Dinge, die in das Hier und Jetzt, und Sie fühlen sich Ihre Sorgen und Mühen weg schmelzen, werden Sie in der Lage, genießen und schätzen Ihr Leben ohne von trivialen Sorgen durcheinander. Sie werden in der Lage, um den Kern deines Wesens, die Sie definiert und was dein Glück sein sollte, nicht mehr an externe Schwierigkeiten oder Ängste unterzogen zu finden. Dies wird Ihren Stress zu lindern und den Weg für eine gesunde und positive Geisteszustand. Zusammen mit diesem, gibt es körperliche Vorteile als auch, wie stärkere Immunität und bessere Schlafgewohnheiten.

## **Konzentrieren Sie sich auf die guten Dinge**

Wie zufrieden Sie mit der Art und Weise Sie es auch sind, beeinflusst, wie Sie in die Welt zu reagieren. Oft haben die Tendenz, mehr als kritisch gegenüber sich selbst und oft konzentrieren sich auf das, was sie denken, sie haben keine oder nicht genug von. Diese Tendenz führt zu negativen Gedanken, um das Gehirn überfluten, so dass Sie mehr gestresst und entmutigt.

Deshalb ist es so wichtig ist, auf die positiven Dinge im Leben eines Menschen und nicht das Schlechte, das fehlende oder die fehlende konzentrieren.

Wenn Sie auf Ihr Leben, Ihre Arbeit, oder sogar Ihr Aussehen zu reflektieren, immer erinnern Sie sich an die guten Dinge ersten und mit dem, was Sie zufrieden. Akzeptieren Sie, dass dies ist, wie es ist, und schätzen, was Sie haben. Die Dinge scheinen nur die Art, wie sie nach wie Sie sich entscheiden, sie zu sehen sind, gibt es viele Aspekte im Leben Sie nicht kontrollieren können, vor allem die Dinge, die Sie extern sind, aber was haben Sie die vollständige Kontrolle über ist, wie Sie sich entscheiden, die Dinge zu sehen und was Sie wählen, um in den Vordergrund holen. Zum Beispiel, wenn immer ein Transfer bei der Arbeit, können Sie wählen, zu glauben, dass Ihre Arbeit nicht zufriedenstellend an Ihren Vorgesetzten, oder dass Sie nicht wesentlich für die Team sind, aber Sie können auch wählen, um es als eine Herausforderung zu sehen, weil Ihr höheren ups vertrauen Sie mit einem neuen Job bewältigen kann, oder als eine Gelegenheit für Sie, mehr Fähigkeiten selbst zu schärfen und besser. Sie können den Kopf zerbrechen und Zweifel sich über dem ehemaligen, oder Sie können kommen, um mit Eifer und Optimismus bei den neuen Möglichkeiten, weil der letzteren zu arbeiten.

### **Nutzen Sie die Kraft der Affirmationen**

Wie bereits festgestellt, ist der Geist ein mächtiges Ding, aber manchmal, würden Sie feststellen, lassen Sie sich das Denken in einer Weise, dass Sie ungesunde erachten. Dies ist, wo Bestätigungen kommen. Affirmationen kann ein Weg für Sie, um mit sich selbst tief und konkret zu kommunizieren, für Sie zu erkennen, was es Sie wirklich wollen im Leben, und was ist wirklich wichtig für

Sie. Es gibt einige veröffentlichten Broschüren der Affirmationen, können Sie diese Ausrichtung auf ein bestimmtes Thema zu verwenden, wie beispielsweise immer über Herzschmerz oder motiviert zu werden, aber Sie können auch Ihre eigenen Affirmationen zu schreiben nach dem, was Sie erreichen wollen.

Beim Schreiben Sie Ihre eigenen Affirmationen, stellen Sie sicher, positiv zu bleiben, in der Gegenwart, fokussiert und zutiefst persönlich, das ist über Sie, nachdem alle. Versuchen Sie, auf ein bestimmtes Ziel zu konzentrieren, wie immer mehr Patienten mit anderen, wenn Sie ein Temperament haben, dann können Sie Bestätigungen, die Sie mit Ihrem Ziel helfen wird, zu machen, aber auch nicht vergessen, es glaub für Ihr Unterbewusstsein zu halten. Statt "Ich werde nie mein Temperament zu verlieren" können Sie sagen: "Ich werde mehr zu vergeben und ruhig in einer schwierigen Situation", und geben Sie sich die Chance zu wachsen.

Affirmationen sind eine einfache und nützliche Werkzeuge bei der Veränderung, wie Sie handeln und fühlen, so dass Sie die Art von Person, die Sie sein wollen.

### **Halten Sie eine positive Körperbild**

Standards Gesellschaft der Schönheit können hohe, fast unerreichbar, für Männer und Frauen.

Die Menschen sind mit Bildern von der "perfekten Körper" oder die "perfekte Gesicht", und Gefühle der Unzulänglichkeit oder gar unerwünscht kann jemand konsumieren bombardiert.

Auf keinen Fall werden Sie von Ihrem Aussehen definiert. Sie sind so viel mehr als Ihren Körper-Typ, Größe oder Aussehen, und das ist etwas, was Sie zu erkennen. Allerdings kann die Art und Weise Sie Ihren Körper wahrnehmen, ändern, wie Sie Ihrem inneren Selbst wahrzunehmen. Wenn Sie kritische des Körpers sind, oder glauben, dass Sie unattraktiv sind, könnte man denken, Sie sind nicht würdig der Liebe, Respekt und Wertschätzung, auch von sich selbst. Aber, wenn Sie lernen, Ihren Körper mit Großzügigkeit und Liebe zu

sehen, so wird Sie bei Ihrer inneren Selbst mit Großzügigkeit und Liebe zu suchen. Ihr Konzept der Selbst-Wert ist nicht extern zu Ihnen, wie andere Sie sehen, ist zweitrangig, wie Sie selbst sehen.

Starten Sie durch die Konzentration auf gute Dinge über Ihren Körper, anstatt die negativen Dinge. Statt besessen über Falten und Flecken, Blick auf die Teile des Körpers, die Sie stolz, wie, wie Sie Ihre Haare fallen über Ihr Gesicht, oder wie Sie Ihre Wimpern besonders lang sind.

Wenn Sie dies schwierig zu finden, einfach prüfen, wie komplex und bemerkenswert ist der menschliche Körper, wie Millionen von Zellen arbeiten, um dich am Leben und gesund zu halten, wie jeder Muskel und Knochen sind so aufeinander abgestimmt nur so können Sie tanzen oder laufen. Sie werden nie aus der Dinge, um über Ihren Körper zu schätzen wissen.

## **Übung**

Regelmäßige Bewegung wird unser Körper in Topform zu halten, und wird auch unser Geist profitieren. Aktiv sein ist ein wichtiger Teil des Seins ein positiver Denker, wachsam und bereit, Maßnahmen zu ergreifen bedeutet eine Kann-Denkweise, die von unschätzbarem Wert ist, wenn Sie erfolgreich sein wollen. Übung kann Sie veranlassen, bessere Stimmung Muster haben, werden mehr Energie und verhindern, dass viele verbreitete Krankheiten, die durch die sitzende Lebensweise haben die meisten Menschen heutzutage verursacht. Übung ist bekannt, dass die Freisetzung von Endorphinen, die auch Glücksgefühle steigern können stärken.

Vor dem Start auf ein Trainingsprogramm aber sicher sein, zu wissen, Fähigkeiten und Grenzen Ihres Körpers sein. Sich zu überfordern am ersten Tag können Sie vom folgenden es zu entmutigen; versuchen, es langsam und sicher zu tun. Es ist auch ratsam, keine unangemessenen Erwartungen aus der Ausübung zu zerstreuen. Sie werden nicht in der Lage, eine halbe Meile in Ihrem ersten Versuch, jogging laufen, noch werden Sie abs nach einer Woche von Sit-ups, versuchen Sie nicht, wie Sie wollen durch

Übung aussehen konzentrieren, sondern mehr, wie viel gesünder werden, wie Ihr Geist profitieren, und wie viel glücklicher Ausübung Ihres Körpers können Sie machen.

## **Gesund ernähren**

Liebevolle Körper gleich ihm die Ernährung braucht und bleiben weg von allen Lebensmitteln, die nachteilige Auswirkungen auf Ihre Gesundheit haben kann. Fast Food und Junk Food kann gut schmecken, aber diese sind sehr ungesund und kann schnelle Gewichtszunahme, vor allem, wenn mit wenig bis gar keine Bewegung gekoppelt, was zu Übergewicht, Diabetes und Herzprobleme verursachen.

Als Faustregel gilt, denken Sie daran, mehr Blattgemüse, Obst, Vollkornprodukte und Fisch in Ihre grundlegenden Mahlzeiten zu essen. Schnitt zurück oder ganz allgemein zu vermeiden Süßigkeiten, verarbeitet, Backwaren und frittierte Fast-Food als auch raffinierten Zucker wie kohlenensäurehaltige alkoholfreie Getränke, Süßigkeiten und zuckerhaltige Brot.

Zusammen mit guter Ernährung, sind gesunde Essgewohnheiten auch ein Muss. Essen angemessen, keine Schlucht selbst und nicht hungern sich selbst. Essen zu wenig kann Ihren Stoffwechsel verlangsamen und sogar dazu führen, schneller Gewichtszunahme. Versuchen Sie aufhören zu essen, wenn Sie das Gefühl voll zu starten, warten Sie nicht, bis Sie sind angefüllt, vermindern Ihre tägliche Kalorienzufuhr.

Denken Sie daran, Sie können Ihr Gewicht einfach durch gesunde Ernährung und einige leichte Übung zu steuern. Aber nicht entmutigen lassen, wenn Sie die Ergebnisse, die Sie wollte nicht bekommen, tun Sie es zum Wohle Ihrer Gesundheit und Ausblick, nicht für eine Kleidergröße.

## **Haben Sie ausreichend Schlaf**

Die Angemessenheit der Schlaf ist genauso wichtig wie, wie aktiv Sie sind. Mit mangel Schlaf kann die Stresshormone, die Immunität beeinträchtigen und sogar Risiken für Herzerkrankungen erhöhen, nicht zu erwähnen, es kann auf jeden Fall beeinflussen unsere Stimmung auch. Sie neigen dazu, grumpier nach einer unruhigen, Schlaf entzogen Nacht zu sein.

Um ausreichend Schlaf haben, ist es wichtig zu wissen, wie viel Schlaf Sie brauchen, und haben regelmäßige Schlafmuster. Wenn Sie schläfrig nach dem Schlafen 7 Stunden sind, versuchen Sie, zu Bett zu 30 Minuten früher nächsten und so weiter zu gehen, bis Sie die optimale Länge des Schlafes, die Sie brauchen, wenn Sie aufwachen Gefühl, die meisten ausgeruht. Versuchen Sie auch, zu Bett zur gleichen Zeit gehen jeden Abend und regeln Sie Ihre Schlaf- und Wachzeiten. Dies wird Ihre interne Uhr stellen und Ihnen erlauben, weniger Probleme, wenn sie versuchen zu schlafen haben.

### **Konzentration auf die Gegenwart!**

Sich Gedanken über die Vergangenheit oder qualvollen über die Zukunft ist anstrengend und hilft niemandem. Mit Fokus ist entscheidend, um glücklich zu sein. Ohne Fokus, neigt unser Geist zu wandern, und mehr als oft nicht, in Richtung negative Dinge, anstatt den guten Dingen, wandert es. Ist es nicht wahr, dass man oft der Miete denke mehr, wenn Sie denken, Sie könnten die Abkürzung für den Monat, als wenn Sie Ihre Miete pünktlich bezahlt haben sein?

Die in der vorliegenden konzentriert können Sie es auf eine praktische Weise zu sehen und ermöglicht es Ihnen, in der Lage, bewusste Entscheidungen darüber, wie solltest du über Dinge fühlen zu machen. Sie können wählen, um die guten Dinge in der jetzt nicht, was miss Sie genießen. Wenn Sie fangen sich denken negativ auf sich selbst oder andere, zu versuchen, es zu nehmen zurück mit einem Kompliment, oder konzentrieren sich auf ein positiver Aspekt.



Konzentration auf die Gegenwart ermöglicht es Ihnen, rechtzeitig Maßnahmen zu ergreifen und hält Sie weg von unnötigen Sorgen. Studien haben gezeigt, dass Menschen, die auf ihre Aufgaben konzentrieren neigen dazu, glücklichere Menschen eher als diejenigen, die oft ihren Geist wandern weg sein. Ist darauf zu konzentrieren, das macht die Menschen glücklicher, oder sind unglücklich Menschen nur anfälliger für in Gedanken verloren werden, weil sie die Gegenwart langweilig oder unbefriedigend finden? So oder so, die Verbesserung Ihrer Fokus können Sie führen, produktiver und dadurch mehr zufrieden zu sein, mit sich selbst und um Sie produktiver, wachsam und energisch bei der Verfolgung Ihrer Ziele.

### **Finden Wesentliche, Simple Pleasures**

Obwohl Glück ist eine weitere langfristige Konzept als Freude, können Sie langfristige Glück von der Suche nach einfachen Freuden mitten in den Alltag abzuleiten. Es ist ein Irrglaube, dass die Suche nach Freude an kleinen Dingen ist eine kindische Qualität. Es ist wichtig, Freude an kleinen Dingen abzuleiten, so dass unser Glück nicht auf der einen Schlüsselaspekt, dass, wenn es schief geht, kann das ganze zu stören, wie sie nur mit Schwerpunkt auf der Arbeit, einen Auftritt oder einen Ruf verlassen.

Sie können Freude an einem Lächeln von jemandem geliebt zu finden, das Vertrauen der ein enger Freund oder sogar eine Wolke wie ein Elefant geformt. Wenn Sie lernen, diese einfachen Freuden zu erkennen, die Sie machen können Glück und gestärkt werden es täglich. Denken Sie daran, dass das Glück ist ein Zustand des Seins Sie wählen, um in zu sein, nicht der US-Dollar auf ein Bankkonto oder eine große Förderung am Ende des Tages. Was nützt all das nicht tun, wenn Sie Ihre täglichen Leben nicht genießen?

