



Tasty Healing Recipes



37 Healing Recipes: Food & Cosmetics
Elixirs, drinks, snacks, and sweets



My Magic Realm Natural Medicine Food



Blackberries for Perfect Health

Powerful antioxidants, rejuvenate, boost immune system, lower cholesterol, improve the digestion and the cardiovascular system, and prevent gout, heal the oral mucosa, kill cancer cells



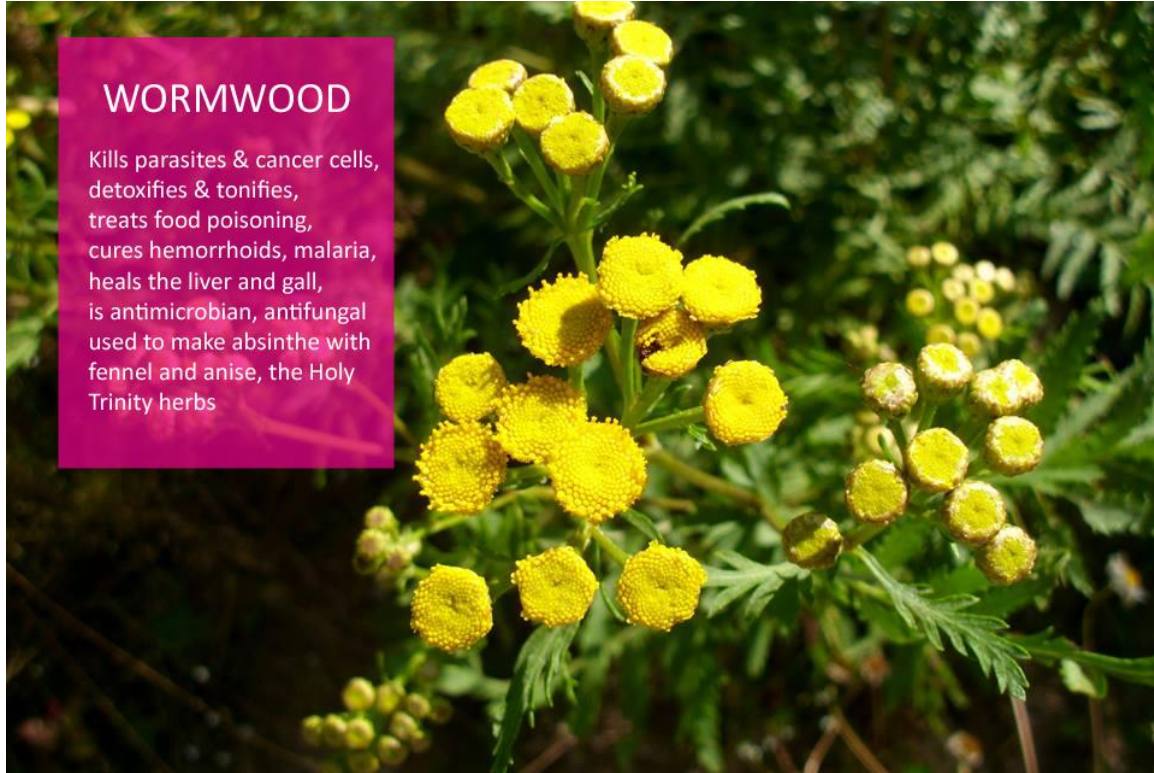
ROSA MIRABILIS: Tasty Healing Recipes

Food is Medicine



WORMWOOD

Kills parasites & cancer cells,
detoxifies & tonifies,
treats food poisoning,
cures hemorrhoids, malaria,
heals the liver and gall,
is antimicrobial, antifungal
used to make absinthe with
fennel and anise, the Holy
Trinity herbs



ST. JOHN'S WORT (*Hypericum perforatum*)

Treating over 100 diseases, is one of the best antioxidant, reduces inflammation,
is the most powerful natural antidepressant - fortifies the nervous system,
improves digestion and increases metabolism, balances the hormonal system





CHICORY

energizes,
helps you lose weight,
stimulates digestion,
eliminates constipation,
protects the liver and gall,
increases brain capacity,
detoxifies



Foreword

Health is a matter of concern for more and more people. As health indicators worsen, the number of health seekers is increasing and therefore bidders and solutions.

