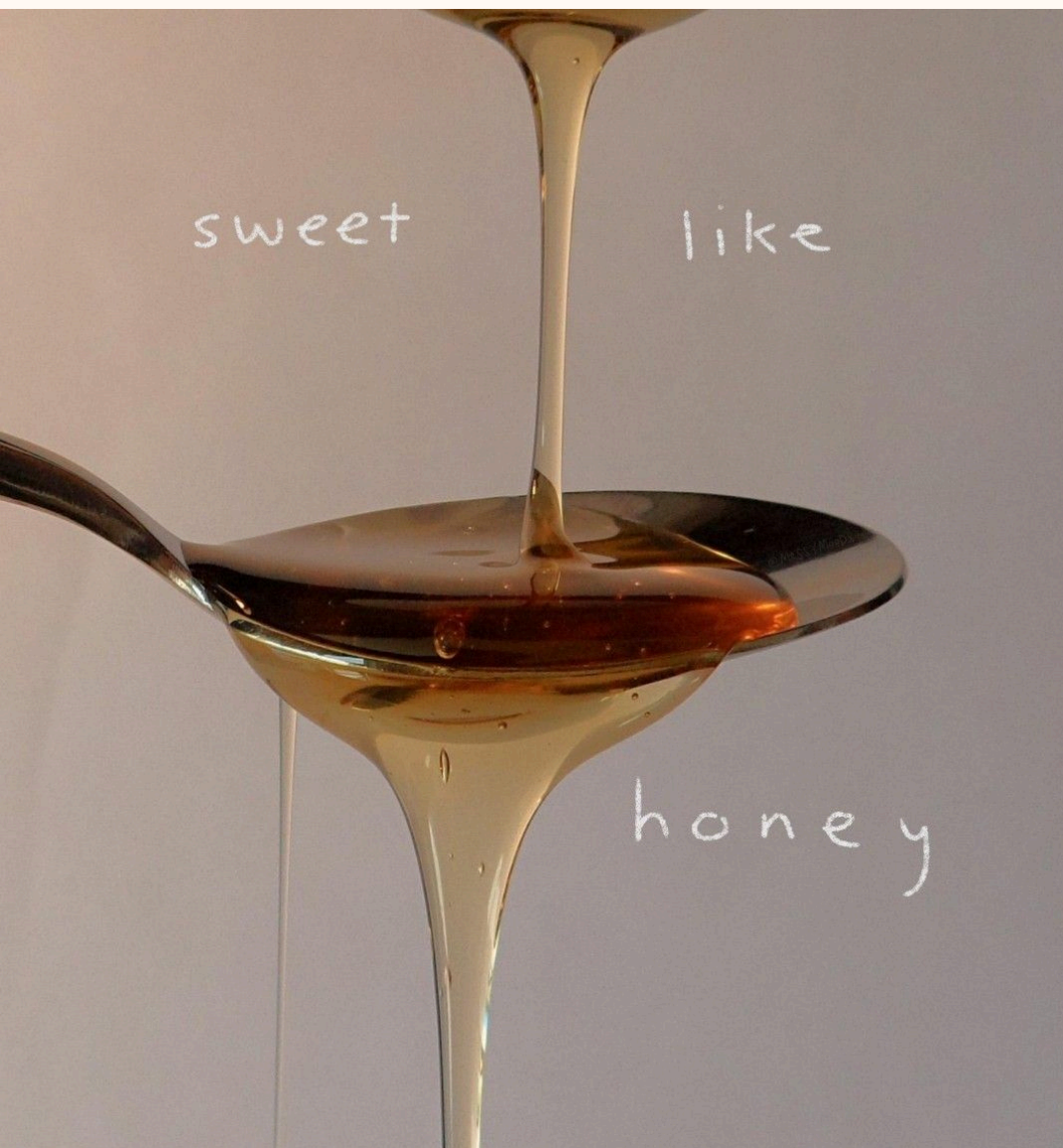


# SWEET Health



FUNCTIONAL DESSERTS FOR OPTIMAL HEALTH



Where pleasure & beauty meets health

**@JAKI.NATUROPATHY**

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# PERFECT Balls



## **INGREDIENTS**

10 CHOPPED MEDJOOOL DATES  
1 CUP CHOPPED & ROASTED MACADAMIA  
1 TSP VANILLA  
A PINCH OF SALT  
7 TBSP CASEIN PROTEIN POWDER  
6 TBSP COLLAGEN POWDER  
3 TBSP CACAO POWDER  
3 TBSP MACAMBO POWDER (WHITE CACAO)  
 $\frac{3}{4}$  CUP HEAVY CREAM  
1 TBSP GELATIN

