

Medicinal Recipes

Dr. Amy's Favorite Immune Boosting, Detoxifying, Delicious Recipe

Chimichurri Sauce

- 1 bunch of parsley
- 1 bunch of cilantro
- 4 cloves of garlic
- 1 tbsp of oregano
- 1 tsp of thyme
- Sometimes I add some sherry or red wine
- Olive oil - enough to make a pesto like paste
- Lemon juice, or vinegar, to desired tartness - about
- 2 tbsp
- Optional splash of hot sauce

Whir in food processor and dip in with veggies or chips. This is sooo tasty you won't believe it!

Flax Seed Snacks

Ground flax seeds are a great source of fiber both soluble and insoluble, protein, and healthy fats. They help all digestive problems, lower cholesterol, and help with female hormonal issues and detoxification as well.

Take two weeks' worth (14 TBSP) ground flaxseed and mix with almond or other nut butter, chopped apricots or other unsweetened, unsulphured dried fruit, and unsweetened coconut flakes if desired. Add enough almond butter to form everything together and make 14 "balls" by rounding/forming them in your hands. Eat two per day. Store covered in the fridge. They make a great breakfast!

Chia Seed Breakfast Cereal

Chia seeds are a great source of fiber both soluble and insoluble, protein, and healthy fats. They help all digestive problems, lower cholesterol, and help with female hormonal issues and detoxification as well.

Mix 2 TBSP Chia seeds with 1 cup frozen fruit of choice and "milk" of choice or water to cover. Stir well as Chia Seeds tend to stick together. Let sit about ten minutes until chia seeds are gelled. Enjoy!

Stevia Lemonade

3/4 cup lemon juice or lime juice with three droppers of liquid sweet leaf Stevia in 1/2 gallon of water. Mix and enjoy!