However, health is so simple and natural! The body is designed to completely regenerate every 7 years, lungs need 6 weeks, liver 5 months, gut 2-3 days, skin 2-4 weeks, hair 3-6 years. Everything is curable in the body, even the brain!

Although it is so important for everyone, it is not included in the school program. We are not taught to live healthy, not at school and, unfortunately, not in the family. Regarding health, each is on his own. Moreover, our basic instinct of natural feeding and healing is disrupted because of hundreds of years of too much civilization!

Several years ago, about 20, I had the first sign of health decay: almost every morning headache. Thus I suddenly understood how health is valuable and started to search for natural remedies.

Today I feel healthier than ever. While heart is still beating, the path to health is open to anyone and it's never too late.

My journey to recover my health was not easy: I had excesses, failures, moments of confusion, trauma but also benefits, insights, revelations ... yet lead me staggering away, just on the edge with Divinity. I went vegetarian for about 10 years, then raw vegan for about 3 and half. Now I am back to vegetarian lifestyle (eggs included and sometimes homemade dairy products like yogurt, butter and cream) as a 100% vegan diet is difficult to maintain without supplements.



I strongly believe that food is medicine. So I prefer to take all the necessary nutrients from food better than pills (B12 for example).

Competition for health is one of the most fascinating yet challenging experiences today because of misinformation and lies. Lifestyle became increasingly robotic. Marketing and advertising are among the most profitable businesses, powerful and unscrupulous weapons against our health. Because disease is expensive, a virtually inexhaustible source of income! Healthcare issues are continuously inflating the pockets of the supposed health providers. Just look how hospitals, insurances and drugstores are thriving!

More recently, health coaches with obvious knowledge of marketing and advertising offer all sort of magic products and solutions for healthcare. But actually, a strange teaching you about who you are and providing you miraculous pills for everything can be quite dangerous.

Happy Lifestyle & Holistic Healing: Do it by yourself!

If you want to change something in your approach to health, you can start here:



7 rituals for health

1. Listen to your body and identify its specific needs, because each of us is unique. Healthcare can be learned anytime, at any age. I am not talking about accumulating information but to acknowledge your body, with his weaknesses and strengths. Eat only when you feel hungry in the stomach (not in the brain), drink when you're thirsty. "Know thyself and you will know the whole universe ..." is written on the frontispiece of Apollo temple in Greece.

2. Be aware that "you are what you eat", drink and breathe! Self-respect is reflected on the plate. Choose healthy food, clean water, and fresh air - stay outdoors as much as possible. Walk barefoot on the ground whenever you have the opportunity to be in nature (even in the park)! Maybe you already know that grounding is a powerful healing energy better than any pill.

Feed all 4 elements of which we are made off: earth, water, air, and fire. Enjoy the sun without glasses, hat or sunscreen in the morning and in the afternoon, at least when you go on vacation. It's the only way your body produces vitamin D, essential for hair, skin, bones, teeth, immunity and many other vital processes.

Keep in mind that 60% of everything you put on your skin is absorbed inside. Do not neglect toxins in personal care products!

Smelling food is also a sort of nourishment. Volatile oils reach the brain within seconds and further each and every cell of your body. They have an irreplaceable capital role in hormones balancing.

3. Pay attention to attitude and mood when you prepare your food and when you eat. Beware of crowded, noisy, polluted places. Dine quietly in a pleasant



atmosphere, enjoy food tastes! No TV, computer or newspaper! This seems so simple yet it makes such a big difference in the quality of your life and health. Prepare yourself the meal, or at least be careful who's preparing it: clean hands, clean mind, and clean soul! Quite difficult to find such a person! Always say thank you for food!

4. Avoid commercials for food and cosmetics! They cause addictive and artificial cravings and arouses desire to buy things that you really don't need! Good food sells itself and good cosmetics are simple edible ingredients (extra-virgin oils, natural cider vinegar, salt, baking soda, honey, egg, essential oils). You'd be tempted to think you don't need a warning like this but statistics show otherwise. Many ads act subliminally. And if it wouldn't be effective, would not exist. Instead, follow healthy recipes that are inspiring you!

5. Choose your food carefully! Avoid refined products (like sugar, oil, flour, iodized salt), industrial (like cans, sweets, pastries) or semi-cooked. Always look on the labels and if you find even one ingredient you don't know what it is (family preservatives or flavor enhancers) leave the product on the shop. Buy edibles directly from peasants, if possible. Or much better, make your own garden! At least, some aromatic herbs and vegetable can grow even in pots.