## **INSTRUCTIONS**

- BLOOM THE GELATIN : ADD THE HEAVY CREAM TO A NON-TOXIC SAUCEPAN, LIKE THIS ONE : [XTREMA NON-TOX PAN](#). SPRINKLE 1 TBSP OF GELATIN EVENLY ON TOP. LET SIT FOR 5 MINUTES (COLD). AFTER THE GELATIN HAS BLOOMED, GENTLY WARM OVER LOW HEAT UNTIL SMOOTH AND CLUMP-FREE. DO NOT BOIL.
- ADD THE REMAINING INGREDIENTS TO A FOOD PROCESSOR. SLOWLY POUR IN THE BLOOMED GELATIN MIXTURE WHILE BLENDING.
- ROLL INTO BALLS WITH YOUR HANDS.
- REFRIGERATE OVERNIGHT TO FIRM.
- OPTIONAL FINISH: ROLL IN CHOPPED PISTACHIOS, DIP IN MELTED DARK CHOCOLATE, AND TOP WITH DRIED ROSE PETALS WHILE THE CHOCOLATE IS STILL WARM.

# REAL Ice cream



## **INGREDIENTS**

1½ CUPS HEAVY CREAM

1½ CUPS MILK

½ CUP HONEY OR MAPLE SYRUP

A PINCH OF SALT SALT

4 EGG YOLKS

1½ TSP VANILLA

## **INSTRUCTIONS**

**NOTE : FOR THIS RECIPE, I USED THE [KITCHENAID ICE CREAM MAKER ATTACHMENT](#), BUT OTHER TOOLS WORK TOO, LIKE THE NINJA CREAMI. JUST BE SURE TO FREEZE THE KITCHENAID BOWL FOR AT LEAST 24 HOURS BEFORE USING IT.**

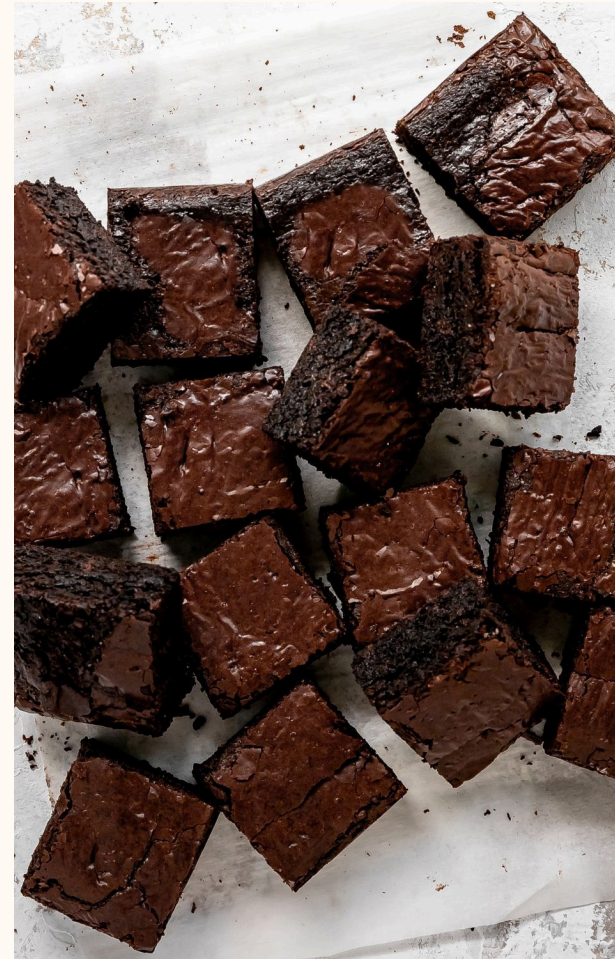
- IN A SAUCEPAN OVER LOW HEAT, COMBINE HEAVY CREAM, MILK, HONEY, SEA SALT, AND VANILLA. WHISK CONTINUOUSLY UNTIL SMOOTH AND WARM (DO NOT BOIL).
- IN A SEPARATE BOWL, WHISK THE EGG YOLKS.
- SLOWLY POUR THE WARM CREAM MIXTURE INTO THE YOLKS, WHISKING CONSTANTLY TO PREVENT COOKING.
- TRANSFER THE MIXTURE TO THE FRIDGE FOR AT LEAST 3 HOURS, IDEALLY OVERNIGHT.
- POUR THE CHILLED MIXTURE INTO THE FROZEN ICE CREAM BOWL AND CHURN FOR ABOUT 20 MINUTES UNTIL CREAMY AND SMOOTH.

