

Dr. Ray's Weekly Handout

This is the season many get ill unnecessarily. 3 primary things you need to do

1. Keep Your Regular Adjustments – most important is a good functioning nerve system
2. Keep your vitamin D levels high (between 60 – 120) on a 25-hydroxyvitamin D test. I recommend increasing to 6 drops/day (2 drops – 3 times per day)!!!
3. Keep Nucleotides in your home – at the very very first sign of a cold or illness – start taking 1 per hour for about 12-14 hours – this will knock it out 96% of the time in 1 day!! But you need to have it on hand to use immediately!!

For kids increase the amount of pink salt

OK, with healthy foods – my biggest question is always about desert – although that is always the very easiest. Well here's 2 healthy raw desert that EVERYONE will love!

Raw chocolate coconut mousse

1 cup nuts, soaked at least 4 hours (we use a combination of ¼ cup raw macadamias, and ¾ cup raw organic cashews or you can use all raw cashews)

4 dates, pitted

1/4 cup shredded coconut

¼ tsp of Pink salt

3-4 avocados

1/2 cup raw cacao powder

1/2 cup agave syrup can use raw honey instead (I use Wee Bee Raw Honey)

1/4 to 1/3 cup cocoa butter (or coconut oil), melted (place the container in real hot water to melt)

pinch of vanilla

Instructions: Peel the avocados put the flesh in a blender or food processor. Process until smooth. Add cacao powder, honey, coconut, vanilla and salt and process again. Add melted cocoa butter or coconut oil last and process until combined. Let set at least 30 minutes in the refrigerator.

For the **Cashew Cream** – (it really doesn't need the cream – but it's awesome!!)

1 cup raw cashews

1/2 cup + 2 tbsp filtered water (add +2 tbsp only if needed)

5 drops liquid stevia (to taste but don't over do this) or 2-3 tbsp of raw honey (I use honey)

Instructions:

Place all ingredients in powerful blender or food process and blend until fine and creamy scraping down sides to combine well. This mixture may be spooned on the berries or drizzled from a squeeze bottle or mixed in as a swirl.

Another SUPER Easy Desert that was given to me and I loved it

BananaAvo Pudding

Place 2 bananas and 2 avocados in a good blender. Now just Let 'er rip! You're done! Put in nice bowls and refrigerate 10-15 minutes if desired or just eat it now! This quantity should serve 6. Garnish with berries or other fruit, and/or mint leaves.

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