Es gibt auch diejenigen, die glauben, so dass Sie sich Genüsse können Sie veranlassen, weniger produktiv, und das Vergnügen kann Grund für jemanden, der die Wirklichkeit unerträglich finden, zu entkommen, aber einfache, gesunde Genüsse können Sie glücklich zu halten und tatsächlich machen Sie produktiver. Dies ist der

Grund, dass die meisten Arbeitsplätze zu investieren eine Menge Geld in Fitness-Studios, Urlaub und Spaß Ausflüge.

## **Haben in Ihrem Leben Bedeutung**

Eine zweck Leben ist ein leeres Leben und eine frivole Leben ist ein oberflächliches Leben, wie ein Kartenhaus in sich verpflichtet, abgesehen fallen schließlich. Es ist wichtig, Erfüllung und Sinn in was auch immer Sie tun, zu finden. Großer Erfolg aus dem unstillbaren Wunsch zu wachsen, reifen, und zur Verbesserung abgeleitet werden, wenn Menschen Dinge, die sie mit Leidenschaft zu tun. Sie können den Erfolg in etwas, das Sie nicht wirklich interessieren zu finden, aber nicht den Erfolg in einem Feld, das Sie so viel befriedigender lieben? Und wenn Sie so gerne ein bestimmtes Feld, oder Sie glauben, dass, was Sie Fragen zu tun, sind Sie nicht noch mehr angetrieben werden, um erfolgreich zu sein?

Führende ein sinnvolles Leben mit harter Arbeit und Tugend kann nicht einfach und macht Spaß, aber zu wissen, haben Sie die Integrität und dass Sie etwas Sinnvolles zu geben Ihnen ein Gefühl von Wohlbefinden und können Sie zu finden, das wahre Glück und Zufriedenheit führen tut.

Mache ich etwas für Sie sinnvoll und verfolgt sie mit Kraft wird Ihnen helfen, Ihr wahres Potential zu finden, im Gegensatz zu tun, Aufgaben, die Sie nicht wirklich Pflege für mechanisch. Verfolgen Bedeutung in Ihrem Leben können Sie als Person zu wachsen, damit Sie sicherer von sich selbst, stärken das Selbstvertrauen, und geben Ihnen ein Gefühl der Erfüllung, die letztlich zu langfristigen Glücks.

## **Erkenne, Selbstbestimmung**

Die Theorie der Selbstbestimmung geltend, dass, um glücklich und motiviert zu sein, gibt es drei grundlegende universelle Bedürfnisse, die Menschen müssen erkennen; nämlich Autonomie, Kompetenz und Verbundenheit. Diese drei Anforderungen müssen gefördert und

unterstützt werden, um für Sie ein Höchstmaß an Produktivität, Kreativität und Funktion zu erreichen. Auf der anderen Seite, wenn diese Bedürfnisse werden ignoriert oder verkürzt, gibt es auch negative Auswirkungen auf Ihr Wohlbefinden.

Autonomie ist Notwendigkeit jeder Person, um ihr Leben, ihre Richtung, ihre Arbeit oder ihre Liebe zu entscheiden. In einem gewissen Sinn, es bedeutet Freiheit, die ein wesentlicher Bestandteil der jedermanns Leben ist. Wenn Sie in der Lage, zu entscheiden, was es ist, die Sie in Ihrem Leben machen wollen, werden Sie mehr motiviert, Ihre Ziele zu erreichen, die zu mehr Erfolg führen würde, und zu wissen, dass Sie frei, um zu leben das Leben, das Sie wollen, können Sie das Gefühl, führen ein glücklicheres Leben.

Kompetenz ist Notwendigkeit einer Person zu fühlen, in der Lage und zuversichtlich in was auch immer sie tun. Erste ein ermutigendes Kompliment oder Anerkennung für die geleistete Arbeit wird eine Person das Gefühl stärker motiviert in ihre Arbeit tun, auch die Steigerung der Produktivität und das allgemeine Wohlbefinden. Auf der anderen Seite, das Gefühl ungeschickt in einer bestimmten Aufgabe kann Kreativität und Wachstum zu entmutigen.

Bezogenheit ist die Notwendigkeit für eine Person, tiefe und echte Verbindungen zu anderen um sie herum zu machen. Mit sinnvollen, aber autonome und in der Lage Zusammenhänge ist ein Grundbedürfnis für alle, die wirklich glücklich sein.

### **Verbessern Sie Ihre Talente und Entwickeln Sie Ihre Fähigkeiten**

Der Glaube, dass, um in einem bestimmten Bereich übertreffen erfordert "Genie" ist ein Missverständnis, dass Ihr Wunsch, neue Fähigkeiten zu entwickeln und schärfen Talente können Sie bereits besitzen, zu beschneiden können. Es ist auch nichts von der Tatsache, dass die Leute, die ihr Handwerk nicht zeichnen Exzellenz geboren, sie wahrscheinlich arbeitete sehr hart daran, widmen ihre Zeit und Energie in immer die Meister, die sie geworden sind.

Die Männer und Frauen, die Experten oder Meister ihres Handwerks sind, haben den Titel durch Blut, Schweiß und Tränen verdient, und dies bedeutet, dass Sie ein Experte auf etwas zu sein, wenn Sie bewusst entscheiden, um Ihre Fähigkeiten zu entwickeln oder verbessern Sie Ihre Talente. Aber immer daran denken, dass dies harte Arbeit, Disziplin und die richtige Motivation auf Ihrer Seite zu nehmen. Verfolgen und widmen Sie sich für das Lernen und die Entwicklung einer Fähigkeit oder Talent ist seine eigene ultimative Belohnung. Befreien Sie sich von der Überzeugung, dass nur von Natur aus begabte Menschen können erwarten, um erfolgreich zu sein. Niemand ist geboren ein Experte, auch Mozart, als Genie in jungen Jahren wurde so gut, wie er war, weil er verfolgt seine Liebe zur Musik und erhielt eine Ausbildung als Kind. Also, wenn Sie über etwas leidenschaftlich sind, tun Sie es, halten Sie es zu tun, und hart arbeiten.

**Zu stärken und entwickeln Sie Ihre Persönlichkeit** Dein Charakter ist ein Spiegelbild Ihrer Moral und was Sie gut und schlechtes Verhalten zu berücksichtigen. Die Moral setzt auch Ihre Beweggründe, ob Sie etwas für die falschen oder richtigen Gründen tun. Im Grunde bedeutet es, das Richtige zu tun, auch wenn es schwieriger oder sogar gefährlich, weil es richtig ist.

Zu wissen, dass Sie ein gutes Zeichen, dass Sie nicht Unrecht getan haben alle anderen, und dass Ihr Gewissen ist rein wird Ruhe, bessere Möglichkeiten und Qualitäts Freunden geben. Mit einer starken, moralischen Charakter ist nicht etwas, auf niemanden gezwungen sein, es ist eine Wahl.

Sie können wählen, um das Richtige aus den richtigen Gründen zu tun und zu leben ein tugendhaftes Leben, die nach Aristoteles, ist, was macht das Glück, oder Sie können wählen, die von Ihrer Basis Wünschen zu leben und ein Leben von moralischer Degradation, die nur führen kann, in den Ruin. Die Wahl ist ein jeder macht im täglichen Leben, und Sie können wählen, um deinen Charakter Alltag Ihres Lebens zu stärken.

Bewusst versuchen, entwickeln Ihren Charakter ist von unschätzbarem Wert, wenn es um das Selbstwertgefühl und Erfolg kommt. Sie werden in der Lage, Ihr inneres Selbst mehr lieben, wenn Sie wissen, dass Sie ein gutes Gewissen zu haben, so wie es wird schwierig sein, sich selbst zu lieben, wenn Sie nicht stolz oder sogar schämen, was du getan hast, bist. Wählen Sie, um das Richtige zu tun und stehen hinter Ihrer Wahl, wenn Sie etwas tun, man kann nicht einmal verteidigen, wenn selbst in Frage gestellt, dann sind Sie tun sich selbst einen Bären dienst.

Moral und Charakterstärke ist ebenfalls konstant. Es gibt keine Pausen von der mit einem starken Charakter. Sie können zu verstecken was auch immer Sie von anderen Unrecht getan haben, aber nie von sich selbst.

## **Die Suche nach Motivation**

Motivation ist die treibende Kraft hinter unserer Fahrt, ein erfülltes Leben zu leben. Motivation können Sie zeichnen, drückt Sie Ihre Grenzen und Kraftstoffe Ihren Wunsch zu wachsen und sich zu verbessern. Um etwas kreativ zu tun, und auch, müssen Sie Ihre Motivation.

Es gibt zwei grundlegende Arten von Motivationen, intrinsische und extrinsische. Intrinsische Motivation bezieht sich auf die natürlichen menschlichen Wunsch, in Frage gestellt werden, um die Grenzen zu dehnen und zu angeborenen Potenzial auszuschöpfen. Wenn Sie intrinsisch motiviert sind, sind Sie etwas zu tun, weil Sie es wollen, denn es ist eine Herausforderung, oder eine gute Sache im Kopf, oder weil Sie Ihr Potenzial voll zu entfalten möchten. Auf der anderen Seite bezieht sich extrinsische Motivation auf die Dinge, die wir im Interesse der immer etwas anderes, oder eine bestimmte Strafe vermeiden zu tun. Wir tun es, weil wir es zu tun, etwas, (dh Geld) zu gewinnen, oder von etwas, (dh von sich schuldig zu fühlen, oder davor zurückgestuft zu halten.

Je näher man zu mehr Eigen Motivationen bewegen, je näher Sie sich an das Leben ein glücklicheres, erfüllteres Leben. Das heißt,

Sie müssen nicht mehr sich zu zwingen, am Morgen aufzuwachen oder widerwillig tun, eine Aufgabe; Sie werden motiviert sein, es zu tun, weil Sie es wollen oder weil Sie glauben, es ist eine lohnende Sache zu tun, und diese Art von Motivation ist entscheidend für den Erfolg. Wahl ist auch ein sehr wichtiger Faktor bei der Steigerung der intrinsischen Motivation. Wenn Sie sind frei, Ihre Vorgehensweise wählen, werden Sie mehr zu schätzen, warum Sie es zu tun haben, werden Sie nicht gezwungen fühlen, etwas tun. Das bedeutet, Sie werden in der Lage, um die Arbeit mit Eifer und Optimismus zu tun, im Gegensatz zu nur, es zu tun, weil Sie keine andere Wahl haben. Eifer und Optimismus ist auch wichtig, wenn Sie in der Lage, positive Risiken zu machen, wie das Eingehen von Risiken ist die einzige Möglichkeit, Ihr wahres Potential zu realisieren möchten.

### **Förderung Kindness**

Menschen sind soziale Wesen. Wir leben nur in unmittelbarer Nähe zu anderen. Wir brauchen einander, um zu überleben, aber noch wichtiger ist, wir müssen gute Beziehungen, um glücklich zu sein.

Das Grundbedürfnis des Menschen ist, warum Wesen freundlich, großzügig und edel ist so wichtig für das wahre Glück. Kindness ermöglicht es Ihnen, um Menschen zu verbinden, und machen sie zu Ihnen geöffnet. Beachten Sie, dass in sozialen Interaktionen, erhalten Sie oft zurück, was Sie geben, also, wenn Sie andere schlecht zu behandeln, setzte sie, oder missbrauchen sie, werden sie selbstverständlich zu vermeiden Sie, ignorieren oder sogar mittlere bald wieder. Sie müssen Freundlichkeit in dir zu fördern, bemühen sich, zu verbinden, oder zumindest mehr Rücksicht, wie andere fühlen.

Art und tugendhaften Menschen sind geschätzt und durch die um sie bewertet, ebenso wie bestimmte Tugenden werden von der Gesellschaft gelobt.

Hier sind ein paar Fragen können Sie sich in sozialen Interaktionen zu stellen: Sind Sie rücksichtsvoll?

Hast du die andere Person genügend Zeit, um seine / ihre Meinung zu äußern geben?

Haben Sie hören und denken über ihre Ideen?

War Ihre Interaktion auf der positiven zentriert (dh Komplimente, großzügig Einschätzungen?)

Haben Sie ermutigt?

Haben Sie eine Anstrengung zu entwickeln rapport mit dieser Person zu machen?

Sobald Sie das Wesentliche, ein freundlicher, großzügiger und rundum angenehmer Person zu bekommen, werden Sie sich durch positives Gefühl und gute Menschen umgeben.

### **Lernen, zuzuhören**

Zuhören ist eine wichtige Fähigkeit, wenn wir erhebliche Beziehungen pflegen wollen. Listening ermöglicht es uns, zu lernen, zu verstehen und nachempfinden, was uns sozial intelligent.

Eine Technik, die von den Lehrern genutzt, die Schüler lernen, ist das HEAR-Technik. Diese Technik ist auch in sozialen Interaktionen erhoben.

HALT - Stop, was auch immer Sie tun, und geben Sie Ihre volle Aufmerksamkeit auf die eine Sprechende. Zerstreuen keine inneren Gespräche oder Gedanken haben.

ENGAGE - Richten Sie Ihre Aufmerksamkeit, stellen Sie den Lautsprecher oder dem Kopf nicken, um zu zeigen, dass Sie zuhören.

ANTICIPATE - Erwarten Sie, was die Person ist zu sagen, nach Erwartung der Lautsprecher zeigen oder Gedanken, sind Sie auch so dass Sie sich mehr auf, was gesagt wird zu konzentrieren.

REPLAY - Jetzt ist die Zeit, um zu analysieren, was gesagt wurde. Austausch von Ideen über das, was gesagt wurde, sprechen Sie in der Tiefe, Auf diese Weise können Sie mehr Verständnis für die Situation.

Zuhören ist nicht nur wichtig für die persönliche soziale Interaktionen, aber für professionelle Dinge zu beachten, wie zum Beispiel das Verständnis der Bedürfnisse eines Kunden oder Lösung etwaiger Widersprüche zwischen Arbeitskollegen.