# BEST brownies



## INGREDIENTS

1 COOKED & PEELED SWEET POTATO  
3 EGGS  
3–4 TBSP HONEY  
6 TBSP FLOUR  
6 TBSP RAW CACAO POWDER  
1 TSP BAKING SODA  
1 TSP VANILLA EXTRACT  
PINCH OF SEA SALT



## INSTRUCTIONS

- *PREHEAT YOUR OVEN TO 350°F.*
- *MIX ALL OF THE INGREDIENTS TOGETHER IN A BOWL UNTIL THERE ARE NO MORE CLUMPS.*
- *ADD THE BATTER TO A LINED BAKING DISH OR COCONUT OIL GREASED PLATE. BAKE FOR 35–40 MIN.*
- *THE BROWNIES SHOULD LOOK SLIGHTLY UNDERCOOKED WHEN YOU TAKE THEM OUT — THEY WILL FIRM UP AS THEY COOL.*

# FLUFFIEST frosting



## INGREDIENTS

14 EGG WHITES (ROOM TEMPERATURE)

$\frac{2}{3}$  CUP HONEY OR MAPLE SYRUP

$\frac{1}{4}$  CUP WATER

$\frac{1}{2}$  TSP FRESH LEMON JUICE

1-2 TSP VANILLA

1 TSP SALT



## INSTRUCTIONS

- WHIP THE EGG WHITES WITH THE LEMON JUICE UNTIL STIFF PEAKS FORM.
- IN A SAUCEPAN, BRING THE HONEY AND WATER TO A BOIL, THEN LET IT SIMMER FOR 5-8 MINUTES.
- WITH THE MIXER ON LOW, SLOWLY POUR THE HOT SYRUP INTO THE BOWL.
- ADD THE VANILLA AND SALT, THEN WHIP ON HIGH UNTIL VERY THICK, GLOSSY, AND FLUFFY.
- OPTIONAL: FOLD IN SOME LEMON ZEST.

SERVE WITH FRUIT, OR USE AS A HEALTHIER ALTERNATIVE TO CLASSIC CAKE FROSTING.

