

## CHICKEN SOUP

### INGREDIENTS:

- 1 whole chicken
- 2½ qts/2.4 L of revitalized or pure spring water
- 1 cup of brown, long-grain rice or rice noodles
- 1 clove of garlic
- 6 shakes of garlic powder
- 1-2 strips of lemon grass
- 1 Tbsp of mixed herbs (marjoram, thyme, sage, & parsley)
- 1 pinch of red chili pepper
- 1-2 Tbsp of Celtic seasalt
- 2 carrots grated
- 3 stalks of celery preferably with leaves

### DIRECTIONS:

Wash the chicken, carrots, celery, and lemongrass well.

Place the chicken in a 3qt/2.85 pot with the water, cover, and bring to a boil.

Lower to medium heat, cover, and cook for another 30 minutes.

Add water as needed. Scrap off any debris that accumulates at the top.

Rinse the rice in a strainer and add into the soup. Bring to a boil.

Add the garlic, garlic powder, lemongrass, mixed herbs, chili pepper, and seasalt. Adjust salt, chili, and herbs to taste.

Break up the chicken into smaller pieces. Cover the pot and simmer on medium heat for another 15 minutes or until the chicken and rice are tender. Add more water as needed.

Remove the breast and separate the meat from the breast bones.

Cut smaller pieces of the chicken into the soup and discard the breast bones.

If using rice noodles instead of rice, add them at this stage.

Grate the carrots into the soup.

Chop the celery (stalk and leaves) into the soup.

Cover and cook for another 10 min.

Fill two bowls and ENJOY this healthy soup.

Store the remaining soup in the fridge or freezer for another day.

Serves 2-4

Use **organic** ingredients and pasture-raised chicken

Suitable for O & A blood types

The **chicken** belongs to the *Aves* bird class of animals and sub species of *Gallus gallus*

*domesticus*. The domestication of fowl dates back to 2,000 BC.

Chicken is high in protein and contains all the B vitamins. It is particularly rich in B3, B6, B12, choline, and pantothenic acid. It is also a good source of selenium, zinc, copper, and omega 3 fatty acids (EPA & DHA).

Chickens raised for meat are referred to as broilers, fryers, or roasters. Broilers and fryers are bred for rapid growth (5 weeks) and include Cornish, White Rock, Hubbard, Barred, Cornish Cross, and Cornish Rock. Roasters are fed for a longer period of time (12-20 weeks). When not raised for food, chickens live for 5-10 years or longer.

The world's largest producer of broilers is the USA, where commercial production surpassed 35 billion pounds in 2010. Approximately 20% of broilers are contaminated with *Salmonella*. Thus, proper handling is as important as is animal welfare. Do not let raw chicken contact other foods. Be sure to wash the cutting board, utensils, and hands well after handling raw chicken. Chicken wrapped well and stored in the coldest section of the fridge will keep for 2-3 days. Frozen chicken wrapped well and tightly can keep for about one year. Defrost frozen chicken in the fridge, in a dish.

AVOID smelly chicken and commercial chicken raised in factory farms with antibiotics because they contribute to the consumer becoming antibiotic resistant. It is also best to AVOID yellow-skinned (corn fed) chicken because most corn contains GMOs.

Cage-free, pastured, and free-range standards for chickens being outdoors have been significantly lowered. Thus, find a good, reliable butcher to buy **organic, pasture-raised**, chickens.

Select chicken that is solid, plump, opaque, and free of spots. When buying frozen, select chicken that is free of freezer burn, ice deposits, or frozen liquid in the package.

According to researchers at the Univ. of Perugia, Italy, pasture raising of chickens goes beyond organic and increases total antioxidant nutrients. This included plenty of time allowed for pecking, foraging, moving around outdoors, and sunshine. While chickens enjoy grasses, they are omnivores that eat non-plant foods including grubs, worms, insects, and seeds.

When a chicken is properly raised, cooking with its skin enhances the flavor, retains the moisture, and provides fiber. Thus, do not remove it.

Originating thousands of years ago in central Asian and Middle Eastern countries, **carrots** belongs to both the *Umbelliferae* and *Apiaceae* families. This popular root vegetable comes in orange, yellow, red or purple and grows from two inches to 3 feet. All colors belong to the same genus and species of plant, *Daucus carota*. Different colors contain different varieties of antioxidant phytonutrients. Red and purple are rich in anthocyanin; orange is rich in betacarotene; and yellow is rich in lutein.

Carrots are rich in antioxidants (carotenoids, hydroxycinnamic acids, and anthocyanindins).