### **Finden und zu behalten Liebe**

Es gibt zwei große Begriffe von Liebe, Leidenschaft und mitfühlende Liebe.

Leidenschaftliche Liebe kann Verliebtheit, oder der Wunsch nach jemandem gleichgestellt werden. Fühlen leidenschaftliche Liebe wird oft von Jubel, Begeisterung, Verbundenheit, auch Euphorie begleitet, aber es bringt auch Eifersucht, Stimmungsschwankungen und sogar Verzweiflung mit. Leidenschaftliche Liebe ist oft vorübergehend, wie es oft von idealisierten Vorstellungen von Liebe oder der anderen Person ausgelöst, und früher oder später, holt die Realität mit diesen idealisierten Konzepten.

Mitfühlende Liebe ist die tiefe Zärtlichkeit, dass die Menschen für einander fühlen. Als leidenschaftliche Liebe das Wechselbad der Gefühle, die dazu gehören überlebt, die tobenden Gefühl oft erweichen in ein Gefühl von einer anhaltenden barmherzigen Liebe. Es wird gesagt, vier Elemente enthalten.

Mit jemandem bedeutet zu akzeptieren, die Pflege und Wahrung Ihrem Partner.

Doing mit jemandem bedeutet, den Austausch von Erfahrungen, Aktivitäten und Interessen mit Ihrem Partner.

Bleiben Sie bezieht sich auf die Verpflichtung, die Sie in jedem anderen investieren.



Wachsende ist die Fähigkeit und Bereitschaft zur Veränderung und Anpassung für Ihren Partner.

Dies sind die Leitlinien bei der Pflege einer gesunden Beziehung, die auf Liebe.

### **Say Something Good to Yourself Everyday**

Dies ist eine gute Übung in bleiben positiv und die Förderung der Selbstliebe. Sie können dies tun, wenn Sie aufwachen oder bevor Sie schlafen gehen. Gerade erinnern Sie sich an die guten Dinge über Sie, die Sie mögen, oder dass Sie denken, ist eine starke Seite von Ihnen.

Sie können auch auf die guten Dinge, die in Ihrem Tag passiert ist und wie Sie gearbeitet hatte oder hatte eine Rolle in das zu reflektieren. Solche positiven Aussagen können Ihr Gefühl von Glück und Zufriedenheit zu erhöhen, und auch daran erinnern, Ihre Fähigkeiten und die Kontrolle über die guten Dinge, die in Ihrem Leben passiert. Zum Beispiel, nach einem besonders befriedigend Treffen, zu reflektieren Ihre Rolle, ob Sie hielt eine mitreißende Diskussion, oder wenn Sie wurden extra stütz eines Kollegen, und die positiven Aspekte des Vorfalls, wenn es Ihnen gebracht näher an Ihre Kollegen oder Ihnen geholfen ihnen zeigen, was man tun könnte.

### **Finden Sie etwas, um die Zusendung**

Dankbar zu sein für das, was Sie haben, anstatt verzweifelt über das, was man kann nicht immer gute Ratschläge, und in das Leben eines Menschen gibt es immer so sehr dankbar sein, wenn auch oft vergessen, was diese sind.

Man könnte sich darüber beschweren, dass sein oder ihr Leben vorbei ist, nachdem den Job zu verlieren, zu vergessen, dass er oder sie hat eine liebevolle Ehepartner, unterstützenden Kinder, treue Freunde und gute Gesundheit.

Uns daran zu erinnern unserer Segnungen werden den Alltag zu machen so viel einfacher!

## **Genießen und genießen Sie den Tag**

Es gibt zwei Möglichkeiten, um zu trinken Wein, können Sie es nach unten werfen Sie Ihre Hals und schlucken Sie sie nach unten, während sich von einer Tabellenkalkulation oder eine bestimmte störende Client abgelenkt, oder Sie können es riechen, trinken es und genießen Sie es, und Milch gehen es all den Genuss eine solche Aktivität kann Ihnen.

Im Bewusstsein, und genießen Sie die schönen Dinge des Lebens ist ein sicherer Weg, damit Sie glücklicher sein. Es geht um Ihre Meinung Clearing und erlaubt sich nur das Gefühl, dass, bevor Sie, tauchen Sie ein in der Empfindung, sei es Essen, Musik, oder einfach nur ein warmes Bad ist. Eine der besten Möglichkeiten, etwas zu genießen ist, indem Sie es mit jemand Sie Liebe und kümmern uns um.

## **Abschluss**

Ich hoffe, das Buch war in der Lage, Ihnen helfen, eine positivere Denker, ein unstillbarer Optimist zu sein und bringen Ihnen viel Erfolg.

Der nächste Schritt ist, um die Dinge, die Sie in Ihr Leben gelernt haben, anzuwenden. Gehen raus, sicher sein, und kümmern sich um Ihren Körper und Geist. Seien Sie furchtlos bei der Suche nach Liebe und Glück jetzt, dass Sie wissen, dass der Himmel ist die Grenze zu dem, was Sie tun können.

Obst angereichertes Wasser

*60 Bio-Obst angereichertes Wasser Rezepte für Gewichtsverlust,*

*Entgiftung, und eine gesunde schnellen Stoffwechsel*

*Ella Marie*

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Kapitel 5: Ressourcen

Abschluss

## **Kapitel 1:**

### **Warum sollten wir Infuse Unsere Water?**

In einer idealen Gesellschaft, trinken die Menschen viel Wasser, essen nur Bio, gesunde Lebensmittel, essen, frisch gefangenen Fisch und Menschen nie verarbeitete Lebensmittel konsumieren. Es gibt keine Krankheit. Sie üben täglich. Und jeder lebt glücklich bis ans Ende, nicht wahr? Ähm, dessen Traumwelt ist das?

Lassen Sie uns über das wirkliche Leben zu sprechen. Wir essen verarbeitete Lebensmittel, Fast-Food und Lebensmittel mit so viele Konservierungsstoffe, die eine Leiche kann für Wochen vor Zersetzung dauern geladen. Wir trinken Softdrinks, Alkohol und Getränke voll von der künstliche Farbstoffe, Aromen und künstliche Süßstoffe (Chemikalien, die als Alternative zu Zucker und natürliche

Süßstoffe angepriesen werden, aber eigentlich mit einer Liste der Gefahren, die die grauen Zellen anstrengen kommen). Wir wissen nicht ausüben. Und die meisten von uns haben nicht genug Wasser trinken. Das ist das wirkliche Leben.

Außerdem haben wir Krankheiten, die uns von der Kindheit plagen. Während die einen ererbt oder ohne Verschulden des eigenen zu entwickeln, viele werden entweder direkt durch oder werden von unseren schlechte Ernährungsgewohnheiten verstärkt. Eine oft versteckten und nicht identifizierte Problem, das eine Vielzahl von scheinbar unzusammenhängenden Krankheiten verursachen kann, ist Dehydratation. Es wird geschätzt, dass bis zu 75% der Amerikaner leiden unter den Auswirkungen von chronischer Austrocknung. 75%! Das ist schockierend! Die älteren Menschen und Kinder sind zu einem besonders hohen Risiko. Es wird auch geschätzt, dass so viele wie 28% der Senioren leben in Gemeinden (einschließlich derjenigen, die in Fachpflegeeinrichtungen) leiden unter chronischen Dehydrierung!

Warum sind diese Zahlen so hoch? Wir können Wasser zu trinken, um es zu beheben, oder? Es ist nur nicht so einfach. Es hat nicht viel Forschung in wie viel Wasser wir tatsächlich benötigen.

Was Forschung, die wir über Angebote widersprüchliche Informationen. All dies führt zu Mythen und Fehlinformationen.

Also, wer glauben wir? Brauchen wir 64 Unzen Wasser pro Tag oder mehr als 90 Unzen pro Tag? Hat jeder Getränke zählen zum Wasser Ziel? Wie sieht es mit Lebensmitteln? Was über die Medizin? Was ist der Körper die reduzierte Kapazität, Wasser zu halten, wie wir altern? Sollten wir trinken gerade Wasser oder sollten wir so etwas wie Gatorade, die Elektrolyte ersetzt trinken, auch? Sollten wir die Sachen zu kaufen aus dem Laden oder machen es uns selbst? Und, in Bezug auf die oben genannten Statistiken, was chronische Austrocknung und ich bin eine der 75%?

All diese Fragen sind gültig. Die Antworten hängen von der individuellen Person und ihrer spezifischen gesundheitlichen

Bedürfnisse. Die medizinische Forschung auf Dehydratisierung zeigt uns jedoch, dass wir tun müssen, Antworten. Dehydration ist eine ernste Beitrag zu untergraben unsere allgemeine Gesundheit, und ihre Auswirkungen können fatal sein. Wir brauchen gute Informationen, und je früher wir wissen, diese Informationen, desto besser!

## **Dehydrierung: die Fakten**

Viele Leute denken, sie müssen nur mehr Wasser zu trinken, wenn sie durstig. Eigentlich, wenn Sie Durst haben, sind Sie bereits in einem Zustand der Austrocknung. Also, was ist das und wie können wir sie erkennen?

Einfach gesagt, tritt bei der Trocknung verliert der Körper mehr Wasser, als es dauert, in und anschließende Ungleichgewichte in Salzen, Mineralien und Enzyme führen. Die Ungleichgewichte stören die Art, wie die Körperfunktionen, von der Systemebene bis hinunter auf zellulärer Ebene. A low-grade chronische Austrocknung wird letztlich dazu führen, Symptome, aber am häufigsten ist die Ursache nicht identifiziert. Schwere Dehydratation ist fatal.

Chronische Dehydration beeinflusst den ganzen Körper als heimtückischen Geist. Es ist der Täter hinter vielen Beschwerden in der Regel als Belästigungen zu sehen. Aber, sobald diese Belästigungen problematisch werden, werden wir zum Arzt zu gehen, und der Arzt behandelt sie.

Allerdings ist die eigentliche Ursache des Problems nur selten erkannt, so ist es, um Chaos mit unseren körperlichen Wohlbefindens anrichten weiter.

Während Durst ist sicherlich ein Zeichen von Dehydrierung, es gibt viele andere Symptome, die durch Dehydratisierung verursacht werden können. Leiden Sie an einer dieser Krankheiten leiden? Sie konnten tatsächlich Ursache sein durch chronische Austrocknung!

Sodbrennen

Depression

Achy Gelenke

Schlaflosigkeit

Trockene Haut

Gastritis

Kopfschmerzen

Gewicht Gewinn / Verlust

Wasserrückhaltevermögen

Vorzeitige Alterung

Hoher Blutdruck

Verstopfung

Ein hoher Cholesterinspiegel

Müdigkeit

Wie viele von denen überrascht? Ich persönlich habe mehrere von ihnen! Hmm. Es gibt noch andere Symptome direkt mit leichter bis mittelschwerer Dehydrierung zurückgeführt. Leider ist diese Liste.

Weniger / dunkler Urin

kurze Aufmerksamkeitsspanne

Ungeduld / Reizbarkeit

Schwindel

Blase / Nieren-Infektionen

Schnarchen

Nierensteine

Verlangen nach Kaffee, Soda, oder Alkohol

Schwere Dehydratation kann letztlich zum Tod führen. Aber, das sind einige der Symptome, die mit schwerer Dehydratation verbunden.

Denken Sie daran, dass das Wasser steuert jede Funktion des Körpers, so dass, ohne ausreichend Wasser, wird der Körper-Funktionen in einem Versuch,

Wasser zu sparen abgeschaltet.

Extreme Durst

Delirium oder Bewusstlosigkeit

Wenig oder keine Harnproduktion

Fieber

Niedriger Blutdruck

ingesunkenen Augen

Herzjagen

Shriveled Haut

Nieren und Organversagen

Extreme Blutchemie Ungleichgewichte

### **Rückfahr Dehydration**

Also, wenn wir denken, wir dehydriert sind, sollten wir einfach schlucken mehrere Flaschen Wasser für einen schnellen Nachschub? NEIN! Das wird die Nieren überlasten und die plötzliche

Überschuss wird sofort gespült aus dem System sein, bevor es irgendetwas, um zu helfen. Das Beste, was zu tun ist, um ein wenig Wasser alle den ganzen Tag trinken. Dies liefert kontinuierlich Wasser und die subtile Anstieg nicht die Nieren zu schocken. Das Wasser wird in den Blutkreislauf länger zu bleiben und in der Lage, den Prozess der Hydratisierung der Körper auf allen Ebenen, die von System zu zellulären beginnen.

Okay. Also, was können wir trinken? Viele von uns greifen etwas wie Kaffee, Tee oder Soda.

Alle diese werden mit Wasser, sicher. Aber, sie packen eine gesunde Dosis von Diuretika (Koffein) und Chemikalien, die mehr Wasser benötigen, um sie (Zucker, Konservierungsstoffe, usw.) zu verarbeiten. Wir greifen auch Getränke wie Gatorade oder andere im Laden gekauften aromatisiertes Wasser. Ja, Elektrolyte fügen sie, und sie Geschmack. Aber, sie zu addieren kräftigen Dosen von Konservierungsmitteln, Chemikalien, künstliche Farbstoffe, künstliche Aromastoffe, und große Mengen an Zucker!

Also, wir sind zurück in klarem Wasser. Ich weiß nicht, wo Sie leben, wissen, aber das Leitungswasser in meinem Bereich schmeckt ekelhaft und fast ungenießbar. Yuck! Es gibt Filtersysteme, die zu entfernen einige der Verunreinigungen, die den Geschmack zu verbessern helfen. Doch Wasser ist nicht angeblich, um einen Geschmack zu haben, nicht wahr? Und wie werden wir zu ersticken unten mehr davon? Und filtert es genug? Ist unser Leitungswasser sogar gesund für uns, um zu trinken, nachdem es mit mehreren chemischen Cocktails wie Chlor und starken antimikrobiellen Mitteln behandelt? Was ist mit dem Mineralgehalt bereits im Wasser?

(Hier haben wir eine Menge von gelöstem Calciumcarbonat aus Kalkstein).