# HIGH PROTEIN Loaf



## **INGREDIENTS**

6 EGG WHITES

1 WHOLE EGG

1 CUP YOGURT OR RYAZHENKA

3 TBSP HONEY OR MAPLE SYRUP

2 TBSP MELTED COCONUT OIL

$\frac{3}{4}$  CUP ALL-PURPOSE FLOUR

1/2 CUP CASEIN PROTEIN POWDER

1/2 TBSP BAKING SODA

1/4 TBSP SALT

1/2 TBSP VANILLA

1/2 TBSP CINNAMON

Jaki Leontiev

## **INSTRUCTIONS**

- PREHEAT THE OVEN TO 325°F (160°C).
- WHISK THE EGG WHITES UNTIL WHITE AND FLUFFY. SET ASIDE
- IN A BOWL, WHISK TOGETHER THE YOGURT, WHOLE EGG, HONEY, MELTED COCONUT OIL, AND VANILLA.
- IN A SEPARATE BOWL, COMBINE THE FLOUR, CASEIN PROTEIN, BAKING SODA, SALT, AND CINNAMON.
- ADD THE WET INGREDIENTS TO THE DRY INGREDIENTS AND MIX UNTIL SMOOTH. GENTLY FOLD IN THE WHIPPED EGG WHITES, HALF AT A TIME.
- LIGHTLY GREASE A LOAF PAN WITH COCONUT OIL AND LINE IT WITH PARCHMENT PAPER. POUR IN THE BATTER AND SMOOTH THE TOP.
- BAKE FOR 45–55 MINUTES, UNTIL GOLDEN AND A SKEWER INSERTED IN THE CENTER COMES OUT ALMOST CLEAN.
- LET COOL IN THE PAN FOR 15–20 MINUTES. RUN A KNIFE AROUND THE EDGES, UNMOLD, AND LET COOL COMPLETELY BEFORE SLICING.

# GUT LOVING marshmallows



## **INGREDIENTS**

1 CUP WATER  
2 TBSP DRIED MARSHMALLOW ROOT  
¼ CUP GELATIN  
1 CUP HONEY  
½ TSP SALT  
½ TSP VANILLA  
COCONUT OIL



## **INSTRUCTIONS**

- **PHASE 1 (NIGHT BEFORE):** COMBINE THE MARSHMALLOW ROOT AND WATER IN A JAR. REFRIGERATE OVERNIGHT. THE NEXT DAY, STRAIN AND TOP UP WITH WATER IF NEEDED SO YOU HAVE 1 CUP TOTAL.
- **BLOOM THE GELATIN:** POUR HALF OF THE MARSHMALLOW ROOT INFUSION INTO THE BOWL OF A STAND MIXER. SPRINKLE THE GELATIN ON TOP AND LET SIT FOR 5 MINUTES.
- **MAKE THE SYRUP:** IN A SAUCEPAN, COMBINE THE REMAINING MARSHMALLOW ROOT INFUSION, HONEY, AND SALT. BRING TO A BOIL, STIRRING CONSTANTLY, FOR ABOUT 10 MINUTES TOTAL.
- **WHIP:** WITH THE MIXER ON LOW, SLOWLY DRIZZLE THE HOT SYRUP INTO THE BLOOMED GELATIN. ADD VANILLA, THEN WHIP ON HIGH UNTIL THICK AND STICKY.
- **GREASE A 9X13 PAN WITH COCONUT OIL.** TRANSFER THE MIXTURE RIGHT AWAY AND SMOOTH THE TOP.
- **REFRIGERATE FOR AT LEAST 30 MINUTES, OR OVERNIGHT, BEFORE CUTTING WITH A KNIFE OILED WITH COCONUT OIL.**

# PERFECT Bars



## **INGREDIENTS**

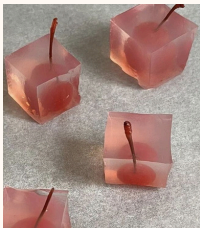
$\frac{3}{4}$  CUP MACADAMIA NUT BUTTER  
5 TBSP HONEY OR MAPLE SYRUP  
1 TSP VANILLA  
 $\frac{1}{4}$  TSP SALT  
10 SCOOPS CASEIN PROTEIN POWDER  
3 TBSP COLLAGEN  
3 TBSP PATAXTE POWDER

## **INSTRUCTIONS**

- MIX EVERYTHING TOGETHER (I LOVE USING KITCHEN AID'S STAND MIXER).
- TRANSFER THE MIXTURE TO YOUR FAVORITE DISH.
- USE A NON-TOXIC PARCHMENT PAPER, LIKE THIS ONE : [UNBLEACHED PARCHMENT](#), ON TOP OF THE MIXTURE, THEN PRESS IT DOWN WITH YOUR HANDS TO SPREAD IT OUT EVENLY.
- CUT INTO SMALL RECTANGLES.
- LEAVE IT IN THE FREEZER OVERNIGHT.
- NOTE: IF TOO DRY, ADD A BIT OF CREAM.



