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inside out

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Fruits &veggies of the
month

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- Herbs in My Kitchen:
reference guide for
everyday cooking.

- Joints Pain Relief



**ORANGE &
CANTALOUPE
JUICE**



**CELERY
JUICE**



**CHIA
PUDDING**



**CHIA
PUDDING**



**GRAPE
JUICE**

Eat well

Live Well

Be Well

HYDRATE YOUR SKIN FROM INSIDE OUT

Summer is around the corner and hopefully we will be able to go out and enjoy nice weather soon. As much we are ready our skin may not be. Hydration from inside out is the solution for tight and dry skin. In this issue, you will find fruits and veggies with the highest water content. Make delicious drinks, deserts, smoothies and salads.

Fruits & Veggies of the Month:

FRUITS & VEGETABLES WITH THE HIGHEST WATER CONTENT INCLUDE:



GOOD MORNING: a glass of freshly squeezed **celery** juice.

BREAKFAST: Chia pudding– soak chia overnight, add coconut milk, date and blend until you get a creamy texture, add fresh berries or banana

Chia seeds can absorb up to 10 times their weight in water and is a tasty solution to hydrate your body from inside out.

LUNCH: make sure your plate is colorful: add **carrots, cabbage and spinach** to your salad.

REFRESHING DRINKS: freshly squeeze **melon's juice, orange juice, grapes juice and cucumber juice.**

Cucumber juice: You can also keep it in the fridge and add to your water throughout the day.



RASPBERRY MOUSSE CAKE

Cake (base): 2 eggs, ½ cup of millet flour (you can use any gluten free flour), ½ cup of sugar, ¼ tsp baking powder
Beat eggs, add flour and sugar. Mix all ingredients until you get nice and smooth texture. Put in 8-inch round cake pan. Bake at 360 for 20-25 minutes. Set aside to cool.

Mousse: 60 oz raspberries, 5 teaspoons gelatin (2 packages of gelatin)
Blend all raspberries in the blender. Strain raspberry puree through the strainer to eliminate all seeds. You should have about 5 cups of puree. Dissolve gelatin in ½ cup of hot water. Mix with raspberry puree and pour over the cake. Refrigerate until set, approximately 4 hours or overnight. Cake will keep up to 5 days refrigerated.

Blackberry sauce: 20 oz blackberries
Blend all blackberries in the blender. Strain blackberries puree through the strainer to eliminate all seeds. Transfer puree to small sauce pan, add about ¾ cup of sugar and cook on low heat until it gets a bit thicker, about 30–60 minutes. Stir frequently. Set aside to cool, and refrigerate.

Serve, pour sauce over the cake



*"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,
is knowing when to use it." —*

Daniel Gilbert

KEEP UP WITH RESOLUTIONS:

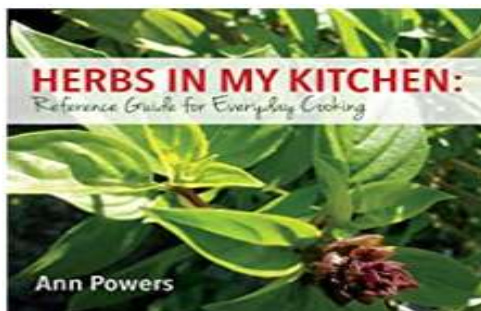
Fresh herbs, fruits and veggies make cooking easy, colorful and very tasty. Play with them and have fun.

"Herbs in My Kitchen" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

How and when to use herbs and spices? You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO side effects.**

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