Die meisten Restaurants wissen, dass Wasser schmeckt einfach besser, wenn sie eine Scheibe Zitrone oder Limette hinzuzufügen. Wir alle sehen, wenn wir auswärts essen. Eine Scheibe der Frucht



fügt eine Menge mehr zu Wasser als nur ein kleiner Vorgeschmack. Es fügt auch Vitamine und Mineralstoffe.

Obst kann unser Wasser hinzugefügt werden, um nicht nur Geschmack hinzuzufügen, sondern auch

Nährstoffe hinzuzufügen. Es muss nicht nur Obst sein. In den letzten Jahren hat man sich bewusst sein, die Vorteile von Gemüsesäften, zu. Wir können Gemüse und Kräuter, um unser Wasser auch hinzuzufügen.

Viele Früchte und Gemüse haben einen hohen Wassergehalt: Wassermelonen und Gurken sofort in den Sinn. Eine Liste, die Obst und Gemüse mit hohem Wassergehalt wird diese Informationen an Ihren Fingerspitzen setzen. Zusätzlich zu trinken angereichertes Wasser, können Sie diese Obst und Gemüse zu Ihrer täglichen Ernährung als mit Wasser angereicherte Snacks hinzuzufügen!

## **Gemüse**

Broccoli

Kohl (rot und grün)

Karotten

Blumenkohl

Sellerie

Gurke

Die Aubergine

Grüne Erbsen

Eisbergsalat

Peppers (süß oder scharf)

Radieschen

Spinat

Tomaten (rot und grün)

Weißer Kartoffeln

Zucchini

## **Frucht**

Äpfel

Aprikosen

Blaubeeren

Cantaloupe

Kirschen

Cranberries

Grapefruit

Trauben

Zitronen

Limes

Orangen

Pfirsiche

Birnen

Ananas

Pflaumen

Himbeeren

Erdbeeren

Wassermelone

Auch trinken Obst oder Obst / Gemüse angereichertes Wasser nach dem Training werden Sie schneller, als wenn Sie ein Sportgetränk trinken zu rehydrieren. Frisches Obst und Gemüse sind

mit Nährstoffen einschließlich Zucker und Mineralien, die Ihr Körper braucht, zusammen mit Wasser geladen. Diese natürliche Zucker und Nährstoffe erfordern nicht die schweren Verdauungs Lasten dieser Stoffe in Sportgetränken gefunden. Auch essen Obst und Gemüse mit einem hohen Wassergehalt wird fühlen Sie sich voller.

Obst angereichertes Wasser hat noch andere Vorteile. Die natürliche Zucker (und zugesetztes Wasser) helfen, Ihre Stimmung und Energieversorgung zu verbessern. Sie können Ihren Körper spülen Giftstoffe aus Ihrem System zu helfen. Weil sie fühlen Sie sich voll, werden sie der Versuchung, auf Junk-Food fressen zu reduzieren. Es hilft Ihrem Körper, natürlich und sicher zu lösen Fettzellen. Sie halten Lebensmittel bewegen glatt durch Ihre GI-Trakt. Sie helfen dabei, die Muskeler schöpfung während des Trainings zu reduzieren, aber dann hilft Ihrem Körper schneller von Ihrer Übung zu erholen. Und helfen sie zu verhindern Nachmittag Energieabstürze.

## **Kapitel 2:**

**Was sollen wir einbeziehen?**

**Was sollten wir vermeiden?**

Im ersten Kapitel, über die Früchte und Gemüse, die reich an Wasser sind und warum wir sie brauchen, haben Sie gelernt. Aber was ist mit anderen Obst und Gemüse? Können wir Kräuter und

Gewürze hinzufügen, für den Geschmack als auch als Nährstoffschub? Die Antwort ist ein lautes, klares JA!

Die größten Überlegungen zur Herstellung angereichertes Wasser sind Geschmack, Reinheit (chemiefrei), und Frische. Verwendung von organischen Obst, Gemüse und Kräuter werden sicherstellen, dass Sie nicht das Hinzufügen Pestiziden und Chemikalien in Ihre Getränke! Sie wollen den frischesten Zutaten Sie finden können. Wenn das Obst oder Gemüse ist matschig oder enthält braune Flecken, verwenden Sie sie nicht. Verwenden Sie nur hellen, festen Früchten und Gemüse. Vermeiden Sie alles, was verwelkt oder mickrig erscheint.

Wie für Wasser, gefiltertes oder gereinigtes Wasser am besten. Wenn Sie die Karbonisierung von Limonaden mögen, dann können Sie etwas Kohlensäure hinzuzufügen, aber hüte dich vor der Zugabe von Chemikalien oder Zucker! Beobachten Sie die Etiketten auf der Kohlensäure: das Wasser sollte nur Kohlendioxid enthalten.

Wenn Sie Kräuter und Gewürze hinzufügen möchten, beachten Sie, dass gemahlene Gewürzen in Ihr Getränk zu schweben. Verwenden Sie die Gewürze insgesamt. Sternanis und Zimt sind gute Beispiele für die Verwendung der natürlichen Formen statt die Grundversionen. Außerdem passen sie von jedem aromatisierte Extrakt, wie Vanille. Stellen Sie sicher, es ist reine Extrakt und keine künstlichen Aromen (aka chemischen Cocktail).

Manchmal gibt es Verwirrung über das Hinzufügen der Haut oder Schale von Früchten. Citrus Schwarten können einen bitteren Geschmack, um einen Drink zu verleihen. Verwenden Sie sie, wenn Sie mögen den Geschmack, und als zusätzlichen Bonus, bieten die ätherischen Öle zusätzliche Nährstoffe. Wenn Sie nicht für den Geschmack sorgen, schälen die Früchte zuerst die

bittere Öle zu beseitigen. Lassen Sie Ihren Gaumen entscheiden.

Stars der Mannschaft und warum sollten sie in der Aufstellung sein

In diesem Abschnitt werden die gesundheitlichen Vorteile der verschiedenen Arten von Zutaten wie Früchte, Kräuter, Gewürze, und Novum Zutaten zu beschreiben. Es werden die Vorteile aufzulisten, in vielen Fällen aus einer Gruppe von ähnlichen Zutaten (wie Zitrusfrüchte oder Beeren). Die Neuheit Zutaten wird auch eine Erklärung dafür, warum möchten Sie vielleicht in Erwägung ziehen, sie zu Ihrem angereichertes Wasser. Wie Früchten und Kräutern, bieten sie viel mehr als nur Geschmack, Ihr Wasser. Und wer will schon genau dasselbe jeden Tag sowieso trinken? Ich sicherlich genießen eine Menge Abwechslung und die Kombinationen von Bestandteilen sind irrsinnig. Es gibt keinen Grund, warum Sie nicht zu experimentieren sollte!

Da die Informationen in diesem Kapitel werden in Gruppen gegeben werden, werde ich zunächst eine Liste der Inhaltsstoffe von allgemeinen Typ. Viele von ihnen sind in den Rezepten in Kapitel 4. Der Himmel ist die Grenze enthalten. Diese Liste ist bei weitem nicht erschöpfend ...

es ist nur ein Ausgangspunkt für die Möglichkeiten. Diese Liste zeigt einige der im ersten Kapitel aufgeführten Gegenstände und ist speziell auf diejenigen Bestandteile, die sehr nützlich bei der Herstellung angereichertes Wasser in einer Infusionsflasche sind ausgerichtet.

Frucht

Apples Brombeeren Blaubeeren

Cherries Cranberries Grapefruit

Grapes Honeydew Kiwi

Zitronen Limonen Mandarinen (Mandarinen)

Mangos Meyer Lemon Orangen

Passion Fruit Peaches Ananas

Pomegranate Himbeeren Starfruit

Erdbeeren Watermelon

Gemüse, Kräuter und Blumen

Basil Black Tea Chamomile

Cilantro (Koriander) Gurke

Dill Fenchel Grüner Tee

Hibiskus-Blume Lavendel Lemongrass

Minze (Spearmint) Pfefferminze Rosmarin

Rosenblätter Salbei Thymian

Gewürze und Zutaten Novelty

Alkohol Kardamom Zimt

Gewürznelken Ingwer-Honig-

Jalapeno Ahornsirup (Grade A) Meersalz

Rohrzucker Vanilla Bean

Was sind Antioxidantien, B-Vitaminen und Mineralstoffen für?

Hier wird auf die wichtigsten Arten von Goodies unser Körper benötigt, um Top-Gesundheit zu erhalten. Es sind Antioxidantien, B-Vitaminen und Mineralien. Aber, was Funktion spielen sie und warum sollten wir kümmern?

Viele der Zutaten haben eine starke Antioxidans-Komponente. Antioxidantien kommen in verschiedenen Formen. Nicht jeder Frucht hat die gleichen Arten von Antioxidantien aber sie sind mit dem Groß ähnliche Komponente enthalten sind: Vitamin C. Vitamin C ist in

einer anderen Art von Antioxidantien-Gruppe als Vitamin A und E. Ich habe nicht angegeben, ob der Typ nicht Anthocyane, Flavonoide, Polyphenol-Antioxidantien oder phenolischen Antioxidantien. Die einzigen, die ich Liste waren besondere diejenigen, die nicht oft zu finden sind. Habe ich auch nicht ins Detail über die speziell dem B-Vitaminen waren anwesend sei denn, es wurde separat aufgeführt zu gehen. Faser ist wichtig in der richtigen Bewegung der Nahrung durch den Verdauungstrakt, und es gibt verschiedene Arten von Fasern.

Antioxidantien werden als mit einer Vielzahl von gesundheitlichen Leistungen, einschließlich der Verbesserung der kardiovaskulären Gesundheit, Anti-Aging, Anti-Krebs angepriesen, und sie angeblich kämpfen gegen chronische Erkrankungen wie Arthritis, Makuladegeneration, und die Alzheimer-Krankheit, indem sie freie Radikale im Körper zu neutralisieren. Während die Forschung in bestimmte Antioxidantien haben nicht viel Nutzen gezeigt (falls vorhanden), sollten wir immer noch für ihre Aufnahme. Die Forschung, die meines Wissens noch nicht auf Vollwertkost oder die Antioxidantien in ihrem natürlichen Zustand geschehen. Dies ist wichtig,

weil viele Nährstoffe nicht allein funktionieren, wie Sie in diesem Kapitel. Also, die Prüfung der Wirksamkeit eines Antioxidationsmittels allein ist wie der Versuch, um festzustellen, wie schnell eine Corvette kann durch die Prüfung nur die Reifen zu gehen. Aber es ist, dass die Forschung im Gange.

B-Vitamine sind eine Gruppe von 11 Vitamine, die wichtig für eine gute Gesundheit sind. Sie helfen zu regulieren Energieerzeugung, neurologische Funktionen und höhere geistige Funktionen wie Gedächtnis Speicherung und Wiedergewinnung. Sie verursachen die Freisetzung von Magensäure, um die ordnungsgemäße Verdauung und Resorption von Vitaminen und Mineralstoffen zu gewährleisten. Sie regulieren und zu pflegen ein gesundes Wachstum der äußeren Schichten der Haut einschließlich der Haare und Nägel. Folsäure wird verwendet, um Neuralrohrdefekte während

der Schwangerschaft zu vereiteln. Sie Vorbeugung und Behandlung bestimmter Formen von Blutarmut. Sie schützen das Herz-Kreislauf-System vor Beschädigungen. Sie helfen bei der Synthese von DNA für Wachstum und Entwicklung. Sie helfen dabei, Brust-, Lungen- und Leberkrebs zu verhindern. Sie helfen, optimale psychische Gesundheit, einschließlich abnehmender Risiken der Depression, Angst, Gedächtnisverlust und kognitive Abnahme aus dem Alterungsprozess. Sie helfen, zu stabilisieren und zu regulieren Hormone, um die Symptome von PMS und morgendliche Übelkeit zu lindern. Sie können aber auch zu verhindern, dass die Bildung von Nierensteinen. Viele der B-Vitamine arbeiten nicht allein: sie benötigen andere Vitamine, Mineralstoffe und Enzyme, um ihre Magie zu arbeiten. Es ist ein hoch choreographierte Ballett, die mit einem Mangel an einem dieser Vitamine geworfen werden kann.

Mineralstoffe spielen auch eine wichtige Rolle in der Aufrechterhaltung einer optimalen Gesundheit und Bekämpfung von Krankheiten. Es gibt viele Mineralien, die in den Nährwert enthalten sind, aber was sind sie? Jedes Mineral hat seine eigene einzigartige Reihe von Funktionen, aber wie B-Vitaminen und Antioxidantien, können sie nicht alleine arbeiten. Oft werden einzelne Mineralien nicht, wenn allein genommen: es viele andere Substanzen erfordert.