6. Prevent disease, constantly monitor your health! Don't let imbalances accumulate. Be aware of the subtle causes of your health problems and heal them through a holistic treatment (lifestyle, diet, herbal remedies). For example, the common cold is an effect; at the physic level is caused by the weakening of the immune system, but at a subtle level is caused by a mental seclusion, by refusing to understand a certain situation or experience in life (cold mainly affects the head and airways).

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Work constantly to improve your lifestyle and your awareness to easier recognize subtle blockages that you face. Without a holistic treatment, an apparently cured disease can recur or embrace different aspects, sometimes worse.

A healthy lifestyle leads also to weight stabilization. No need to be worry about it anymore!

7. LOVE! A flower, a tree, a cat, a dog, a child, a man, a planet! Forget all theories and simply let the energy of love to flow through your heart and blood. Love is the absolute cure. Nothing maintains better wellness, nor heal deeper and total than love!

Cherish your health and you will be rewarded on all other fields of your life!

Nota Bene:

The difference between a ritual and a habit is the level of consciousness.
Practicing rituals will bring back the magic into your life.



Alkaline vs. Acid

Essential compounds of life are acids, starting with DNA (deoxyribonucleic acid) and ending with proteins, the building blocks of life - amino acids! In addition, food digestion would not be possible without the gastric juice rich in hydrochloric acid. It is formed in the stomach by taking a positive hydrogen ion from blood, after which reaction blood is alkalized. So the more hydrochloric acid is produced in the stomach, the more blood becomes alkaline. This is an excellent example of how the body is able to self-regulate.

Most of the food is acidic because it comes from living organisms. The fruits are acidic, also honey and mostly vegetables; dairy and meat are most acidic foods. On the other hand, coal is alkaline but lifeless. A stone is alkaline but is not alive. An alkaline mineral body is physically dead.

By association with primordial elements, acids represent the Fire that animates; bases refer to Earth that provides matter. In the physical dimension, bases and acids are reflections of the two Universal opposing forces, Yin and Yang; by their interaction life becomes possible.

What bases and acids are?

The acids are water-soluble chemicals, resulting in a solution with a pH below 7; can be inorganic (non-mineral) or organic (animal and vegetal).



Fatty acids are of particular importance between organic acids (over 300 compounds, saturated and unsaturated, the best known of them are Omega 3 and 6). Fatty acids are organic substances in the lipid composition with a chemically weakly acidic nature. Heart, brain and immune system are especially depending on the presence and quality of fatty acids.

Among the main roles of the fatty acids in the body synthesis of prostaglandins are included. This hormone-like substance is produced and used by every cell. It regulates all functions of the body, including the cardiovascular, reproductive, immune, and nervous system. In addition, fatty acids serve as structural parts of cell membranes protecting from toxins, bacteria, viruses, carcinogens and allergens invasion. No new healthy cell can be built in the absence of fatty acids!

Amino acids are mixed function compounds. The chemical name is composed by "amino" followed by the name of the corresponding acid, e.g. amino-acetic acid.

There are 20 amino acids in the composition of proteins: alanine, valine, leucine, isoleucine, proline, tryptophan, phenylalanine, methionine, glycine, serine, threonine, tyrosine, asparagine, glutamine, cysteine, aspartic acid, glutamic acid, arginine, lysine, histidine (essential amino acid for children under 1 year). 8 of these are essential, meaning that cannot be produced by the body and must be took from food (valine, leucine, isoleucine, tryptophan, phenylalanine, methionine, lysine and threonine).

DNA or deoxyribonucleic acid is an enormous molecule containing the entire genetic code, all instructions (genes) that allow related proteins to generate life, plus the genes that determine the form, structure and color of each part of a



body. It's different for every form of life and unique to each organism. From the chemical point of view, the DNA is a nucleic acid composed of a nitrogen-containing nucleobase (protein) — cytosine (C), guanine (G), adenine (A), or thymine (T)—as well as a monosaccharide sugar called deoxyribose, plus a phosphate group.

It carries instructions for the entire life but also information that can recreate the genetic history of humans. 8% of the human genetic code is DNA of virus that remained in people over millions of years.