# GUMMIES series



## WHY I MAKE GUMMIES (AND WHY YOU SHOULD TOO)

THE RECIPES THAT FOLLOW ARE ALL IN GUMMY FORM — AND THERE'S A REAL REASON FOR THAT.

MOST OF US ARE QUIETLY DEFICIENT IN THE AMINO ACIDS FOUND IN COLLAGEN AND GELATIN. IN NATURE, WE WOULD HAVE GOTTEN THEM FROM THE CONNECTIVE TISSUES OF ANIMALS : SKIN, TENDONS, LIGAMENTS, CARTILAGE. THINK OXTAIL BROTHS, OSSO BUCCO, LAMB NECK SOUP, FISH HEAD SOUP, ASPIC, JELLIED MEATS. EVERYDAY FOODS FOR OUR GREAT-GRANDPARENTS. ALMOST NO ONE EATS THEM NOW.

THE GOOD NEWS: A QUALITY GELATIN (I LOVE GREAT LAKES WELLNESS) LETS YOU REBUILD THAT MISSING NOURISHMENT INTO SOMETHING DELICIOUS. HOMEMADE JAMS, COLD-PRESSED JUICE, HERBS, EDIBLE ESSENTIAL OILS, FRUIT PURÉES, STRONG TEA, COCONUT CREAM, NATURAL SWEETENERS — ANYTHING CAN GO IN. ;)



## WHY IT MATTERS



- IT CALMS THE NERVOUS SYSTEM. GLYCINE IS AN INHIBITORY NEUROTRANSMITTER — IT TELLS THE BRAIN TO SLOW DOWN. THAT'S WHY SOME PEOPLE TAKE IT FOR SLEEP.
- IT POWERS DETOX. GLYCINE IS A DIRECT PRECURSOR TO GLUTATHIONE, THE BODY'S MASTER ANTIOXIDANT.
- IT BUILDS AND REPAIRS. COLLAGEN, HEMOGLOBIN, CREATINE — ALL DEPEND ON GLYCINE. IT'S ALSO WHY THE BEST-ABSORBED MAGNESIUM IS MAGNESIUM GLYCINATE: GLYCINE CARRIES THE MINERAL INTO YOUR CELLS.

## THE GLYPHOSATE PROBLEM

HERE'S WHERE IT GETS SERIOUS. MOST NON-ORGANIC CROPS ARE SPRAYED WITH GLYPHOSATE (THE ACTIVE INGREDIENT IN ROUNDUP) — AND **GLYPHOSATE** HAS AN ALMOST IDENTICAL STRUCTURE TO **GLYCINE**. SO SIMILAR THAT YOUR BODY CAN'T ALWAYS TELL THEM APART. THIS IS CALLED MOLECULAR MIMICRY.

WHEN THE BODY BUILDS A PROTEIN, IT SNAPS AMINO ACIDS TOGETHER LIKE LEGO BLOCKS. GLYCINE IS ONE OF THE MOST-USED BLOCKS. WHEN GLYPHOSATE IS IN YOUR BLOODSTREAM, THE BODY MISTAKES IT FOR GLYCINE AND SLOTS IT INTO THE PROTEIN IN GLYCINE'S PLACE.

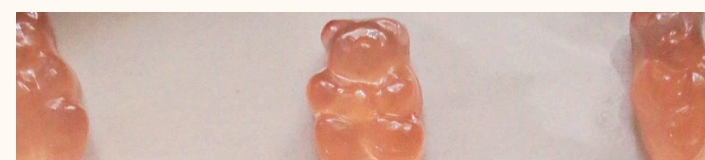
THE PROTEIN LOOKS RIGHT BUT DOESN'T WORK RIGHT. BECAUSE GLYCINE IS USED EVERYWHERE, THE DAMAGE SPREADS:

- CALMING BRAIN CHEMISTRY BREAKS DOWN → ANXIETY, RACING THOUGHTS, INSOMNIA
- DETOX PATHWAYS STALL → LIVER CONGESTION, INFLAMMATION
- MITOCHONDRIA GET DAMAGED → FATIGUE, BRAIN FOG, ACCELERATED AGING
- COLLAGEN WEAKENS → SKIN ISSUES, JOINT PAIN, LEAKY GUT



