



Pura Vida Foodology Planet-wide

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

SUSTAINABLE HEALING FOODS: PLANT-MAYO

Can Mayo be a superfood? We make our Pura Vida Plant-Mayo as a perfect food meaning it has all 9 Essential Amino Acids, 18 of 22 amino acids, all your trace minerals, all your B Vitamins, Vitamins A, C, D, E and K, a ton of protein and omega-3 and omega-6 in the perfect ratio. Our Plant-Mayo is so good for you feel free to use liberally. No extra time on the treadmill required. When we give our bodies **The Right Tools**, our bodies are able to repair anything and our Plant-Mayo has the building blocks your body needs to build adult stem cells.



Our Plant-Mayo strengthens your bones, hair, teeth, eyes, heart, lungs, liver, kidneys and brain, reverses signs of aging, prevents collagen breakdown, reverses age related cognitive decline and supports your thyroid. It also improves your cognitive function, your memory, your visual memory recall, your learning capability, your brain capacity, your processing capability and your cognitive function in a creamy savory sauce. While you indulge in our Plant-Mayo you'll also increase blood flow to your brain, elevate your mood,

accelerate your healing down to a cellular level, regulate your blood pressure, your blood sugar and insulin all while boosting your beneficial gut bacteria, boosting your immunological library, lowering your LDL cholesterol and aiding cellular reproduction because our Plant-Mayo is a superfood. This Plant-Mayo is also anti-inflammatory, anti-bacterial, anti-fungal and anti-microbial that increase your circulation, boost your blood oxygen levels, reduces your risk of cardio-

vascular dis-ease, stroke, heart dis-ease, heart attack, ALL cancers and ALL degenerative dis-eases. Our Plant-Mayo makes you smarter, stronger, quicker, thinner and healthier. Yes, Mayo 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 pkg Organic Silken Tofu
- 1/3 cup Cold-Pressed Extra Virgin Olive Oil
- 1/2 cup Whole Food Living Water
- 1 tbsp Fresh Lemon Juice
- 1 tsp Apple Cider Vinegar
- 1 tsp Garlic powder
- 1/2 tsp Dijon Mustard
- 1/4 tsp Himalayan Pink Salt
- 1/4 tsp MSG
- 1/4 tsp Guar Gum



PREPARATION (Plant-Mayo)

- 0) Add ALL ingredients to Blender
- 1) Blend until smooth & creamy (about 30 seconds to 1 minute)
- 2) Transfer to Mason Jar & use Rubber Spatula to get out every tasty bit
- 3) Use on sandwiches, wraps & salads
- 4) Store extra in the refrigerator for 1-2 weeks
- 5) Use liberally on everything & enjoy guilt free because every bite nourishes your body



UTENSILS

- Large Mason Jar with Lid
- Blender / Vitamix
- Label for Mason Jar
- 1/4 Teaspoon
- 1/2 Teaspoon
- Teaspoon
- Tablespoon
- 1/3 Cup
- Cup
- Scissors to open Tofu
- Rubber Spatula

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

Dr. Ava Perez