Bases or alkali (gr. Base, foundation) are organic or inorganic compounds that dissociates or ionizes in water solution to form ions of hydroxyl (OH). According to Brönstead theory, bases are chemical species that accept protons (H + or hydrogen positive ions), thus raising the pH value of a solution.

Hydroxyl ions are able to capture protons released by an acid, neutralizing the mixture.

According to the Lewis electronic theory, acids are chemical species that give up electrons, while bases are chemical species that accept electrons.

Anyway, a neutralization reaction occurs when an acid is combined with a base. The resulting salts can have an acidic, neutral or basic nature, depending on the compounds' strength.

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A basic character salt is obtained by the reaction of a weak acid with a strong base (hydrolysis), such as sodium acetate, obtained from acetic acid with sodium hydroxide. Understand now why apple cider vinegar or lemon juice effects in the body are alkaline?

So all organic acids are weak and by reaction with strong bases alkali salts will result.

The strong bases are sodium and potassium hydroxide (generally, alkali metal hydroxides are strong bases), as they total ionize in water solution. Sodium and potassium are the main electrolytes in the body and have an important role in the water circuit and electrical conductivity. Brain cannot function without sodium and water cannot be retained in cells without potassium.

In conclusion acids and bases are complementary and equally necessary to preserve life.

In fact blood pH of healthy people is neutral, saliva and gastric juices are acidic to support digestion, urine can be neutral or slightly acidic, if it is alkaline can indicate a strong dehydration by severe vomiting or kidney disease, urinary tract infections or asthma. Both alkalifying as acidification are indicators of disease.

As in any other area of life the key to stay healthy is in balance!



RECIPES

While pills poison, Nature heals!

ELIXIRS

Elixirs are the most powerful healing food ever!

1.

Rose Elixir (immunity booster)

1 tablespoon of rose hip vinegar

(Blend 2 cup of rose hip in 2 cup of water, put the mixture in a big jar, add water, keep for 3-4 weeks until vinegar is made and squeeze through cheesecloth)

1 tablespoon of rose petal honey (mince rose petals macerated in raw honey for 2 weeks)

1 cup of water

2.

Lemon elixir (immunity booster)

1 tablespoon of rose hip vinegar

1 tablespoon of honey

Juice from half of lemon

2 drops of sage essential oil

1 cup of water

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3.

Flat belly elixir

1 tablespoon of dandelion root
1 tablespoon fresh ginger, grated

Pinch of cinnamon
5 mint leaves
1 cup and 1/2 water
2 tablespoons honey
Blend all together

4.

Natural aphrodisiac elixir

15-20 elderflower
1 liter of water
4-5 tablespoons of honey
½ teaspoon of yeast to ferment

Leave the mixture for 5-7 days, until it becomes a little alcoholic. The content of alcohol is negligible but euphoric effects are strong. Help overcome inhibitions and mental blockages, and releases erotic energy.

5.

Youth elixir

50 g crushed garlic
The juice from 24 lemons (seedless)
27 mince basil leaves and flowers
27 mince sage
Blend very well all together
Allow 24 hours in a jar covered with gauze. Shake before use.

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Dose: one teaspoon with half a glass of warm water every evening. In ten days, an improved tone of the entire body will be felt.

6.

Flower Power Jam

Fresh wild edible flowers finely chop (dandelion, sage, lavender, acacia, roses etc.)

1 : 3 proportion of raw honey (one teaspoon of herb to three teaspoons of honey)

Place the mixture in a jar and close it. Allow about 3 weeks, to preserve the volatile oil and bio-energetic properties of the plants.

Dose: 1-2 teaspoons, 3-4 times a day.

Raw Food

A 50% raw food in your diet, especially fruits, herbs and greens, can tremendously improve your health!

What can raw food do for you?

It...

- increases vitality and strength;
- boosts overall health;
- eliminates constipation;
- energizes tired organs;
- gradually heals diseases;
- reduces cholesterol, prevents osteoporosis;

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- balances weight problems;
- improves sight;
- increases mental capacity;
- stabilizes and heightens gross feelings

What should you use in the raw food kitchen?