## THE SIMPLE FIX

- GO ORGANIC WHENEVER POSSIBLE — ESPECIALLY GRAINS, OATS, AND LEGUMES.
- EAT REAL GLYCINE: BONE BROTH, COLLAGENOUS CUTS (OXTAIL, SHANKS, SKIN-ON, FISH HEADS), AND HOMEMADE GUMMIES.
- ADD COLLAGEN TO YOUR COFFEE, YOGURT, OR SMOOTHIES DAILY.
- SUPPLEMENT MAGNESIUM GLYCINATE — TWO BIRDS, ONE STONE.



# THE digetsive

## **INGREDIENTS**

SPRING WATER

1 TBSP DRIED MARSHMALLOW ROOT

1 TBSP DRIED CHAMOMILE

2 TBSP DRIED PEPPERMINT

2 TBSP FRESH GRATED GINGER

1 TBSP SLIPPERY ELM POWDER

230 ML PURE ALOE VERA JUICE

2 TBSP RAW HONEY

3 TBSP GELATIN



## **INSTRUCTIONS**

- COLD-INFUSE THE MARSHMALLOW ROOT (THE NIGHT BEFORE): PLACE 1 TBSP OF MARSHMALLOW ROOT IN A JAR WITH 150 ML OF COLD SPRING WATER. COVER AND REFRIGERATE FOR AT LEAST 8 HOURS OR OVERNIGHT. STRAIN. COLD INFUSION PRESERVES THE ROOT'S MUCILAGE — THE SOOTHING, GUT-COATING COMPOUND THAT HEAT DESTROYS.
- HOT-INFUSE THE OTHER HERBS: BRING 250 ML OF SPRING WATER TO A BOIL. ADD CHAMOMILE, PEPPERMINT, AND FRESH GINGER. SIMMER 10–15 MINUTES, THEN STRAIN. LET COOL TO ROOM TEMPERATURE.
- COMBINE AND ACTIVATE: MIX THE COLD MARSHMALLOW INFUSION WITH THE COOLED HERBAL INFUSION. STIR IN THE SLIPPERY ELM POWDER, THEN ADD 80 ML OF ALOE VERA JUICE AND 2 TBSP OF RAW HONEY.
- BLOOM THE GELATIN: IN A SEPARATE BOWL, MIX 3 TBSP OF GELATIN WITH THE REMAINING 150 ML OF COLD ALOE VERA JUICE. LET REST 5–10 MINUTES, THEN DISSOLVE GENTLY OVER VERY LOW HEAT. DO NOT BOIL.
- COMBINE AND MOLD: WHISK THE INFUSION MIXTURE INTO THE BLOOMED GELATIN UNTIL SMOOTH. <sup>11</sup>POUR INTO SILICONE MOLDS AND REFRIGERATE FOR AT LEAST 2 HOURS.
- STORE: KEEP IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR 1–2 WEEKS.

# ENERGIZING antioxidants

## **INGREDIENTS**

½ CUP GELATIN  
½ CUP (120 ML) COLD WATER  
500 ML HEAVY CREAM (35%)  
¾ CUP RAW HONEY  
2 EGG YOLKS  
4 TSP VANILLA EXTRACT  
PINCH OF SEA SALT  
1 TSP MATCHA POWDER



## **INSTRUCTIONS**

- BLOOM THE GELATIN: IN A NON-TOXIC SAUCEPAN, COMBINE ½ CUP (120 ML) OF COLD WATER WITH 250 ML OF COLD CREAM. SPRINKLE ½ CUP OF GELATIN EVENLY OVER THE SURFACE. LET REST 5-10 MINUTES UNTIL FULLY ABSORBED – THE GELATIN SHOULD LOOK WRINKLED AND SWOLLEN.
- WARM TO DISSOLVE: GENTLY WARM THE BLOOMED GELATIN OVER VERY LOW HEAT, STIRRING, UNTIL FULLY DISSOLVED AND SMOOTH. DO NOT BOIL.
- COMBINE COLD: REMOVE FROM HEAT. WHISK IN THE REMAINING 250 ML OF COLD CREAM, RAW HONEY, EGG YOLKS, VANILLA EXTRACT, SEA SALT, AND MATCHA. MIX GENTLY UNTIL SMOOTH. KEEPING THIS STEP COLD PRESERVES THE RAW HONEY'S ENZYMES AND MATCHA'S ANTIOXIDANTS.
- POUR AND CHILL: POUR INTO SILICONE MOLDS AND REFRIGERATE AT LEAST 2 HOURS, OR UNTIL FULLY FIRM.
- STORE: KEEP IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR UP TO 1 WEEK.

