



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD

Ensenada | Mexico | Costa Rica | Hawaii | Bali | Indonesia | Philippines | Thailand | Africa | New Zealand

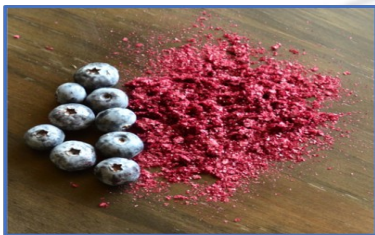
SUSTAINABLE HEALING FOODS: HEALING BLUEBERRY SAUCE

I love blueberries and could eat them everyday. I also love these Whole Food Crystals from Just One Organics. They reclaim Organic fruits and vegetables that aren't up to retailers aesthetics and dehydrate them into these shelf stable Whole Food Crystals. These Whole Food Crystals cut a lot of my prep time giving me more time which I appreciate. This Blueberry Sauce is easy to make, full of antioxidants, trace minerals and tons of vitamins that actually boost your immunological library and metabolism to burn more fat. So don't be stingy with this blueberry sauce, it's an indulgence that helps you loose weight and relieve pain.



Reduce acute and overall pain, accelerate wound healing and boost oxygen in your blood, organs and tissues as well as being antibacterial, anti-fungal, anti-microbial, anti-inflammatory and anti-aging. While you enjoy this Blueberry Sauce you are boosting your immunological library, reducing your cholesterol, regulating your blood pressure, improving your digestion, improving insulin sensitivity and regulating insulin production. This Blueberry Sauce has all 9 essential amino acids, 84 healthy compounds, is high in fiber, a great source

of iron, copper, magnesium, zinc, potassium, selenium, calcium, potassium, chloride, bicarbonate, bromide, borate, strontium, fluoride, sodium, and iodine. This superfood is a powerful source of antioxidants that increases focus, decreases cholesterol and insulin resistance, helps regulate diabetes, lowers risk of calcified artery plaque, protects against sun damage, increases skin density and hydration, improves blood flow to brain, improves cognitive function, improves verbal fluency, improves deductive reasoning, logic and math skills. Support nitric oxide production, improve circulation, prevent anemia, regulate blood pressure, lower fluid retention, create and maintain



electrolyte and fluid balance, reduce gastric acidity, balance ph levels, reduce cramps and muscle spasms, boost metabolic functioning, strengthen bones, teeth, and hair. This Healing Blueberry Sauce can also balance your hormones, lower your adrenaline and cortisol, increase your dopamine and anandamide to boost mood, increase negative ions, reduce respiratory allergens, aide digestion, improve cardiovascular health, promote healthy sleep, improve cellular oxygenation and regeneration, improve nutrient absorption, boost lymphatic system, boost lymphatic drainage and reduce formation of varicose veins. It promotes serotonin, while reducing pain and

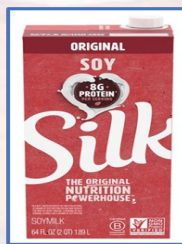
boosting overall strength, fitness and athletic performance as well as detoxing heavy metals and radiation from your cells. Our Healing Blueberry Sauce makes you smarter, stronger, quicker, thinner and healthier. Yes, Blueberry Sauce can do all that and more which are only some of the reasons why all of these ingredients are staples in my kitchen.



Let's prepare some food...

INGREDIENTS

- 1/2 Cup Blueberry Whole Food Crystals
- 1 tbsp Organic Soy Milk
- 1 tbsp Organic 100% Pure Maple Syrup
- 1/4 tsp Himalayan Pink Salt
- 1/2 tsp Vanilla extract



UTENSILS

- 2 cup glass Measuring Cup
- Mixing Fork
- Rubber Spatula
- Squeeze Bottle
- Label for Squeeze Bottle
- 1/2 Cup
- 1/4 Teaspoon
- 1/2 Teaspoon
- Small Funnel

PREPARATION (Blueberry Sauce)

- 0) Add ALL ingredients to glass Measuring Cup
- 1) When working with Whole Food Crystals REMEMBER: keep crystals DRY
- 2) Mix with Mixing Fork or small whisk till smooth
- 3) Open Squeeze Bottle
- 4) Using your Funnel and Rubber Spatula to transfer Blueberry Sauce to Squeeze Bottle
- 5) Close and secure lid to Squeeze Bottle
- 6) Shake before use
- 7) Drizzle on everything and enjoy guilt free because every bite nourishes your body

Chef's Tip:

If the crystals are a little damp or you have clumping or difficulty whisking then throw everything into the blender. Just make sure your ingredients cover the blender blade so you get a smooth sauce

May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perez