Unten ist eine Liste der in den Nährwert der Zutaten genannten Mineralstoffe: Kalzium: wichtig für Knochen und Zähnen Gesundheit; lindert Schlaflosigkeit, Krämpfe, und Symptome der Menopause und PMS; behandelt Fettleibigkeit, Säure, Herzerkrankungen, Darmkrebs und Bluthochdruck

Eisen: Hauptkomponente bei der Bildung von Blut; unterstützt den Stoffwechsel, Regulierung der Körpertemperatur, Muskelaktivität, Gehirnfunktionen und Immunreaktionen; kämpft Schlafstörungen und Restless Leg Syndrom

Magnesium: kann Bluthochdruck, Herzinfarkt, Herzbeschwerden, Diabetes, Wechseljahre, und Asthma zu behandeln; kann auch für Alkoholismus, die Gesundheit der Knochen und der Schwangerschaft verwendet werden; wegen seiner Rolle bei der



Regulierung Hormone kann Schlaflosigkeit, Angst und Stress zu behandeln

Phosphor: verbessert die Körper den Stoffwechsel; verbessert die Gehirnfunktion, zahnärztliche und die Gesundheit der Knochen; hilft Behandlung sexueller und Muskelschwäche Mangan: führt wichtige Funktionen im Stoffwechsel, Fortpflanzung und Gehirnfunktion; kämpft gegen Osteoporose, Müdigkeit, Verstauchungen, Entzündungen und Epilepsie Kupfer: Kompatibel zu Kreislaufsystem, Gehirnfunktion und Immunantwort zu verbessern; hilft zu

verhindern

und

zu

behandeln,

Hämoglobin-Mangel;

einen

Widerstand

entgegen Herzkrankheit; kämpft gegen Arthritis, Halsentzündungen und Hautproblemen Kalium: hilft bei der korrekten Funktion des Herz-Kreislaufsystem, Blutzucker-Modulation, Blutdruckstabilisierung,

Muskeln

und

Gehirn;

kämpft

Herzkrankheiten,

Diabetes,

Nierenerkrankungen und Arthritis

Selen: einer der stärksten Antioxidantien Mineral; reduziert das Peroxid (eines der freien Radikale) Konzentration; hilft bei der richtigen Knochengesundheit

Zink: wesentliche in vielen enzymatischen Reaktionen im Körper, die Gesundheit der Haut beeinflussen, Wundheilung, die Gesundheit der Augen, Schwangerschaft, Gewichtsverlust, die Gesundheit der Prostata, Fortpflanzung und Appetit

### **Ernährungsinformation**

In diesem Abschnitt werden die einzelnen Bestandteile und ihre gesunden Eigenschaften, zeigt Ihnen genau, warum sie in Ihrem angereichertes Wasser-Routine aufgenommen werden. Nicht alles aufgelistet, aber die meisten von ihnen werden. Wie bereits erwähnt, fügen sie mehr als nur um Ihr Wasser zu probieren. Dieser Abschnitt wird diese Aussage zu erklären.

Äpfel: hohe Faser; reich an Antioxidantien wie Vitamin C und B-Komplex; Mineralstoffe wie Kalium, Phosphor und Calcium

Blackberries: hohe Faser; sehr hoch an Antioxidantien, die auch dazu beitragen, den Blutzuckerspiegel zu stabilisieren; reich an Vitaminen C, A und K; ein gutes Maß an B-Vitaminen; gute Mengen an Kupfer, Kalium, Magnesium und Mangan

Blaubeeren: enthält eine der höchsten Gehalt an Antioxidantien in Obst; hohes Fieber; Chlorogensäure moderiert Blutzuckerspiegel bei Diabetes Typ II; geringe Mengen an Vitamin C, A, E und B-Komplex; Mineralien wie Mangan, Kalium, Kupfer, Eisen und Zink  
Cantaloupe: reich an Vitamin A und Antioxidantien, die auch kämpfen, altersbedingte Makuladegeneration; Mittlere Konzentrationen von Kalium, Mangan, Vitamin C und B-Komplex

Kirschen: entzündungshemmende und antioxidative Eigenschaften; hoch in melatonins, die beruhigende Wirkung auf Nervenzellen im Gehirn zu erzeugen; milde Quelle von Zink; moderate Quelle von Eisen, Kalium und Mangan; gute Quelle von Kupfer

Cranberries: höchsten in Antioxidantien unter den essbaren Beeren, insbesondere OPC

(oligomere Proanthocyanidine), die die für die Senkung der LDL und HDL erhöhen und die kardiovaskuläre Gesundheit untersucht werden; Blöcke Bakterien wie E. coli Andocken an Harnröhre und Blase; säuert Urin und hilft, Nierensteine zu verhindern; Blöcke Bakterien im Mund vom Kleben an Zähnen und reduziert Plaque-Bildung; reich an Vitaminen A und C, Folsäure, Kalium und Mangan

Grapefruit: hohe Faser; reich an Vitaminen A und C und andere Antioxidantien; gute Quelle von Kalium; Rotweinsorten sind reich an Lycopin; moderate Mengen an B-Vitaminen; ordentliches Quelle von Kupfer, Eisen, Calcium und Phosphor

Trauben: rot / schwarzen Trauben sind OPC und Resveratrol (vermutlich um den Blutdruck durch eine Verringerung der Menge an Angiotensin in das Gefäßsystem und die Erhöhung der Menge von Stickoxid im Blut zu senken), beide werden als sehr starke Antioxidantien sein; Hoch Kupfer, Eisen und Magnesium; höchste Eisenkonzentrat eine Rosinen; gute Quelle für Kalium, Vitamine A, C, K und B-Komplex

Kiwi: hohe Faser; Hoch Vitaminen A und C und andere Antioxidantien; Chemikalien in kiwi das Blut verdünnen ähnlich wie Aspirin; Kiwi Samen sind reich an Omega-3-Fettsäuren; sehr reich an Kalium; gute Quelle von Mangan, Eisen und Magnesium

Lemon / Lime: hohe Faser; Zitronensäure hilft, Nierensteine auflösen; reich an Vitamin C; kleine Menge an Vitamin A und Antioxidantien; gute Quelle von einigen B-Vitaminen; menschenwürdige Quelle von Eisen, Kupfer, Kalium und Kalzium

Mango: hohe Faser; reich an Vitamin A und verwandte Antioxidantien; gute Quelle für Kalium, Vitamin B-6, und die Vitamine C und E; moderate Mengen an Kupfer

Orangen / Mandarinen: hohe Faser; sehr hoch in Vitamin C und A und Antioxidantien; einige B-Vitaminen; gute Quelle von Kalium und Calcium

Passion Fruit: hohe Faser; reich an Vitaminen A und C und Antioxidantien; sehr reich an Kalium; gute Quelle für Eisen, Kupfer, Magnesium und Phosphor

Peaches: moderate Quelle der Vitamine C und A und Antioxidantien; ein gutes Maß an Kalium, Fluorid und Eisen

Birnen: hohe Faser; hohen Vitamin C; gute Quelle von Antioxidantien, Kupfer, Eisen, Kalium, Magnesium und B-Vitaminen; möglicherweise eine der am wenigsten allergenen Früchte

Ananas: hohe Faser; enthält ein Enzym, Bromelain, das Protein und kämpft gegen Blutgerinnsel, Entzündungen, Krebs, Verdauungsstörungen, und Wurmbefall bricht; reich an Vitamin C; kleine Menge an Vitamin A und Flavonoid-Antioxidationsmitteln; gute Quelle für B-Komplex, Mangan, Kupfer, Natrium und Kalium

Granatäpfel: hohe Faser; reich an Antioxidantien; gute Quelle von Vitamin C; kämpft Prostatakrebs, benigner Prostatahyperplasie (BPH), Diabetes und Lymphom; gute Quelle B-Komplex, Vitamin K, Calcium, Kupfer, Kalium, Mangan und

Himbeeren: sehr hohe Faser; sehr hoch an Antioxidantien; Zuckeraustauschstoff Xylit, kommt aus Himbeeren und kann helfen, den Blutzuckerspiegel zu modulieren; reich an Vitaminen C, A und E und gilt als eine der höchsten Früchte für antioxidativen Eigenschaften; gute Quelle für Kalium, Mangan, Kupfer, Eisen und Magnesium; auch eine gute Quelle von B-Komplex und Vitamin K

Sternfrucht: gute Quelle der Faser; hohen Vitamin C und Antioxidantien; gute Quelle von B-Vitaminen; geringe Menge an Kalium, Phosphor, Zink und Eisen

Erdbeeren: Sie sind sehr hoch an Antioxidantien mit hohem Gehalt an Vitamin C; reich an B-Vitaminen; und eine große Quelle der Vitamine E und A; Auch eine gute Quelle von Mineralien wie Mangan, Kalium, Kupfer, Fluor, Eisen und Jod

Wassermelone: sehr reich an Vitamin A; reich an Antioxidantien; enthält mehr als Lycopin Tomaten; hohem Kalium, Vitamine B-6, B-1 und C; exzellente Quelle von Kupfer, Eisen, Magnesium und Mangan

Gurke: schälen in der Faser hoch; sehr reich an Kalium; gute Quelle von Antioxidantien; hat mildes Diuretikum Eigenschaften; reich an Vitamin K; auch eine gute Quelle für Eisen, Magnesium und Mangan

Fennel: gute Quelle der Faser; milden Anis-Aroma; hat antimykotische und antibakterielle Eigenschaften; gute Menge an B-Vitaminen wie Folsäure und Vitamin C; reich an Kalium; kleine Mengen von Kupfer, Eisen, Kalzium, Magnesium, Mangan, Zink und Selen

Basil: ätherisches Öl Verbindungen entzündungshemmende und antibakterielle Eigenschaften haben; sehr reich an Vitamin A und Antioxidantien; reich an Vitamin K; sehr hoch in Eisen; enthält wertvolle Mengen an Kalium, Mangan, Kupfer und Magnesium

Cilantro (Koriander): reich an Antioxidantien; beste pflanzliche Quelle von Vitamin K; sehr hoch in Vitamin A und C; gute Quelle von B-Vitaminen, Kalium, Calcium, Mangan, Eisen und Magnesium

Dill: hohe Mengen an ätherischem Öl, das als Antiseptikum und örtlicher Betäubung eingesetzt werden können, reduziert den Blutzuckerspiegel bei Diabetikern; sehr hoch in Vitamin A und C; hoch in B-Vitaminen; sehr hoch in Eisen; gute Quelle an Mineralien Kupfer, Kalium, Calcium, Mangan und Magnesium

Ginger: entzündungshemmende, schmerzstillende, antimikrobielle, Beruhigungsmittel, und die Verdauung unterstützen Eigenschaften; hoher Gehalt an ätherischem Öl; sehr reich an Vitaminen B-5 und B-6; hoch in Kupfer, Magnesium, Mangan und Kalium; gute Quellen für Vitamin C und Ballaststoffe

Lemongrass: starke antimikrobielle und gute Anti-Pilz-Eigenschaften; auch reich an Folsäure, Vitamin B1, B5, B6; geringe Menge an Antioxidantien und Vitaminen C und A als auch, und eine große Quelle von Zink, Kalium, Eisen, Calcium, Mangan, Kupfer und Magnesium  
Peppermint / Spearmint: sehr hoch an Antioxidantien; hohes Fieber; haben schmerzstillende und schmerzstillende Eigenschaften; in Reizdarmsyndrom als krampflösendes Mittel, um den Verdauungstrakt zu beruhigen verwendet; ätherische Öle enthalten Menthol, das für die Kühlwirkung der Kräuter verantwortlich ist; reich an Kalium, Calcium, Eisen, Mangan und Magnesium; gute Quelle für die Vitamine A, C, E, K und B-Komplex; Spearmint sehr hoch in Eisen.

Rosmarin: reich an Antioxidantien; hoch in der Faser; sehr hoch in B-Vitaminen und Eisen; reich an Vitamin A; gute Quelle für Vitamin C, Kalium, Calcium, Mangan, Kupfer und Magnesium  
Sage: Das ätherische Öl hat zahlreiche gesundheitliche profitieren Eigenschaften; es ist höchste

in B-Vitamine, Vitamin C und A, und Antioxidationsmittel; auch eine große Quelle von Zink, Kalium, Eisen, Calcium, Mangan, Magnesium und Kupfer

Thymian: sehr hoch an Antioxidantien (eine der höchsten Ebenen in Kräutern gefunden); sehr viel Eisen, Vitamin A, C, K, E, B-Komplex, B-6 und Faser; hohem Kalium, Mangan, Calcium, Magnesium und Selen,

Anissamen: in vielen traditionellen Medizin verwendet werden; sehr hoch in B-Vitamine und Mineralien wie Calcium, Eisen, Kupfer, Kalium, Mangan, Zink und Magnesium; gute Quelle für Vitamin A und C und Antioxidantien

Kardamom: sehr hoch an Antioxidantien; weitgehend in der traditionellen Medizin verwendet werden; sehr viel Kalium, Eisen und Mangan; hohem Kalzium, Kupfer und Magnesium; reich an Vitaminen A und C und Antioxidantien

Zimt: höchste antioxidative Kraft jeder Nahrungsquelle in der Natur! Das ätherische Öl hat eine Vielzahl von gesunden Eigenschaften, einschließlich Verhinderung Thrombozyten Verstopfung und die Verdauung; sehr viel Kalium, Calcium, Mangan, Eisen, Zink und Magnesium; gute Quelle für Vitamin A und einige B-Vitamine

Jalapeno-Pfeffer: enthalten Capsaicin, der verwendet wird zur Behandlung und Bekämpfung von vielen gesundheitlichen Diskordanzen einschließlich Entzündung und Diabetes; sehr hoch in Vitamin A und C und Antioxidantien; kleine Menge B-Vitamine und die Vitamine E und K; gute Quelle für Ballaststoffe

Honig: umfangreich in der Medizin eingesetzt, um Wunden, Husten und Halsprobleme, Allergien, und saurem Reflux zu behandeln; enthält natürliche Zucker und ist reich an Eisen, Kalzium, Phosphor, Salz, Kalium und Magnesium

Rohrzucker: weniger verarbeiteten natürlichen Zucker Beibehaltung einige der Original-Melasse, wodurch sie einen leichten Geschmack von Melasse

Sea Salt: enthält Spurenelemente aus dem Wasser einschließlich Magnesium, Kalium und

Calcium; Himalayan Pink Salt wird gesagt, um das reinste Salz auf dem Planeten zu sein und ist von höchster Qualität (enthält auch alle 84 Elemente auch im menschlichen Körper gefunden)

### **Kapitel 3:**

**Wie es geht! Erstellen Sie Ihr eigenes Obst**

**angereichertes Wasser**

In diesem Kapitel geht es um die Schrauben und Muttern der Erstellung Ihrer eigenen Obst angereichertes Wasser. Ich mache einige Annahmen hier:, dass Sie bereits über eine Infusionsflasche, und dass Sie ein Gefühl für das, was zu tun ist. Doch gibt es einige hilfreiche Tipps, die ich zu, so dass Sie Ihren Tee-Ei in vollen Zügen zu verwenden ist.