- cold pressed oils;
- nuts, walnuts and seeds (sunflower, pumpkin, flaxseed, pepper, grapes, almonds, cashew, macadamia nuts etc);
- natural salt;
- herb and spice blends, fresh or dried (garlic, onions, scallion, cinnamon, nutmeg, mint, basil, rosemary, parsley, dill, nettle etc);
- greens, vegetables and fruits, raw & dried;
- honey and other natural sweeteners;
- algae, mushrooms (super foods);
- psyllium bran, as thickening agent

Simple recipes yet effective!



DRINKS

1.

Cold brewed, perfumed tea

2 L spring water (preferably)

½ teaspoon ground basil

½ teaspoon ground sage

½ teaspoon ground rosemary

½ teaspoon ground jasmine

Mix all the ingredients in a glass recipient; stir and cover with a lid. Let the plants infuse overnight. In the morning, strain the plants and mix the tea with lemon and honey to your taste. Serve warm or as such. Cold brewing your tea will preserve all the flowery, perfumed scents of the plants used, that are otherwise lost via evaporation in the traditional, boiling method.

2.

Gingerade

1 L spring water

1 teaspoon ground ginger root

Honey & lemon to your taste

Blend away, strain & enjoy!

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3.

Alkalizing Juice

2 carrots

1 potato

1-2 apples

1 small cabbage

Drinking this juice 2-3 times a day, on an empty stomach will heal pretty much all gastric ailments.

4.

Fresh carrots and pears nectar

2-3 carrots

1 pear

You should introduce this savory nectar to your weekly diet and enjoy its vitalizing benefits.

5.

Carrots, apples and beetroot booster

1 generous slice of beetroot

1-2 carrots

2-3 apples

6.

Sweet coconut milk

1 coconut

Cocoa, cinnamon, vanilla & honey

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Poke a hole through one of the 3 orifices of the coconut; drain the transparent juice in a glass. Then apply force (a hammer works just fine) and break the hard shelled coconut in big chunks. Peel the white pulp from the shells using a knife. If you have a strong blender, put the resulting pulp with 2 cups of spring water and blend thoroughly. Strain the liquid then add cocoa, cinnamon, vanilla & honey to your taste. The coconut pulp can be used as ingredient in other recipes.

7.

Flavoursy walnut & rice milk

1 cup walnut kernels

½ cup brown rice

Cocoa, cinnamon, vanilla & honey

Water

Walnut milk: soak 1 cup walnut kernels in water for 8 -12 h; strain and discard the water. Put the walnuts in a blender with 2 cups of spring water and blend well. Strain the liquid afterwards.

Rice milk: soak ½ cup of brown rice for 8 -12 h; strain and discard the water. Put the rice in the blender adding 1 cup of water. Strain.

Combine the 2 milks and add, to your taste, cocoa, cinnamon, vanilla & honey or raisins (blend again). The walnut pulp can be used as ingredient in other recipes.



SNACKS

1.

Coconut milk soup

RECIPE: Take 300 ml of coconut milk (from the recipe above) and add: organic salt (sea salt or Himalaya salt), 2-3 cloves of crushed garlic, basil, mint, ginger and small pieces of sweet pepper, tomatoes, avocado, green onions etc.

2.

Raw mushrooms stew

RECIPE: Start by washing, chopping and marinating a desired quantity of mushrooms. Marinating ingredients: 1 spoon soya sauce, 3-4 crushed garlic cloves, basil, curry, pepper, olive oil, mix and leave in a warm place (preferable in the sun) for about 12 hours. They should be a little bit dried. For the sauce: 1

spoon cashew/walnut kernels that have been soaked for 8-12 h previously, freshly squeezed lemon, salt, olive oil, a pinch of water. Mix all ingredients in a blender. Cover the mushrooms with the sauce and leave to marinate again for another 6 - 8h.

3.

Raw stuffed cabbage rolls

RECIPE: Put 150 g raw sunflower kernels that have been soaked overnight in the blender. Stop when a thin paste is obtained. Chop these vegetables: 1-2 medium sized carrots, 1 parsley root, 1 large onion, 2 mint stems with leaves, and 1 parsley stem with leaves. Add salt and other spices to your liking.

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Mix the chopped vegetables, spices and sunflower paste. Chose some sauerkraut leaves; they should be soft and well fermented. Start stuffing & rolling. Make a sauce from olive oil, tomatoes, lemon juice and a pinch of water blended all together and covers the rolls. Sprinkle freshly cut dill or parsley. Serve and enjoy!

