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3 Life-Changing Healing Drinks

Recipe Booklet



HEALING HOT COCOA

****I drink this almost every morning during the winter and it satisfies my desire for warmth, soothing, and chocolate! In addition, it's incredibly healing to the gut and supplies a good dose of protein and healthy fats.**

What makes it so healing? Hydrolyzed beef protein is like bone broth with a nice vanilla twist. This helps plug in the “holes” that might be causing leaky gut. The collagen powder also helps to heal the gut, lubricate the joints and encourages nice skin, hair and nails.

Coconut oil adds healthy fats that protect the brain, arteries and vessels and amps up your metabolism (so you burn more fat).

Pure cocoa adds flavor, magnesium, and other minerals without adding in sugar.

It's pure deliciousness and I feel great knowing I'm giving my body the nutrients it needs to repair and heal.

Enjoy!!

Healing Hot Cocoa (or mocha)

-for 2 servings

2 TBSP coconut oil

1 1/2 cups coconut milk

2 scoops Pure Paleo Vanilla Protein

2 TBSP Collagen Powder

2 TBSP Pure Cocoa

In a 4 cup measuring cup (or enclosed blender such as NutriBullet), heat coconut milk and coconut oil for 1-2 minutes. Add powders and blend with an emersion blender. Add 1 cup of boiling water.

*For mocha, substitute boiling water for brewed coffee.



GOLDEN MILK

****Golden Milk has been around since ancient times.**

The main ingredient in Golden Milk is turmeric which contains curcumin. This ancient spice, used daily by many Asian cultures, has numerous benefits. The golden milk is meant to be consumed as a warm bedtime drink and has relaxing, anti-inflammatory, and immune boosting properties.

Other benefits of curcumin include regulation of high blood pressure, increase in metabolism and fat-burning, liver detoxification, pain relief for arthritis, and even anti-carcinogenic.

The Golden Milk is usually blended with black pepper which increases the absorption of the active ingredients in the turmeric as well as increases metabolism. Cinnamon helps with blood sugar regulation, ginger is great for digestive soothing, and honey is added for sweetness as well as being a powerful anti-fungal and antibacterial agent.

Golden Milk

1 cup of coconut or almond milk

1 teaspoon coconut oil

1 teaspoon turmeric powder

1/2 teaspoon minced ginger

1/2 teaspoon cinnamon

Pinch of black pepper

Honey to taste

Heat all of the ingredients together and drink warm. You can also blend all of the ingredients in a blender, warm up the mixture and drink.



HEALING HALF AND HALF (or Arnold Palmer)

*This simple classic is so quick & easy to make, and it's super refreshing. You can use just about ANY tea bags you have in your house. Tailor your tea bags for different benefits. For example, ginger adds soothing for the digestive system while chamomile helps with relaxation. We usually pair ginger, a berry zinger and a green tea. Always having a jug made up encourages hydration, & helps avoid those costly sugary teas from the store.

Half and Half

4 Tea Bags of Your Choice

4 lemons

1/2 cup Stevia

Water

Step 1: Pour 4 Cups of boiling water over 4 Tea bags. Let steep

Step 2: Squeeze the juice of 4 lemons into a 1 gallon Carafe or serving Jug. Add a couple of slices of lemon for more flavor

Step 3: Add 1/2 cup stevia powder (if you want to use honey, stir it into the hot tea) and sweeten to your taste.

Step 4: Add 3/4 gallon of cold tap water to the Serving Jug, and then pour the tea mixture into the Serving Jug.

Refrigerate & enjoy lots of refreshment!