## **Hilfreiche Tipps**

Zuallererst gibt es die Zutaten. Wie bereits erwähnt, sind Zitrusfrüchte mit ätherischen Ölen geladen und kann starkes Aroma aus der Rinde zu verleihen. Ich persönlich mag den Geschmack, so dass ich meistens verlassen die Schale intakt ... mein Sohn nicht für die Intensität kümmern, so dass wir Kompromisse: Ich verlasse die Rinde auf vielleicht 1 oder 2 Scheiben und ziehen Sie den Rest. Sie können jederzeit Ihre Zitrusfrüchte schälen, bevor sie auf der Brüheinheit Flasche.

Wenn Sie mit dichter Früchte wie Äpfel oder Birnen sind, müssen Sie sie sehr dünne Scheiben schneiden. Dadurch wird eine maximale Oberfläche sorgen für die gesunde Güte austreten.

Auch, Äpfel und Birnen länger dauern, bis einzuflößen, als viele Früchte wegen ihrer dichten Fleisch. Es kann helfen, die Brüheinheit in den Kühlschrank stellen für die Infusion Zeit, um alle den Geschmack zu aktivieren, bevor Sie dienen. Apfel-Birnen-Infusions Aromen scheint in Wasser bei Raumtemperatur zu intensivieren.

Außerdem können Sie die Früchte nach der ersten Infusion wieder verwenden, aber der Geschmack wird nicht so stark sein. Eine Möglichkeit zur Bekämpfung der dass ist es, mehr Wasser hinzufügen, wenn etwa die Hälfte des angereichertes Wasser die erste Partie der ist weg.

Dies wird das Frischwasser mit dem angereichertes Wasser mischen und die Frucht wird ein wenig mehr Geschmack zu verleihen. Das schmeckt viel besser, als wenn man versucht, eine völlig neue Charge von Infusion von der gleichen Früchte zu machen. Der



ganze Geschmack und gute Sachen in der Frucht sind bereits in der ersten Charge infundiert.

Einige Leute möchten vielleicht die Frucht nach der Infusion zu essen. Das ist in der Regel keine gute Idee, weil die Frucht wird matschig und langweilig sein. Am besten ist es, um es wegzuworfen, sofern nicht ausdrücklich in dem Rezept vermerkt. Wenn Sie die Infusion für eine Partei oder ein Picknick, entfernen Sie die verbrauchten Frucht kurz vor dem Servieren und fügen Sie frisches Obst und Kräutern. Es wird schön aussehen und schmecken wunderbar!

Wenn Sie Beeren, wie Himbeeren, Heidelbeeren, Brombeeren und verwenden möchten, kann es am besten sein, etwa von Menschen mit ihnen umgehen (bis Durcheinander, wie es im Handel genannt), um alle Säfte und Aromen möglich freizugeben. Kräuter sind teilweise auch am besten,

wenn in der Mitte mit der Hand gerissen. Es wird ihre Aromen und Öle sowie freizugeben.

Blumen manchmal diese Behandlung benötigen, um ihre Aromen freigegeben, wenn Sie beabsichtigen, sie zu benutzen. Besondere Anweisungen wird in den Rezepten angegeben werden.

Viele Male, wenn Sie Wasser hinzufügen, nachdem die Frucht ist in der Brüheinheit wird die Frucht beginnt zu zerfallen. Dies wird Ihre Wasser verlassen bewölkt mit Bits Sachen drin. Es ist eine gute Übung, um Ihren Infusionsflasche mit Wasser zuerst zu füllen, und fügen Sie den Korb mit den Früchten. Es wird verhindert, dass die Trübung und die Bits im Umlauf. Einige Rezepte jedoch müssen ohnehin angespannt. Dazu gehören Rezepte mit Beeren und einigen Kräutern und Gewürzen. Denken Sie auch daran, ganze Gewürze, nicht die pulverförmigen Formen zu verwenden. Ein Edelstahl-Sieb oder eine mit einem sehr feinmaschigen wird diese Aufgabe übernehmen.

Hier sind ein paar Tipps:

Erdbeeren: schneiden Sie die grünen Spitzen und schneiden Sie sie der Länge nach halbieren.

Tees: nur genug zu verwenden für Geschmack. Schwarzer Tee wird eine kleine Menge an Koffein (viel weniger als gebrühten Tee oder Kaffee) hinzufügen Mint: Wir meinen, Minze, aber wenn Ihre persönliche Präferenz ist für Pfefferminze, dann benutze ihn.

Citrus: während Zitrus ist notorisch sauren, wird es alkalisch verdaut, die Aufrechterhaltung der optimalen Gesundheit Hilfsmittel

Wenn die Infusion, stellen Sie sicher, um die Infusion jar decken

## **Kapitel 4:**

### **Rezepte für Obst angereichertes Wasser**

#### **GRAPE ORANGEADE**

½ Orange, in Scheiben geschnitten (Schnitt jede Scheibe in der Mitte) 12 Trauben, längs halbieren

Füllen Sie Ihren Tee-Ei mit Wasser zuerst. Fügen Sie die Früchte in den Korb, Schichtung Orangen und Trauben. Die Infusion von 30 Minuten bis 1 Stunde bei Raumtemperatur oder, ziehen lassen über Nacht in den Kühlschrank stellen. Entfernen Sie die Früchte vor dem Trinken.

#### **Kräuter GRAPEFRUIT**

½ Grapefruit, geschält und in Scheiben geschnitten horizontalen

½ Zweig Rosmarin

Füllen Sie die Flasche mit Wasser zuerst, und fügen Sie den Korb voller Obst und Rosmarin. Sie können dies für 24 Stunden ziehen lassen, aber bitte nehmen Sie den Rosmarin nach 4 Stunden, um es von den übermächtigen Grapefruit zu verhindern. Dieses Wasser wird am besten kalt serviert.

## **ERDBEERE UND TRAUBEN Limeade**

6 Trauben, der Länge nach halbieren Scheiben geschnitten

1/3 Limette, geschält und geschnitten

1 Erdbeere, in zwei Hälften geschnitten Längs

Füllen Sie die Brüheinheit Flasche mit Wasser zuerst. Die Infusion bis zu 8 Stunden bei Raumtemperatur oder bis zu 24 Stunden in den Kühlschrank stellen.

## **WATERMELON TRAINING QUENCHER**

1 Tasse Wassermelone, in Stücke geschnitten (oder genug, um Ihren Korb zu füllen) Füllen Sie die Brüheinheit Flasche mit Wasser. Infuse 2-4 Stunden in den Kühlschrank stellen.

Kann nach der Infusion der Wassermelone essen.

\* Tipp: Kann 1/8 Teelöffel aus hochwertigem Meersalz hinzufügen (Himalaya oder Toten Meer würde große Auswahl sein). Dies wird helfen, Elektrolyte und Mineralien während des Trainings zu ergänzen!

## **Organischen grünen Tee und Zitrus COOLER**

1/3 Zitrone, in 1-Zoll Würfel geschnitten

1/3 Grapefruit, in 1 1/2-Zoll-Stücke geschnitten

1 Teelöffel Besoldungsgruppe A Ahornsirup

1 Beutel organischen grünen Tee, Faden und Etikett entfernt

In den leeren Infusionsflasche, fügen Sie den Ahornsirup und 1/2 Tasse Wasser. Rühren Sie sich gut zu vermischen. Fügen Sie den Teebeutel auf die Mischung und lassen Sie den Tee zu steil bei Raumtemperatur für 2-3 Stunden. Entfernen Sie den Teebeutel. Die

Frucht Schicht in den Korb und packen Sie es auch. Füllen Sie die Brüheinheit mit Wasser. In der Frucht gefüllten Korb.

Infuse 2-4 Stunden in den Kühlschrank stellen. Dieses Wasser kann bis zu 2 Tage im Kühlschrank aufbewahrt werden.

### **ANANAS GRAPEADE**

12 rote Trauben, längs halbieren

2 Keile Ananas, etwa 3-4 Zoll lang

Füllen Sie die Brüheinheit Flasche mit Wasser. Schicht die Trauben und Ananas in den Korb, und fügen Sie den Korb an der Flasche. Die Infusion bis zu 8 Stunden in den Kühlschrank stellen. Sie können die Trauben nach der Infusion zu essen.

### **MANGO MINT WASSER**

7-8 kleine Minze, in der Mitte zerrissen

½ Mango, geschält und gewürfelt

Füllen Sie die Brüheinheit Flasche mit Wasser zuerst. Fügen Sie die Früchte in den Korb und unteren in das Wasser. Infuse für 3-4 Stunden bei Raumtemperatur oder für 12 Stunden in den Kühlschrank stellen. Sie können die Mangos nach der Infusion zu essen.

### **KICKIN GURKEN-Minze-Cooler**

3 "einer Gurke, in Scheiben geschnitten

½ jalapeno, ausgesät und längs halbieren (weniger verwenden, wenn es zu scharf ist) 1 Zweig Minze

Benutzen Sie kaltes Wasser !! Fügen Sie das Wasser in die Brüheinheit ersten. Infuse für 4-24

Stunden in den Kühlschrank stellen. Je länger die Mischung verleiht, desto intensiver ist der Geschmack zu sein.

### **SPICY STRAWBERRY SIPPER**

3 Erdbeeren, halbiert

¼ - ½ jalapeno, entkernt und längs halbieren

Füllen Sie die Brüheinheit Flasche mit kaltem Wasser. In Obst und Paprika in den Warenkorb und fügen Sie die Brüheinheit. Die Infusion in den Kühlschrank für 3-12 Stunden. Je länger es verleiht, desto intensiver ist das Aroma.

### **Mandarine und BASIL TEA**

3 Mandarinen, geschält und halbiert

4 Blätter Basilikum, zerrissen

1 Bio-schwarz-Teebeutel

Füllen Sie die Brüheinheit mit Wasser. Alle Zutaten in den Korb und ziehen lassen für 2-3

Stunden bei Raumtemperatur.

### **TANGERINE HIBISCUS COOLER**

3 Mandarinen, geschält und halbiert

1 Esslöffel Hibiskusblüten

Füllen Sie die Brüheinheit mit Wasser zuerst. Legen Sie die Tangerinen und Hibiskus-Blumen in den Korb. Infuse im Kühlschrank 3-5 Stunden. Der Stamm vor dem Servieren.

### **Mandarine und SWEET Zitronenwasser**

2 Meyer Zitronen, mit Enden entfernt und in Scheiben geschnitten

4 Mandarinen, geschält und halbiert

Fügen Sie Wasser in die Brüheinheit ersten. Packen Sie die Früchte in den Korb und setzen Sie sie in das Wasser. Infuse für 2-6 Stunden bei Raumtemperatur.

\* Wenn der Geschmack ist zu scharf, fügen Sie einen Teelöffel Besoldungsgruppe A Ahornsirup oder Honig zum Süßen

### **STRAWBERRY LEMON COOLER**

3-4 Erdbeeren, halbiert

1/3 bis 1/2 Zitrone, geschält und in Scheiben geschnitten

Fügen Sie das Wasser in die Brüheinheit. Die Frucht Schicht in den Korb und ziehen lassen für 4

Stunden bei Raumtemperatur.

### **Glühwein SIPPER**

1/4 Red Delicious und Gala Apfel, in dünne Scheiben geschnitten

1 Zimtstange

In kaltem Wasser, um die Brüheinheit Flasche. Fügen Sie den Früchten und Zimt auf den Korb und ziehen lassen für 4-24 Stunden in den Kühlschrank stellen.

\* Wenn Sie einen herben Geschmack bevorzugen, verwenden Sie Braeburn oder Granny Smith Äpfel. Auch wenn das Wasser 2/3 der Weg nach unten (leer), füllen Sie es wieder mit kaltem Wasser. Die zweite Charge wird über so gut wie der erste!

### **HERBAL SPA WATER**

3 Blätter Basilikum, zerrissen

1 kleiner Zweig Rosmarin (oder weniger, wenn der Rosmarin ist zu übermächtig) 2 Zweige Dill

04 bis 05 Januar "Blattzitroneverbene, zerrissen

Wasser hinzufügen Die Brüheinheit Flasche. Legen Sie die Kräuter in den Korb ziehen lassen und für 6 Stunden oder mehr in den Kühlschrank. Stamm vor dem Servieren, wenn irgendwelche Blätter im Wasser schwimmenden.

### **KIEFER-ORANGE COOLER**

¼ Orange, geschält und geschnitten

2 Keile Ananas (ca. 1 "dick), in Stücke geschnitten

Fügen Sie Wasser in die Brüheinheit ersten. Fügen Sie die Früchte in den Korb ziehen lassen und im Kühlschrank für 2 Stunden.

\* Nach der Hälfte des Wassers verschwunden ist, können Sie die Brüheinheit Flasche wieder zu füllen. Sie können die Früchte für 3 Minuten auf halber Strecke zu verwenden, um die Verwendung Ihrer Obst in der Rezeptur zu dehnen.

### **MINTY PINEAPPLE REFRESHER**

6-8 Minzblätter, zerrissen

2 Keile Ananas, in Stücke geschnitten

Fügen Sie Wasser in die Brüheinheit. Mischen Sie die Ananas und Minze in den Korb und ziehen lassen für 8 Stunden in den Kühlschrank stellen. Der Stamm vor dem Servieren.

### **LIME RAZZMATAZZ**

8-10 Himbeeren, mit muddler zerkleinert oder von Hand zerkleinert

1 kleine Kalk, geschält und geschnitten

Fügen Sie Wasser in die Brüheinheit ersten. Schicht die Kalk und Himbeeren in den Korb. Die Infusion bei Raumtemperatur für 1-12 Stunden. Der Stamm vor dem Servieren.

### **DILLY CUCUMBER MINT COOLER**

1/3 Gurke, geschält und geschnitten

½ - 1 Zweig Dill

2-3 Minzblätter, zerrissen

Fügen Sie Wasser in die Brüheinheit. Schicht die Zutaten in den Korb und ziehen lassen 6

Stunden oder über Nacht in den Kühlschrank stellen.

\* Dill ist sehr stark. Sie haben zu experimentieren, um die Menge, die Ihrem Geschmack entspricht.

### **KORIANDER WATERMELON COOLER**

4 Stücke Wassermelone

5-6 Blätter Koriander (Koriander), in der Mitte zerrissen

Füllen Sie die Flasche mit Wasser. Fügen Sie das Obst und Kräuter in den Korb und ziehen lassen für 2-4 Stunden in den Kühlschrank stellen. Der Stamm vor dem Servieren. Reinfusion nicht dieses Rezept.