4.

Almond dumplings

RECIPE: 1 cup freshly ground almond flower OR 1 cup presoaked for 8-12 h almonds (left after straining the almond milk) , 1-2 spoons of sesame seeds, presoaked for 8-10 h, 1-2 spoons of psyllium bran (as bonding agent), 1 sweet pepper, 2 carrots , 1 scallion and lots of parsley. Chop & mix all. Add spices of your choice. Make small round dumplings and roll them over in sesame or poppy seeds before serving.

5.

Olive paste with a smoky flavor

RECIPE: 1 cup soaked cashew (for 1-2 h) or walnuts, almonds, any will do, 1 cup seedless olives, 1 piece of sauerkraut, 1 carrot, sea algae, presoaked (optional). Chop & mix ingredients until a thin paste is obtained. Then add 1 chopped red onion, parsley, salt and curry in desired proportions.

6.

Walnuts, scallion and algae pate

RECIPE: 1 cup of walnut kernels presoaked for 8-12 h or the pulp left over after straining the walnut milk will be mixed in a blender with a carrot, parsley root, sweet pepper, scallion, presoaked algae, salt, oil, basil and other preferred spices.



7.

Trusty cracker, good for any moment of the day

RECIPE: 4-5 freshly ground buckwheat (we always grind the seeds fresh), 1 spoon maize flour , 2 spoons freshly ground flaxseeds, 1 spoon psyllium bran, salt, basil, sage, enough water to make a thick dough . Spread dough on a baking paper. Go wild and make some shapes, then either dry in a dehydrator, or in the oven (on the lowest heat possible and keeping the door open), or on the radiator.

8.

Digestive cookies

RECIPE: mix in blender: 1 cup freshly ground sunflower seeds (raw, obviously), 1 cup hydrated raisins, 1 spoon flaxseeds , 1 spoon psyllium, cocoa (or carob powder), cinnamon or rum, or both ☑, water as required and a pinch of salt. Place the dough on the backing paper and dehydrate as you chose.

SWEETS

No sugar, no refined flour, no milk! No overweight risk!

1.

Apple cake with cashew topping

RECIPE: Main layer & cream: 2-3 apples, cinnamon, 3 spoons hydrate se pun l raisins are blended into a thin paste. We add a seed flour of our choice (sunflower, almonds, nuts etc) in a generous amount, 1 spoon psyllium flour. Mix & stir until the right consistency is reached (for the supporting layer).

Topping: mix in the blender: ½ cup presoaked cashew, 1 avocado, honey and vanilla. Spread over the main layer and enjoy!



2.

Apple cake

RECIPE: Main layer: Blend thoroughly: 4 apples, 1/2 teaspoon cinnamon, 10 spoons of soaked raisins. Add sunflower seed flour until a relatively thick dough is obtained.

Topping: mix 3-4 spoons of walnut/almond pulp (from making the walnut/almond milk), with a bit of honey and beet juice, for the color.

3.

“Flower of life” cake

RECIPE: 1/2 cup walnut pulp from the making of walnut milk, 1/2 ground coconut or coconut dried flakes, 1 cup presoaked golden raisins, 2 pinches of cinnamon, 1 pinch clove powder and 2 spoons carob powder. Mix well in blender. We arrange the cake in the desired shape with one layer sliced bananas and one layer the cream obtained. Make as many layers as you wish. Enjoy!

4.

Quince cake

RECIPE: For the main layer: 1/2 cup walnut pulp, leftover from the walnut milk recipe, 1 cup presoaked buckwheat (for 8-10 h), 1 cup sunflower seeds presoaked for 8-12 h, 1 spoon psyllium bran, cinnamon and honey to taste. Mix in blender. For the crème, you'll need 2 quinces, sliced very thin that we will leave to marinate for 8-10 h with honey and lots of cinnamon. After 10 h or so, put the quince slices in the blender and obtain a very delicious crème. For the topping you can use a mixture of cocoa/carob powder and honey.



5.

Banana cake

RECIPE: 1/2 cup walnut pulp, leftover from the walnut milk recipe, 1 cup presoaked buckwheat (for 8-10 h), 1 cup sunflower seeds presoaked for 8-12 h, 1 spoon psyllium bran, cinnamon and honey to taste. Mix in blender. For the crème: 3 crushed bananas and a pinch of cinnamon. For the topping we can use a mixture of cocoa/carob powder and honey.