# AWAKENING

## **INGREDIENTS**

500 ML WHOLE MILK (3.8%)

½ CUP GELATIN

½ CUP RAW HONEY

2 SHOTS ESPRESSO, COOLED

3 TBSP COCOA POWDER

2 EGG YOLKS

PULP OF 1 VANILLA BEAN

PINCH OF SEA SALT

3–4 DROPS RUM EXTRACT



## **INSTRUCTIONS**

- BLOOM THE GELATIN: IN A NON-TOXIC SAUCEPAN, SPRINKLE ½ CUP OF GELATIN EVENLY OVER 250 ML OF COLD MILK. LET REST 5–10 MINUTES UNTIL ABSORBED.
- WARM TO DISSOLVE: GENTLY WARM THE BLOOMED GELATIN OVER VERY LOW HEAT, STIRRING, UNTIL FULLY DISSOLVED AND SMOOTH. DO NOT BOIL.
- COMBINE COLD: REMOVE FROM HEAT. WHISK IN THE REMAINING 250 ML OF COLD MILK, COOLED ESPRESSO, COCOA POWDER, RAW HONEY, EGG YOLKS, VANILLA BEAN PULP, SEA SALT, AND RUM EXTRACT. MIX GENTLY UNTIL SMOOTH. KEEPING THIS STEP COOL PRESERVES THE RAW HONEY'S ENZYMES.
- POUR AND CHILL: POUR INTO SILICONE MOLDS AND REFRIGERATE AT LEAST 2 HOURS, OR UNTIL FULLY FIRM.
- STORE: KEEP IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR UP TO 1 WEEK.

# CELLULAR repair

## **INGREDIENTS**

400 ML POMEGRANATE JUICE (COLD)

JUICE OF 1 FRESH LEMON

2 TBSP RAW HONEY

3 TBSP GELATIN

5 CAPSULES MAGNESIUM BISGLYCINATE  
(ATP LABS), OPENED



## **INSTRUCTIONS**

- BLOOM THE GELATIN: IN A NON-TOXIC SAUCEPAN, SPRINKLE 3 TBSP OF GELATIN EVENLY OVER 150 ML OF COLD POMEGRANATE JUICE. LET REST 5-10 MINUTES UNTIL ABSORBED.
- WARM TO DISSOLVE: GENTLY WARM THE BLOOMED GELATIN OVER VERY LOW HEAT, STIRRING, UNTIL FULLY DISSOLVED AND SMOOTH. DO NOT BOIL.
- COMBINE COLD: REMOVE FROM HEAT. OPEN 5 CAPSULES OF ATP LABS MAGNESIUM BISGLYCINATE AND EMPTY THE POWDER INTO THE SAUCEPAN. STIR IN THE REMAINING 250 ML OF COLD POMEGRANATE JUICE, LEMON JUICE, AND RAW HONEY. WHISK UNTIL SMOOTH. ADDING EVERYTHING COLD PRESERVES THE VITAMIN C, POLYPHENOLS, AND RAW HONEY ENZYMES.
- POUR AND CHILL: POUR INTO SILICONE MOLDS AND REFRIGERATE AT LEAST 2 HOURS, OR UNTIL FULLY FIRM.
- STORE: KEEP IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR 1-2 WEEKS.