### **SAGE Honigtau SIPPER**

5 Stücke Honigtau

4 Blätter Salbei, zerrissen



Füllen Sie die Flasche mit Wasser zuerst. Fügen Sie die Melone und Salbei in den Korb ziehen lassen und bei Raumtemperatur für 1 Stunde (sehr schnell!). In Eis und lassen im Kühlschrank sitzen für 4 Stunden. Der Stamm vor dem Servieren.

### **LEMON COOLER**

½ Zitrone, in Scheiben geschnitten (wenn zu sauer, zu reduzieren, um ein paar Scheiben) Füllen Sie die Flasche mit Wasser. Fügen Sie die Zitronen und ziehen lassen für 1-2 Stunden in den Kühlschrank stellen. Wenn es zu bitter ist, schälen Zitronen, bevor die Infusion.

### **JUST IN Thyme for PINEAPPLE**

2 Keile Ananas, 1 "dick und in große Stücke geschnitten

5 Zweige frischer Thymian, zerrissen

Füllen Sie die Brüheinheit mit Wasser. Schicht den Thymian und Ananas und ziehen lassen im Kühlschrank für 24 Stunden. Der Stamm vor dem Servieren.

### **ORANGE, Starfruit, und Hibiskus TEA**

1 Beutel (oder 1 Teelöffel) losen Tee Hibiskus, Faden und Etikett entfernt 3 Scheiben Orange

4 Scheiben Starfruit

Füllen Sie die Brüheinheit Flasche mit Wasser. Die Frucht Schicht in den Korb und ziehen lassen für 4-12 Stunden in den Kühlschrank stellen. Belasten, wenn Sie lose Teeblätter zu verwenden.

### **CITRUS BLACKBERRY BREW**

10 Brombeeren, verworrene oder leicht von Hand zerkleinert

3 Scheiben Kalk

2 Scheiben Orange

Füllen Sie die Brüheinheit Flasche mit Wasser zuerst. Schicht die Früchte in den Korb und ziehen lassen im Kühlschrank 4-8 Stunden. Der Stamm vor dem Servieren.

### **MINTY BLACKBERRY WASSER**

10 Brombeeren, zerkleinert

10 Minze, in der Mitte zerrissen

Füllen Sie die Brüheinheit mit Wasser. Fügen Sie die Brombeeren und Minze in den Korb ziehen lassen und für 5-10 Minuten bei Raumtemperatur (sehr schnell!). Der Stamm vor dem Servieren.

\* Wenn Sie möchten, um mehr Zeit mitbringen, für einen Erwachsenen Party Punsch, ziehen lassen Sie die Mischung für 4 Stunden. Strain die Mischung. Es wird sehr stark sein. Verwenden Sie es als Sirup, um den Geschmack Wodka!

### **STERNEN STRAWBERRY SIPPER**

1 große Erdbeere, in Scheiben geschnitten

3 Scheiben Starfruit

Fügen Sie Wasser in die Infusionsflasche ersten. Legen Sie die Früchte in den Korb ziehen lassen und in den Kühlschrank für 4-24 Stunden.

### **CITRUS Heidelbeere und BASIL COOLER**

5-7 Blaubeeren, leicht zerquetscht

1 Scheibe Orange

2-3 Basilikumblätter, zerrissen

Nach dem Befüllen der Infusionsflasche mit Wasser, die Schicht, die Früchte und Basilikum im Korb. Infuse für 4-12 Stunden bei Raumtemperatur. Wenn es Bits Heidelbeeren schwebend, dann vor dem Servieren belasten.

Süße und scharfe COOLER

1/3 bis 1/2 Zitrone, geschält und geschnitten

2 Erdbeeren, halbiert

Füllen Sie die Brüheinheit Flasche mit Wasser. Füllen Sie die Brüheinheit Korb mit Obst und Infusion für 4+ Stunden in den Kühlschrank stellen.

### **CITRUS BERRY CHAMOMILE CHILLER**

1 Beutel Kamillentee, Faden und Etikett entfernt

1 Erdbeere, in zwei Hälften geschnitten

1/2 Scheibe Orange, halbiert

Füllen Sie die Brüheinheit Flasche mit Wasser. Geben Sie alle Zutaten in die Brüheinheit Korb und ziehen lassen für 1-4 Stunden in den Kühlschrank stellen. Wenn Sie länger als 4 Stunden ziehen lassen möchten, entfernen Sie den Teebeutel oder der Kamille wird die Frucht zu überwältigen.

### **GURKE REFRESHER**

1/3 einer kleinen Gurken, in dünne Scheiben geschnitten

Fügen Sie Wasser in die Infusionsflasche. Legen Sie alle Gurkenscheiben in den Korb ziehen lassen und bis zu 12 Stunden in den Kühlschrank stellen.

\* Sie können die Rinde auf der Gurke zu verlassen: es wird nicht machen das Getränk bitter. Nur sicher sein, um es gründlich zu

waschen (oder verwenden Sie Bio!) Vor dem Schneiden.

## **BLUEBERRY CITRUS COOLER**

8-10 Blaubeeren, leicht mooshed

2 Scheiben Orange

1 Scheibe Zitrone

Füllen Sie die Brüheinheit Flasche mit Wasser. Schicht die Früchte in den Korb und ziehen lassen für 4-8 Stunden in den Kühlschrank stellen, bis zu 24 Stunden. Stamm vor dem Servieren, wenn nötig.

\* Wenn das Getränk ist zu bitter, entfernen Sie die Rinde von der Zitrone. Wenn das Getränk ist zu sauer, verwenden Sie nur ½ Scheibe geschälte Zitrone.

## **Raspberry Tea**

1 Beutel schwarzer Tee, Faden und Etikett entfernt

7 Himbeeren, durcheinander (oder gemahlen)

Füllen Sie die Brüheinheit Flasche mit Wasser. Setzen Sie den Teebeutel und die Himbeeren in den Korb und ziehen lassen bei Raumtemperatur für 2-4 Stunden oder 12-24 Stunden in den Kühlschrank stellen. Der Stamm vor dem Servieren.

## **HERBAL MINT WASSER**

4 "Stück Zitronengras, halbiert

8 Minze, zerrissen

Nach dem Befüllen der Infusionsflasche mit Wasser, legen Sie die Kräuter in den Korb und ziehen lassen im Kühlschrank für 24 Stunden. Der Stamm vor dem Servieren.

## **BASIL ORANGE SUNSHINE**

2 Scheiben Orange

6 Blätter Basilikum, zerrissen

Füllen Sie die Flasche mit Wasser zuerst. Fügen Sie den orangefarbenen und Basilikum in den Korb. Die Infusion bei Raumtemperatur für 30 Minuten (sehr schnell!) Oder Infusion für bis zu 2

Stunden in den Kühlschrank stellen.

## **LEMON POMPOM**

25-30 Granatapfelkernen, leicht durcheinander

2 Scheiben Zitrone

Füllen Sie die Brüheinheit Flasche mit Wasser zuerst. Fügen Sie die Samen und die Zitrone in den Korb. Infuse für 4 Stunden in den Kühlschrank stellen und Dehnung vor dem Servieren.

## **LEMONBERRY COOLER**

10 Himbeeren, zerkleinert

2-3 Scheiben Zitrone, je nach Geschmack

Nach dem Befüllen der Infusionsflasche mit Wasser, legen Sie die Zitrone und Himbeeren in der Brüheinheit Korb. Infundieren für 1 Stunde bei Raumtemperatur oder bis zu 3 Stunden in den Kühlschrank. Der Stamm vor dem Servieren.

## **ULTIMATE ICY MINT WASSER**

10 Minze, zerrissen

8-10 Pfefferminzblätter, zerrissen

Füllen Sie die Brüheinheit Flasche mit Wasser. Fügen Sie alle Münzstätten zum Korb ziehen lassen und für 1 Stunde bei Raumtemperatur. Strain und servieren es auf Eis.

### **LI-MON COOLER**

2 Scheiben Kalk, geschält

2 Scheiben Zitrone, geschält

Fügen Sie das Wasser in die Infusionsflasche ersten. Fügen Sie das Obst und ziehen lassen bis zu 24 Stunden in den Kühlschrank stellen.

### **Kräuter CUCUMBER WASSER**

5 Scheiben Gurke

2 Stück Fenchel Tops

1 Zweig Rosmarin

Füllen Sie die Brüheinheit Flasche mit Wasser. Schicht die Zutaten in den Korb und ziehen lassen bis zu 24 Stunden in den Kühlschrank stellen.

\* Dieses Wasser hat eine überraschend sehr milden Geschmack, ähnlich wie ein helles Quellwasser.

### **MINTY RASPBERRY WASSER**

5-7 Himbeeren, zerkleinert

6-8 Minzblätter, zerrissen

Füllen Sie die Brüheinheit Flasche mit Wasser. Fügen Sie die Himbeeren und Minze zum Korb ziehen lassen und 4 Stunden lang über Nacht in den Kühlschrank stellen. Der Stamm vor dem Servieren.

## **Lemony ROSMARIN REFRESHER**

1 kleine Zitrone, geschält und in Drittel

1 Zweig Rosmarin

Nach dem Befüllen der Infusionsflasche mit Wasser, fügen Sie die Zitrone und Rosmarin auf die Brüheinheit Korb und Infusion von 2 Stunden bis über Nacht in den Kühlschrank stellen.

## **CARIBBEAN COOLER**

1 Keil Ananas, 1 "dick

2 Scheiben Orange

¼ Mango, in Stücke geschnitten

1 Beutel (oder 1 Teelöffel) Hibiskus-Tee, mit Faden und Etikett entfernt Füllen Sie die Brüheinheit Flasche mit Wasser. Schicht, die Früchte und Tee in der Tee-Ei-Korb.

Die Infusion in den Kühlschrank für 12-24 Stunden. Stamm, wenn mit losen Teeblättern.

## **Geprägt FENNEL WASSER**

5 "Scheibe Fenchelknolle

6 Blätter Minze, zerrissen

Nach dem Befüllen der Infusionsflasche mit Wasser, fügen Sie den Fenchel und Minze in den Korb. Infuse 4-6 Stunden in den Kühlschrank stellen. Belasten, bevor Sie.

## **TANGY MELONE WASSER**

2 Scheiben Wassermelone, 1 "dick und 1" x 4 "Lang

1 Beutel (oder 1 Teelöffel) Hibiskus-Tee, mit Faden und Etikett entfernt  
Füllen Sie die Brüheinheit Flasche mit Wasser. Fügen Sie die Wassermelone und Tee, um den Korb und ziehen lassen für 1-4 Stunden in den Kühlschrank stellen. Stamm, wenn mit losen Teeblättern.

### **GURKE-LEMON "Beginnen Sie Ihren Tag" WATER**

3 Scheiben Gurke

2 Scheiben Zitrone

Nach dem Befüllen der Infusionsflasche mit Wasser, fügen Sie die Gurke und Zitrone auf den Korb. Infuse für 4-12 Stunden bei Raumtemperatur.

### **GINGER-Lemon Detox WASSER**

½ Zitrone, geschält und geschnitten

1 "Stück rohe Ingwerwurzel, geschält

Füllen Sie die Brüheinheit Flasche mit Wasser. Schicht Zitrone und Ingwer in den Korb und ziehen lassen 4 Stunden bis über Nacht in den Kühlschrank stellen.

### **BASIL-ERDBEERE COOLER**

4-5 kleine Erdbeeren, längs halbiert

3 Basilikumblätter, zerrissen

Füllen Sie die Brüheinheit Flasche mit Wasser. Fügen Sie die Erdbeeren und Basilikum zum Korb ziehen lassen und über Nacht in den Kühlschrank stellen.

### **Intensive Sonneneinstrahlung**

3 Scheiben Orange



3 Scheibe Zitrone

Nach dem Befüllen der Flasche mit Wasser, Schicht die Früchte in den Korb und ziehen lassen für 2 Stunden in den Kühlschrank stellen.

### **MELON ZUM MAXX**

3 Stücke Honigtau

2 Stücke Melone

4-5 Minzblätter, zerrissen

Nach Zugabe von Wasser zu der Brüheinheit Flasche ersten schichten Melonen und Minze in der Brüheinheit Korb. Infundieren bei Raumtemperatur für 1-3 Stunden. Der Stamm vor dem Servieren.

### **CHERRY Limeade**

6 Kirschen, halbiert

3 Scheiben Kalk

Füllen Sie die Brüheinheit Flasche mit Wasser. Fügen Sie die Früchte in den Korb und ziehen lassen für 4-8 Stunden in den Kühlschrank stellen.

### **GEORGIA ERFÜLLT DIE BAHAMAS**

½ Pfirsich, geviertelt

½ Mango, geviertelt

Füllen Sie die Brüheinheit Flasche mit Wasser. Fügen Sie das Obst und ziehen lassen 1-3

Stunden bei Raumtemperatur.

## **BRAZILIAN BREEZE**

3 Scheiben Orange

½ Passionsfrucht, Fruchtfleisch und Samen aus dem Halb

Nach dem Befüllen der Infusionsflasche mit Wasser, fügen Sie die Orangen und die Passionsfruchtfleisch und Samen in den Korb. Infuse für 2 Stunden in den Kühlschrank stellen.

Der Stamm vor dem Servieren.

## **Pfirsich Melba SIPPER**

½ Pfirsich, geviertelt

½ bis 1 Zimtstange

½ Vanilleschote, in Scheiben geschnitten in Längs

Füllen Sie die Brüheinheit Flasche mit Wasser. Fügen Sie die Zutaten in den Korb und ziehen lassen bei Raumtemperatur für 1-3 Stunden oder über Nacht in den Kühlschrank stellen. Der Stamm vor dem Servieren.

