

## RECIPES



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## Hot? Simple. Eat with the Season!

BY LANCE DAVID ISAKOV, M.A.C., L.A.C., C.Y.T

**EAT** LOTS OF PROTEIN  
AND YOU'LL LOSE  
WEIGHT! Don't

eat lots of protein because you'll die! Eat as little fat as possible! Eat fat it's good for you! Just eat melons! Don't eat fruit! Juice some grass and drink it! Eat soy! Don't eat soy! Sound familiar?



What a craze! We are constantly bombarded with new diets and old diets from this expert and that expert and here I am contributing even more to the mess (I'm sorry)! So to whom are we supposed to listen? According to the over 2000 year-old tradition of Chinese Medicine the answer is two-fold: Listen to nature and listen to yourself.

Listen to nature' means consuming locally grown and seasonal foods. These foods are very therapeutic and often assist us through the energy of each season. For example, oils, meats, and heavily cooked foods are great for the stillness, warmth, storage and building needed during the winter. They can, however, create too much excess heat and dampness in the summer. Meals that are raw, light and bright help us keep cool and clean in our sticky Philly summers but can be too cold and digestively damaging in our freezing winter.

Listen to yourself' means, when we are in a healthy balance, eating natural, unprocessed, unrefined foods and clear of yeast, our bodies know the exact nourishment we need. We are all different. You may have a dry constitution, while I may have a damp one. Therefore your needs in the moment will differ from mine. Whenever you read anything about food aimed at the masses (this article included) make sure you listen to yourself first!

### Recipe for Listening to Ourselves

Today or tomorrow go to a local produce store with no list and a clear mind. Walk around and observe your feelings as you pass by the variety of produce. Use your senses of sight, touch and smell to help guide you through the myriad of possible satiations. After your mini journey take note of what you've observed and learned.

During the summer we have such a wonderful variety of foods to choose from. Summertime foods are often bitter in flavor. Veggies such as dandelion greens, celery and asparagus or fruits like cherries fit into this category. This bitter taste has an immediate descending effect on our body's energy. It rids excess heat, cooling us quickly, and clears dampness from our system.

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around you. Get clear and be conscious by listening to your balanced, harmonious and beautiful self. You are your own best healer; pay attention to your body, it is your temple after all. Love, light and peace to you! Enjoy!

*If you are hot & sticky this summer...*

### Have More:

**Bitter foods** such as amaranth, corn, red lentils, sunflower seeds, beets, red pepper, tomato, leafy greens, dandelion greens, celery asparagus, scallions & cherries.

**Cold, water rich foods** such as cucumbers, apples, bananas, pears, citrus fruit, radishes, water chestnut, swiss chard, zucchini, soy milk, tofu, alfalfa sprouts, millet, barley, seaweeds.

**Water:** pure, clean room temperature H<sub>2</sub>O. The recommended daily dose is 1/2 your body weight in ounces. If you weigh 160 lbs. drink 80 oz./day!

### Have Less:

- **Heavy foods** such as anything fried and most meats,
- **Ice cold & frozen foods/drinks** such as popsicles or cold soda
- **Mucus forming foods** such as sweets or dairy
- **Refined or processed foods** such as white bread, white sugar or alcohol

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