# ELECTROLYTE gummies



## INGREDIENTS

950 ML TART CHERRY JUICE (OR JUICE OF CHOICE)

$\frac{3}{4}$  CUP GELATIN POWDER

JUICE OF 1 FRESH LEMON

RAW HONEY TO TASTE (OPTIONAL)

## ELECTROLYTE BLEND

$1\frac{1}{4}$  TSP (7 G) FINE SEA SALT

$\frac{1}{4}$  TSP (1 G) POTASSIUM CITRATE

$\frac{1}{2}$  TSP (1.5 G) MAGNESIUM BISGLYCINATE

## INSTRUCTIONS

- BLOOM THE GELATIN: POUR 1 CUP (~240 ML) OF THE COLD JUICE INTO A BOWL. SPRINKLE  $\frac{3}{4}$  CUP OF GELATIN POWDER EVENLY OVER THE SURFACE. LET SIT 5–10 MINUTES UNTIL FULLY ABSORBED.
- WARM TO DISSOLVE: TRANSFER THE BLOOMED GELATIN TO A NON-TOXIC SAUCEPAN. WARM GENTLY OVER LOW HEAT, STIRRING, UNTIL FULLY DISSOLVED AND CLUMP-FREE. DO NOT BOIL.
- MIX THE COLD BASE: IN A LARGER BOWL, COMBINE THE REMAINING ~710 ML OF COLD JUICE WITH THE SEA SALT, POTASSIUM CITRATE, MAGNESIUM BISGLYCINATE, LEMON JUICE, AND HONEY IF USING. STIR UNTIL THE POWDERS ARE FULLY DISSOLVED.
- COMBINE: SLOWLY POUR THE WARMED GELATIN INTO THE COLD JUICE BASE WHILE WHISKING CONSTANTLY. THE MIXTURE SHOULD STAY BARELY WARM TO THE TOUCH.
- POUR AND CHILL: POUR INTO SILICONE MOLDS OR A PARCHMENT-LINED DISH. REFRIGERATE AT LEAST 2 HOURS, OR UNTIL FULLY FIRM.
- STORE: KEEP IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR 1–2 WEEKS.

## THE OPTIMIZER'S TRICK

ONLY A SMALL PORTION OF JUICE GETS HEATED — JUST ENOUGH TO DISSOLVE THE GELATIN. EVERYTHING HEAT-SENSITIVE GOES IN COLD, AT THE END.

VITAMIN C FROM FRESH LEMON BREAKS DOWN ABOVE ~70°C. ANTHOCYANINS AND POLYPHENOLS IN TART CHERRY (THE ANTIOXIDANTS THAT GIVE IT ITS COLOR AND ANTI-INFLAMMATORY PUNCH) DEGRADE THE SAME WAY. ADDING THEM TO THE COLD BASE PRESERVES COLOR, FLAVOR, AND EVERY LAST BIT OF NUTRIENT VALUE.

## WHY THESE FORMS?

POTASSIUM CITRATE: CITRATE FEEDS DIRECTLY INTO THE CITRIC ACID (KREBS) CYCLE — YOUR BODY'S ENERGY ENGINE. IT'S ALSO GENTLER AND MORE ALKALIZING THAN CHLORIDE.

MAGNESIUM BISGLYCINATE: GLYCINE ACTS AS THE CARRIER, DRAMATICALLY BOOSTING ABSORPTION. GENTLE ON THE GUT (NO LAXATIVE EFFECT), AND DELIVERS A BONUS DOSE OF GLYCINE ITSELF — THE CALMING, DETOXIFYING AMINO ACID AT THE HEART OF THIS COOKBOOK. 15

THIS COOKBOOK IS A LABOR OF LOVE — THE RESULT OF YEARS SPENT EXPLORING HOW FOOD CAN NOURISH, HEAL, AND DELIGHT. EVERYTHING INSIDE REFLECTS MY PERSONAL RESEARCH, EXPERIENCE, AND THE PHILOSOPHY I SHARE WITH MY COMMUNITY.

I AM NOT A MEDICAL DOCTOR, AND THIS BOOK IS NOT MEDICAL ADVICE. THE RECIPES AND WELLNESS PERSPECTIVES SHARED HERE ARE FOR EDUCATIONAL AND INSPIRATIONAL PURPOSES ONLY.