## **ERDIGER BLACKBERRY ROSE COOLER**

5-7 Brombeeren, zerkleinert

1 TL Rosenblättern

½ Vanilleschote, in Scheiben geschnitten in Längs

Nach dem Befüllen der Flasche mit Wasser, fügen Sie die Beeren und Gewürzen in die Brüheinheit Korb. Infuse für 4 Stunden bei Raumtemperatur oder über Nacht ziehen lassen im Kühlschrank. Der Stamm vor dem Servieren.

## **ORANGE DREAMCICLE WATER mit einem Twist**

3 Scheiben Orange

½ Vanilleschote, in Scheiben geschnitten in Längs

4-5 Kardamomsamen

Füllen Sie die Flasche mit Wasser. Fügen Sie die Zutaten in den Korb und ziehen lassen für 2

Stunden in den Kühlschrank stellen. Stamm, falls erforderlich.

### **Thyme for LEMON**

2 Scheiben Zitrone

1 Zweig Thymian

Nach Zugabe von Wasser zu der Brüheinheit Flasche, legen Sie die Zitronen-Thymian in den Korb. Infuse für 2-12 Stunden in den Kühlschrank stellen.

### **Star-Spangled SIPPER**

3 Erdbeeren, halbiert

4-5 Blaubeeren, zerdrückt

Füllen Sie die Brüheinheit Flasche mit Wasser. Fügen Sie die Beeren in den Korb und ziehen lassen für 3-4 Stunden in den Kühlschrank stellen. Der Stamm vor dem Servieren. Fügen Sie ein paar frischen Blaubeeren und Erdbeeren. Eis hinzufügen, um die roten, weißen und blauen Thema abzuschließen. Sofort servieren.

### **TANGERINE und Sternanis QUENCHER**

3 Mandarinen (oder Mandarinen), halbiert

3-4 Sternanis pods

Nach dem Befüllen der Infusionsflasche mit Wasser, fügen Sie die Frucht und Anis in den Korb.

Infuse über Nacht in den Kühlschrank stellen.

**Kiwi-Erdbeere KOOLER**

3 Erdbeeren, halbiert

½ kiwi, in Scheiben geschnitten

Füllen Sie die Brüheinheit Flasche mit Wasser. Fügen Sie das Obst und ziehen lassen über Nacht in den Kühlschrank stellen.

**PURPLE Pep PUNCH**

5-7 Brombeeren, zerkleinert

6-7 Blaubeeren, leicht zerdrückt

1 Teelöffel Bio-Lavendelblüten

Fügen Sie Wasser in die Infusionsflasche ersten. Dann fügen Sie alle Beeren und Lavendel auf den Korb. Die Infusion von 4 Stunden bis über Nacht in den Kühlschrank stellen. Der Stamm vor dem Servieren.

**Alkoholische Rezepte Gerade für Spaß!**

**HIMBEERE BASIL GIN**

8-10 Himbeeren, zerkleinert

3 Basilikumblätter, zerrissen

Füllen Sie die Brüheinheit Flasche mit Gin. Fügen Sie die Himbeeren und Basilikum, um den Korb und Infusion von 4 Stunden bis über Nacht in den Kühlschrank stellen. Stamm, bevor über Eis serviert.

## **MANGO LIME VODKA**

½ Mango, in Stücke geschnitten

1/3 Limette, in Scheiben schneiden

Füllen Sie die Brühflasche mit Wodka. Fügen Sie die Früchte in den Korb ziehen lassen und 4 bis 12 Stunden in den Kühlschrank stellen.

### **Kapitel 5:**

#### **Ressourcen**

Dieses Kapitel gibt Ihnen eine Vorstellung davon, wo man einige der in den Rezepten aufgeführten Bestandteile zu lokalisieren. In einigen Fällen, frisch und lokal wird Ihre beste Wette. In anderen Fällen wird die Bestellung von einem Online-Händler kann sein, was Sie brauchen. In einem Fall, empfehle ich nicht, aber ich werde, dass in nur einer Minute erklären.

Für frisches Obst und Gemüse, würde ich empfehlen die Verwendung Ihrem lokalen Supermarkt für ihre Bio-Produkte oder besuchen Sie einen lokalen Bauernmarkt, aber stellen Sie sicher, dass die Erzeugnisse Bio: Sie werden mit Hilfe der Peelings, Skins und Rinden einiger Obst und Gemüse, so dass Sie nicht wollen, Pestiziden, Düngemitteln oder anderen fiesen Chemikalien auf Ihre Produkte! Ich sage dies mit einem Wort der Vorsicht: nichts geht homegrown.

Das bringt mich zu den Kräutern. Ich bin fest davon überzeugt, in wachsenden, was ich kann.

Aber wie viele von euch, ich habe nicht den Raum oder Zeit für eine volle Gemüsegarten und tropische Früchte nicht in meinem Bereich wachsen. Allerdings wachsen Topfkräutern schön in einem Fensterbrett und kann leicht als 100% biologisch angebaut werden. Gemessen an der Nährwert hinzugefügt von Kräutern, kann ein paar

Fenster Kräuterkästen eine sehr lohnende Ausgaben. Bitte beachten Sie jedoch. Mints aller Art sind sehr invasiv und wird alles mit ihr vergossen zu überholen. Ich empfehle wachsenden Minze in einem eigenen Container. Im Sommer, nach jeder Bedrohung durch Frost, legen Sie die Minze außerhalb Ihrer Fenster und Türen zu Hause sehr unfreundlich, um Spinnen und andere Insekten zu machen: das Menthol schreckt sie den Zugang verwehren.

Wenn Sie einen weiteren Grund brauchen, um in Ihrem Lebensmittelhändler, Bauernmarkt zu kaufen, oder eine eigene wachsen, Blick auf die Kosten. Ein Paket von Samen pro Paket kostet nur \$ 0.05 /, und Sie Blumenerde und Töpfen brauchen würde. Kräuterpflanzen kann ziemlich billig aus Kindergärten, einige Supermärkte, Läden wie Lowes und Home Depot gekauft werden, und werden ein paar Dollar für die Anlagen laufen. Ja, es ist ein Aufwand, und Sie müssen, um mit ihnen viel Aufhebens. Aber ich war faul vor kurzem und wollte nicht, dass meine eigenen Basilikum in diesem Jahr wachsen. Ich wollte, um einen Online-Händler für Bio-Basilikum

finden. Ich fand eine einfache, aber war erstaunt über den Preis. Für 1-lb von Bio-Basilikum, wurde dieser Online-Händler Lade \$ 61 !! Ich weiß, dass ich konnte nicht essen, ein Pfund von Basilikum, bevor es verrottet, so dass selbst wenn der Preis war nicht unverschämt, wäre es nicht eine gute Investition sein. Aber das Preis für das Basilikum nicht enthalten Versand ... und nach Zahlung von \$ 61 / lb aus Basilikum, wäre ich sicherlich nicht glücklich sein, wenn er kam im Geringsten verwelkt! Ich kaufte meine Basilikum Pflanzen von der Farm in der Nähe von meinem Haus und ich bin wachsenden einen schönen Topf in meiner Küche. Wir alle leben und zu lernen.

Für einige Zutaten, wie ich schon sagte, ist es durchaus sinnvoll und kosteneffizient zu einem Online-Händler für Dinge wie Tees und Gewürzen zu gehen. Hier ist eine Liste von seriösen Websites, die organische botanicals, Tees und Gewürze zu verkaufen:

Mountain Rose KRÄUTER

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

Dieser Händler vertreibt Bio-und Bulk Kräuter, Gewürze und Salze; sie eindeutig ihre Produkte zu kennzeichnen, so dass Sie genau wissen, was Sie bekommen. Sie haben auch Bilder für ihre Produkte und unterschiedlich großen Paketen (auf Bestellung 2 Unzen anstelle von einem Pfund, zum Beispiel)

Der Tee SPOT

[www.theteapot.com](http://www.theteapot.com)

Dieser Händler in organischen Kräutertees spezialisiert

STARWEST BOTANICALS

[www.starwest-botanicals.com](http://www.starwest-botanicals.com)

Spezialisiert sich auf Groß losen Blatt und eingesackt Tees und Gewürze; Bio-Auswahl SPICELY

[www.spicely.com](http://www.spicely.com)

Dieser Händler ist ein Full-Service-organische Gewürze und Tee-Händler Was ist, wenn Sie etwas, das ein wenig schwerer zu finden, ist möchten? Oder Sie nicht wollen, um online zu kaufen? Welche Möglichkeiten haben Sie neben Ihrem Lebensmittelgeschäft und Bauernmärkte? Es gibt viele Naturkostläden, die Dinge wie organische Zimtstangen und Hibiskus-Tee zu verkaufen. I aufgeführten zwei Standorten, nicht einschließlich Naturkostläden, die Sie besuchen können. Beide verfügen über Websites, aber sie mehr auf ihren Einzelhandelsgeschäften in den Vereinigten Staaten verstreut ausgerichtet sind. Um den Speicher Nähe zu finden, können Sie Store Locator-Funktion der Website zu nutzen.

Whole Foods Market

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

Einzelhandelsgeschäft, die vollständig organisch und nachhaltig bewirtschafteten Lebensmitteln verkauft; physikalischen Speicher in den meisten Staaten

Trader Joes

[www.traderjoes.com](http://www.traderjoes.com)

Dieser Speicher verkauft eine Vielzahl von Bio-Produkte und werden auch in den Vereinigten Staaten verstreut.

## **Abschluss**

Nach der Lektüre dieses Buches und zu versuchen, die Rezepte, können Sie den Weg zu einer besseren Gesundheit begonnen haben. Sobald unsere Körperchemie wieder hergestellt wird, beginnend mit der richtigen Wasserkonzentration, können wir beginnen, viele der Beschwerden, die uns täglich plagen umzukehren. Wir können Licht auf die Bedeutung der richtigen Wasser-und Elektrolythaushalts zu vergießen.

Wenn Sie das Buch gelesen haben und nicht sicher sind, ob Sie die Rezepte ausprobieren möchten, bitte ich Sie, um sie auszuprobieren. Gehen Sie aus Ihrem Komfort-Zone und stellen eines der Rezepte. Sie haben nichts zu verlieren, außer Durst. Und schauen, was Sie gewinnen!

Fast jeder Bestandteil in den Rezepten ist mit Vitaminen, Mineralien, Antioxidantien und andere Nährstoffe in Formen, die unser Körper ohne weiteres verwenden können, geladen. Wir können viele Krankheiten durch Trinkwasser, ja zu stoppen, aber Wasser ist langweilig und blah. Spice it up! Wagen, kühn zu sein! Schüren, dass Gebräu Sie im Hinterkopf zu haben! Man weiß nie! Es ist vielleicht das Beste, was Sie jemals getrunken werden!

Aber im Ernst, ist dieses Buch nur ein Anfang. Ja, das ist Dehydratation ein wichtiges Thema bei den meisten Menschen, ob sie es wissen oder nicht, und ja, dieses Buch können Sie



Möglichkeiten, um Geschmack und Nährstoffe, um Ihr Wasser hinzuzufügen, um die jaberwocky der Austrocknung zu vereiteln zu zeigen. Es ist nur ein Schritt in die richtige Richtung. Ich weiß, dass, sobald ich begann, meine Wasser und Elektrolyten wieder auszugleichen, begann ich besser zu fühlen. Ich hatte mehr Energie und ich wollte aus dem Liegestuhl und gehen Sie etwas tun. Ich räumte mein Haus ... und das ist etwas!

Indem Sie die Liste der Zutaten und sogar tun Sie Ihre eigene Forschung, Ihnen einen Plan, um Früchte und Kräuter, die Ihr Körper genau das, was er braucht sind anfertigen können ..., wenn es sie braucht. Sie können diese Zutaten, die Sie bieten mehr Ernährungs für Ihr Geld, auf der Grundlage Ihrer eigenen Bedürfnisse und Vorlieben sind. Nicht jeder mag die gleichen Dinge, um sicher zu sein. Aber einige der Kombinationen könnte Ihnen andere Ideen. Sobald Sie Rehydratisieren Ihren Körper zu beginnen, wird Ihr Körper und Geist dich ... da viele der Nährstoffe in den Gewässern infundiert danken wird in irgendeiner Weise profitieren Ihr Gehirn.

Sie finden Sie den ganzen Tag haben bessere Speicher und mehr Energie, ohne auf eine Tasse Kaffee oder ein Soda, um Ihre Augen auseinander am Nachmittag Ruck zu erreichen. Sie werden besser schlafen, weil die Körperfunktionen wird das tun, was sie sollen, zu tun und Ihren Motor, so zu sprechen, wird wie ein Kätzchen schnurrt werden.

Auch wenn Sie nichts anderes in der Ernährung zu ändern, fügen Sie den Frucht angereichertes Wasser. Sie werden sehr froh, Sie haben. Und wenn man bedenkt, wie viel besser Sie sich fühlen, können Sie sich davon inspirieren zu anderen gesunden Lebensstil Änderungen vornehmen. Je mehr wir uns selbst helfen, desto besser werden wir sein. Ich bin fest davon überzeugt, in die heilende Kraft von Lebensmitteln und dieses Buch ist nur eine Facette in diesem Begriff. Ich glaube, dass die Menschen overmedicated und Gesundheitsprobleme sind nicht "geheilt", weil die Ärzte nicht die grundlegende Ursache für den Anfang zu verstehen. Sie behandeln die Symptome mit Medikamenten, die, sind zum größten Teil,

Giftstoffe in ihre eigenen Rechte. Je gesünder wir werden, desto weniger abhängig werden wir uns auf sein

"modernen Medizin." Wir wissen, unsere eigenen Körper, und wir wissen, wenn etwas ist einfach nicht richtig. Vielleicht brauchen Sie nur ein wenig mehr Wasser oder Vitamin C in Ihrer Ernährung? Essen gesünder wird ein neuer Anfang sein. Und wenn jeder würde es tun, ich wette, wir könnten Big Pharma aus dem Geschäft.

Immerhin erklärte Hippokrates vor fast 2400 Jahre, "Lass deine Nahrung sein Medizin und Medizin deine Nahrung sein." Friede sei mit euch und viel Glück auf Ihrer Reise zu einer besseren Gesundheit zu sein!



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