A 10 year study from the Netherlands found dark orange/yellow carrots to be protective against cardiovascular disease (CVD). The vitamin A, beta and alpha carotene, and potassium in carrots, also help to reduce the risk of cancer. Cooking, steaming, or juicing carrots increases absorption of its beta and alpha carotene from 3% to 39%. Its newly discovered polyacetylenes, which include falcarinol and falcarindiol, interact with the carotenoids (alpha/beta carotene, lutein) and inhibit the growth of colon cancer cells. They also have strong skin-protecting antioxidant activity. Plus, they have anti-inflammatory and anti-aggregatory properties. Carrot's fibre pectin, detoxifies heavy metals and other aging toxins. Its flavonoid rutin, helps to prevent varicose veins and hemorrhoids. Carrots are also a good source of biotin and other B vitamins, vitamins K and C, fiber, molybdenum, folate, phosphorus, and other minerals.

Researchers at the Jules Stein Institute at the U of California, Los Angeles found that women who consume carrots at least twice a week have lower rates of glaucoma.

China produces one-third of all the world's carrots. Russia is the second largest carrot producer, and the U.S. is the third, with 320,000 tons a year. California produces 80% of all fresh market carrots in the U.S.

Select carrots that are firm, straight, and brightly colored. Dark stem and limp carrots are signs of age.

Store them in the coolest part of the fridge in a plastic bag or container to prevent loss of moisture. Keep them away from fruits and other produce that produce ethylene gas, which will cause them to become bitter. Remove the green tops before storing. Carrots are best consumed raw, lightly steamed, or in soups and will last up to two weeks if properly stored.

**Celery** was cultivated in parts of Europe and the Mediterranean as early as 1000, BC. It was also used medicinally in ancient Egypt and was awarded to Greek Athletes for their winning. The Pascal celery, which belongs to the *Apiaceae/Umbelleriferae* family, is the most common variety. The other varieties, such as Australian, Vietnamese, Indian, Maori, and water celery, are referred to as "wild celery." The USA accounts for 80% of all celery production.

Celery is rich in vitamins K and B, folate, potassium, manganese, molybdenum, and other minerals. It also provides anti-inflammation benefits, especially in the stomach lining and digestive tract. Celery is also rich in some unique non-starch, pectin-based polysaccharides and phenolic antioxidants such as dihydrostilbenoids, furanocoumarins, phenolic acids, flavones, flavonols, phytosterols, and phthalides, which acts as a diuretic. These phytonutrients help protect the cells, blood vessels, and organs from oxygen damage. Select celery that is crisp and a rich green color. Smaller bunches of celery are usually more tender. Store in a sealed plastic bag in the fridge, for up to 7 days. Cut just before use and avoid freezing it. If wilted, soak the base in a bowl of water to revive.

Native to southern India, **lemongrass** is also found in SE Asia and other warm, tropical climates. It has been used for hundreds of years for culinary and medicinal purposes and in aromatherapy.

Also known as *citronella*, this green and white grass with razor-like blades belongs to the grass family of *Poaceae*. Two species of the 55 genus *Cymbopogon* grasses are lemongrass. The West Indian lemongrass or *Cymbopogon citratus* is preferred for culinary use. The East Indian lemon grass or *Cymbopogon flexuosus* is used in the manufacturing of various fragrance products because of its extended shelf life and low amount of myrcene. Lemongrass has a distinct lemon flavor when cut, crushed, or used in soups because of its essential oil called citral. Dried lemongrass also releases this same flavor when steeped as a tea.

Studies show that citral has strong anti-microbial, anti-fungal, anti-bacterial properties. It is an anti-inflammatory that helps to inhibit the growth of various types of cancer cells, including hepatic and breast cancer.

Lemongrass is effective in flushing toxins and waste out of the body, because of its diuretic properties. This, in turn, helps to lower uric acid and improve liver, spleen, and kidney functions. Citral has an inhibitory effect on cytokine production. It also helps to maintain optimum levels of insulin and improves glucose tolerance.

Lemongrass essential oil has an anti-biofilm capacity, which makes it beneficial against *Staphylococcus aureus* infections, Lyme disease, *Helicobacter pylori*, *Escherichia coli*, gastric ulcers, ulcerative colitis, and nausea.

In aromatherapy, its essential oils (nerol, citronellol, myrcene, dipentene, geraniol, and methyl heptenone) are used to help restore and revitalize the whole body and relieve symptoms of headaches, body-aches, exhaustion, and stress. It is also used as a calmativ agent and sleep aid.

In Ayurveda, lemongrass is cooling and used as a diuretic, nervine, diaphoretic, febrifuge, sedative/calming, and tonic.

Lemongrass is treasured in skin care products because of its astringent and antiseptic qualities.

Lemongrass is also used in perfumes, deodorants, polishes, candles, soaps, and insect repellants.

Lemongrass will keep for up to 2 years if stored in an air tight containers, in a dark, cool dry place.

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