

# Warming, Immune-Boosting Foods for Flu, Flab, and Fatigue

With Dr. Ritamarie Loscalzo and Elaina Love



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**Note:** For resources for the ingredients used in these recipes, consult the **Creating a Healing Kitchen** pdf (available under the “Bonus” tab on the VITAL Community members’ website).

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# Recipes

## About the Ingredients Featured:

- **Chaga:** The health benefits of chaga are numerous, many of which can be attributed to its immune-boosting ingredients and antioxidants.
- **Reishi:** These mushrooms have been used for medicinal purposes for at least 2 000 years. The mushrooms were known to the ancients as “the mushroom of immortality”. They had the reputation of promoting health and longevity, boosting the immune system, and reducing the risk of life-shortening conditions such as cardiovascular disease and cancer. Science has finally validated this traditional wisdom.
- **Astragalus:** Widely used in traditional Chinese medicine for a variety of ailments and functions. It is traditionally valued for supporting healthy immune function and has been observed to support the heart in healthy subjects.
- **Maca Root:** A hormone balancer and stamina builder. Well known for increasing libido and sexual stamina. Great for overall strength, energy, and balance.
- **Raw Cacao Powder:** High in magnesium, theobromine, and PEA (the feel-good chemical that occurs naturally when you are falling in love).
- **Xylitol:** Naturally occurring in the body; made from birch bark; anti-bacterial. Xylitol tastes sweet but, unlike sugar, it is not converted in the mouth to acids that cause tooth decay. It reduces levels of decay-causing bacteria in saliva and also acts against some bacteria that cause ear infections.

## Sweet Tonic Tea

By Elaina Love

### Ingredients:

- 16 cups purified water
- 4 cinnamon sticks
- 4 tablespoons sliced ginger root
- 1/4 cup chaga root
- 1/4 cup sliced reishi mushroom (MountainRoseHerbs.com)
- 1 tablespoon astragalus root powder (MountainRoseHerbs.com)
- optional: 1 whole nutmeg, 4 clove buds or 1/4 teaspoon powder
- 2 tablespoon loose nettle leaf
- optional: also look for other healing adaptogens such as licorice root, he shou woo, rehmannia, and more to add to your elixir

### Directions:

1. Place the ingredients in a big pot.
2. Bring to a boil and then lower to a simmer for 4-8 hours.
3. You can serve the tonic straight from the pot by using a straining mesh screen over your tea cup.
4. Continue to add more water to it as it gets low. This can be a tonic that you keep going on the stove and just add more ginger and cinnamon to each time you deplete your stock. You can make up to 6 pots of tea from the same base.
5. You can also just freeze or refrigerate all of the remaining roots and shoots and save them for another time.
6. The prepared and strained tonic will keep refrigerated for up to a week. Just reheat it as you need it.

## Healing Hot Chocolate Elixir

By Elaina Love

### Ingredients:

- 2 cups hot water
- 1 tablespoons raw cacao or carob powder
- 1 teaspoon maca powder
- 1 tablespoon coconut oil
- 1 teaspoon chia seeds
- 2 tablespoons xylitol, **Lakanto**™, or **Zero** low-glycemic sweetener
- 10 drops vanilla liquid stevia or to taste
- 1/4 teaspoon high mineral salt
- optional: 2 teaspoons instant coffee substitute (**Dandi Blend**) OR 7 drops of coffee essence (**Medicine Flower**)
- Sprinkle of cinnamon and nutmeg for the top garnish

### Directions:

1. Soak 1 teaspoon of chia seeds with 3 teaspoons of water and let soak for 15 minutes.
2. Place all ingredients except cinnamon and nutmeg in a high speed blender and seal the lid tight.
3. Blend until creamy and frothy.
4. Pour into a cup and sprinkle with cinnamon and nutmeg.

**Personal Note from Elaina:** Making a morning elixir is a great way to start your day with energy, boost your immunity, and to replace coffee. People have reported lowered sugar cravings as a result of drinking this beverage in the morning. I use it on a regular basis as a comforting and healthy way to incorporate the healing benefits of super foods into my diet.

## Hot Turmeric Elixir (1 serving)

By Elaina Love

### Ingredients:

- 2 cups hot *Sweet Tonic Tea* (see recipe)
- stevia to taste
- 1 tablespoon coconut oil or **Brain Octane MCT** oil
- 1 teaspoon turmeric powder
- 1/4 cup *Ginger Milk* (see recipe)

### Directions:

1. Blend on high in a bullet or blender until frothy.
2. Serve immediately.

## Ginger Milk (makes 4 cups)

By Elaina Love

### Ingredients:

- 3 tablespoons chopped ginger
- 2 cups water

### Directions:

1. Blend on high until smooth.
2. Strain through a nut milk bag.
3. Store the liquid in a quart-sized glass jar in the refrigerator until ready to use.
4. Add to teas and juices.