6.

Coconut balls rolled in carob powder

RECIPE: The pulp from one fresh coconut, thinly chopped OR hydrated dried coconut flakes will be mixed with honey, 1 spoon of psyllium bran, cocoa or carob powder, cinnamon. Next, shape the dough as balls and roll them in coconut flakes or carob powder. Can't go wrong with this one!

7.

Chocolate cake with oranges

RECIPE: The main layer is formed in 2 parts: chop/crush 1 cup of fresh walnuts, 1 cup of nuts + 350 ml spring water will yield walnut milk and walnut pulp, which we will use according to the recipe stated above. The crème: 3 spoons of palm oil, gently heated (not on direct fire), 3-4 spoons of carob powder, 3-4 spoons of honey.

Assemblage: we mix the 2 cups of walnuts with 3 oranges, chopped into small pieces and with more than half of the crème, we put the composition in a desired shape and we use the rest of the crème to decorate the cake. Truly delicious!



8.

Lemon and avocado cake

RECIPE: Main layer: in the blender mix the following: the pulp from 1 coconut, 1 cup sesame seeds, presoaked for 8-10h, 1 cup hydrated raisins, honey to taste and 1-2 spoons of psyllium flour. Crème: 2 avocados, honey and lemon juice, freshly squeezed! Refreshing!

COSMETICS

1.

Tooth mixture

Equal parts of natural salt, baking soda, clove powder, turmeric powder, and mint powder

2.

Tooth paste

1 tablespoon coconut oil, a pinch of turmeric powder, few drops of peppermint oil and clove oil

3.

Aloe Shampoo

1 cup of aloe gel, 3 tablespoons of olive oil, 10 tablespoons of baking soda, 20 drops of rosemary oil, 10 drops of sage oil



4.

Egg Shampoo

Blend 1 raw egg, 5 tablespoons of cider vinegar, 5 tablespoons of baking soda, 1 tablespoon of natural salt, 1 tablespoon of flaxseed flour, optionally 1 tablespoon of hot red pepper powder (chilly), 1 tablespoon of honey, and 10 drops of lavender oil. This is also a very good hair mask; keep it on the hair for 2-3 hours before washing. Take care of your eyes!

5.

Aftershave

1 cup of cider vinegar, 1 tablespoon of baking soda, 3 tablespoons of green tea, 1 tablespoon of honey, and 10 drops of tea tree oil

6.

Tonic lotion

1 cup of cider vinegar, 1 tablespoon of baking soda, juice from ½ lemon, 3 tablespoons of green tea, 1 tablespoon of honey, 5 drops of rosemary oil, 5 drops of lavender oil

7.

Skin cream (lifting, nourishing, hydrating)

1 raw yolk, olive oil, ½ tablespoon of honey, 1 tablespoon of lemon juice, and 1 tablespoon of aloe gel mix well like a mayonnaise. Add 2 tablespoon of coconut oil, 5 drops of rosemary oil, 5 drops of lavender oil, and 5 drops of geranium oil and mix.

8.

Deodorant

1 cup of cider vinegar, 1 tablespoon of baking soda, 5 drops of sage oil, 10 drops of tea tree



the best natural hair dye

green or dried
walnuts
shell and leaves





How to naturally dye your hair

Easy to make at home, from entirely natural ingredients you have in the #kitchen

RECIPE

- 1 cup of water (spring)
- 1 cup of natural cider vinegar
- 1/3 cup walnut shells
- 1 tablespoon black tea
- 1/2 cup lemon juice
- 8 cloves
- 1 tablespoon raw #honey
- 1 tablespoon of Himalaya #salt
- 1 raw egg
- 5 drops of #lavender essential #oil

Put water to boil in a non-aluminium pot. Add walnut shells, black tea, and cloves and let simmer for 20 minutes. After 20 minutes turn off the heat, remove the pot and let it cool. Strain the water. Add the vinegar, honey, salt, lavender essential oil and egg and stir.

It is a 3 in 1 application, as a natural dye, hair regenerator and shampoo! Put this mixture on the hair, leave it to dry for few hours and then simply wash your hair. Repeat this procedure every week until you get the desired color. The hair will become shiny and silky.

THANK YOU!

Enjoy your every day health!



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