## Veggie Broth

*By Elaina Love*

### Ingredients:

- 8 cups purified water
- 2 cups chopped vegetable scraps (variety)
- 1 chopped onion
- 1 tablespoon chopped ginger (optional)
- optional: 2 teaspoons salt, 1 piece of kombu, or handful of seaweed such as hijiki

### Directions:

1. Collect veggie scraps such as onion and garlic skins and ends, carrot, broccoli, beet, cabbage, root vegetables, stems of herbs (cilantro is especially good) and any ends and scraps from your veggies.
2. Boil the water and herbs together for 1 hour, then let cool.
3. Strain out the vegetables and discard them.

**Personal Note from Elaina:** I like to collect my veggie ends daily and store them in my freezer in a gallon-sized zip lock bag until I am ready to use them.

Store the broth in the freezer in a glass jar which is only 3/4 full and well-sealed (mason jars work well). Place the jar on its side in the freezer so as not to crack the glass when it freezes.

You may also store this broth in the refrigerator for up to 3 days.

## Cream of Vegetable Soup

### Ingredients:

- 3 cups hot veggie broth
- 1 avocado or 3 tablespoons nut butter or tahini
- 1/2 - 1 teaspoon salt or to taste
- optional: 2 teaspoons miso paste (try Chickpea miso by Miso Master)
- optional: 1 teaspoon cumin powder, curry powder, or Mexican seasoning
- even more optional: 1 cup frozen peas (defrosted under hot water first)

### Directions:

1. Blend all ingredients on high and then adjust the flavors to your liking.
2. Serve warm with some freeze dried peas ([www.justtomatoes.com](http://www.justtomatoes.com)) or sprouted and dehydrated sunflower seeds.

## Warming Broth Base

### Ingredients:

- broccoli
- cauliflower
- cabbage
- zucchini
- shiitake mushrooms
- combination of spinach and kale, spinach and arugula, or other greens
- konjac noodles

### Directions:

1. Steam all ingredients.
2. Put mushrooms in serving bowls.
3. Put some small chunks of the other vegetables in serving bowls if desired.
4. Put combination of spinach and kale or other greens in serving bowls.
5. Put remaining vegetables in blender. Add some of broth to desired thickness.
6. Blend until smooth, holding lid of blender on to prevent hot liquid from escaping.
7. Season with various seasonings such as Indian curry, Mexican spices, Thai spices, etc.
8. Rinse and strain konjac noodles and put in serving bowls.
9. Pour broth into serving bowls and stir.

## Thai Soup

### Ingredients:

- 1/2 recipe of *Warming Broth Base* (if using full recipe, double measurements)
- 1/4 cup coconut butter per quart of soup
- 1 tablespoon ***Thai Kitchen Curry Paste*** (red or green)
- A few drops lemongrass essential oil (optional)
- A few drops lime essential oil (optional)
  - when in season, can use fresh kefir lime leaves
- 1 clove fresh garlic
- 1/4 teaspoon salt
- ginger, if desired
- konjac noodles

### Directions:

1. Blend all ingredients except konjac noodles.
2. Rinse and strain konjac noodles and put in serving bowls with vegetables that were separated from broth and greens.
3. Pour broth into serving bowls and stir.

## Italian Soup

### Ingredients:

- 1/2 recipe of *Warming Broth Base* (if using full recipe, double measurements)
- 1/2 large tomato
- 1/2 avocado
- 1 clove garlic, crushed
- 1/4 teaspoon thyme
- 1/4 teaspoon oregano
- Italian seasoning to taste
- 1/4 teaspoon salt
- konjac noodles
- 1 - 2 drops oregano oil (optional)
- 1 - 2 drops rosemary oil or fresh rosemary (optional)

### Directions:

1. Blend all ingredients except konjac noodles.
2. Rinse and strain konjac noodles and put in serving bowls with vegetables that were separated from broth and greens.
3. Pour broth into serving bowls and stir.

## About Your Instructors



### Elaina Love

Elaina Love's teaching and support empowers people to lose weight and gain energy by making positive lifestyle choices and incorporating more living, raw foods into their diet.

She's been teaching raw food courses and delivering talks worldwide since 1998. From 2000 to 2010 Elaina was a Chef and Instructor at the renowned Living Light Culinary Arts Institute, before creating the **Pure Joy Culinary Academy** in 2010.

In addition to the extensive Academy Manuals, exams and other coursework materials, she has authored 3 recipe books and 3 DVD's.

She is the creator of the **Amazing Nut Milk Bag** which is sold and used worldwide as an integral kitchen tool by raw foodies, vegans, and anyone wishing to make better food choices.

Currently, Elaina travels the world teaching. When not traveling, she resides in Tucson, Arizona.

Learn more: <https://www.purejoyplanet.com/>

## About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

## Dr. Ritamarie's Health and Nutrition Books and Programs

**Sweet Spot Solution Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. [www.TheSweetSpotSolution.com](http://www.TheSweetSpotSolution.com)

**Empowered Self-Care Lab:** Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! [www.EmpoweredSelfCareLab.com](http://www.EmpoweredSelfCareLab.com)

**Body FREEDOM Nutrition Lab:** Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally. [www.BodyFREEDOMNutritionLab.com](http://www.BodyFREEDOMNutritionLab.com)

**Find all the Resources You Need for Natural Healing  
Based on Leading-Edge Science**

<http://www.DrRitamarie.com>