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## Wellness Trading Post

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## Salad Recipe

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## Nutritional Salad Recipe

<i>Ingredients</i>
Romaine lettuce
Asparagus
Tomatoes
Snow peas
Heart of Palm
Black olive
1 garlic glove
Radishes
Orange or tangerine

<i>Optional Ingredients</i>
Green salad mix
Avocado
Sprouts (Alfalfa, clover, garlic, etc)
Nuts & seeds mix (“trail mix” makes a good mix)
Feta cheese and/or goat cheese
Boiled eggs
Mushrooms
Any other ingredient that you enjoy in a salad.

### Preparation:

- Crushed the garlic and spread it on the salad bowl wall (a wooden salad bowl is best).
- Except for the orange, add all the ingredients (cut as needed) into salad bowl.
- Cut orange in half and squeeze juice into bowl.
- Mix.

### Salad dressing (optional)

Mix in a bottle or jar:

- ¼ cup extra virgin olive oil.
- ¼ cup grape seed oil.
- 2 Tbsp of soy sauce.
- Salt and pepper (to the taste).

### *Serve and enjoy!*

### Notes on ingredients:

1. **Romaine lettuce, green salad mix** – medicinally, they have antioxidant, and anti-cancer properties, and natural cleansers. They are rich in fibers and nutrients (vitamin A, C, folic acid, beta-carotene, potassium, some iron and calcium). Lettuce also contains tryptophan, an amino acid that helps promote sleep (tryptophan being a precursor to melatonin).
2. **Asparagus** – medicinally, it has antioxidant, anti-cancer, anti-cataracts, diuretic, and vulnerary (promotes healing) actions. It has been used for centuries in the treatment of many conditions such as arthritis/rheumatism, water retention, high blood pressure, chronic bronchitis, and cystitis. They are rich in vitamin E, and source of vitamin A, B3, C, potassium, and some iron.
3. **Tomatoes** – medicinally, have anti-cancer properties, rich in antioxidants, calming agent (esp. juice). Contains glutathione and lycopene (a carotenoids with antioxidant action that protects against cancer and other degenerative diseases, and thought to support physical and mental functioning). They are rich in nutrients such as vitamins C, E, carotenoids, folic acid, and potassium.
4. **Snow peas** – source of vitamins (A, C, B1, folic acid), choline, minerals (potassium, iron), protein.
5. **Heart of Palms** – although considered nutritional and medicinal, not reports were found on the nutrient or medicinal properties or uses.
6. **Olives (green and/or black)** – medicinally, help prevent heart disease and cancer. A source of mono-unsaturated fats (good fats) that helps reduce cholesterol.

7. **Garlic** – well known for its many medicinal properties. Among them, strong anti-microbial properties (anti-bacterial, anti-viral, anti-fungal, anti-parasitic), and anti-tumor/cancer properties; helps regulate cholesterol and blood sugar levels, blood thinner, helping protects against arteriosclerosis, stroke, and heart attacks. Helps detoxify the body of heavy metals.
8. **Radish** – as other cruciferous/brassica vegetables (i.e. cabbage, broccoli, cauliflower), radishes are good for cancer protection. Radishes have also been used to treat liver/gallbladder problems (esp. the juice). They contain potassium, iron, sulfur, vitamin C, some folic acid and selenium.
9. **Citrus fruit** – a source of nutrients (vitamin C, folic acid, potassium, calcium, carotenes), fiber. Oranges are used in TCM to stimulate the digestive system and treat constipation. Citrus fruit reduces the risk of stomach cancer, reduces gastritis. Due to its content of vitamin C, it helps with iron absorption.
10. **Avocados** – medicinally, it has antioxidant, anti-fungal and anti-bacterial properties. They are a source of mono-unsaturated fats (“good” fats, essential fatty acids), protein, nutrients such as vitamins A, B’s, C, E, iron, calcium, copper, phosphorus, zinc, magnesium, high in potassium.
11. **Sprouts (alfalfa, clover, fenugreek)** – medicinally, they have anti-cancer, antioxidants, cholesterol regulator, and cleansing properties. The sprouting process makes their nutrient content easy to digest. They are a rich source of vitamins (A, B’s, C, D, E, K, beta-carotene, folic acid), minerals (iron, calcium, potassium, phosphorus, silicon, zinc, magnesium, manganese), chlorophyll (helps fortified the blood), antioxidants, protein, and fibers.
12. **Nuts & seeds** – medicinally, they have anti-cancer, anti-cholesterol, and blood sugar level regulation properties. Nuts & seeds (almonds, cashews, pecans, almonds, pecans, sunflower seeds, pumpkin seeds etc.) are rich in protein, vitamins (esp. vitamin E), minerals, fibers, “good” fats, essential fatty acids (EFA’s), and protease inhibitors (reported to block cancer in animal tests).
13. **Mushrooms** – a source of easily absorbed protein (esp. mushrooms such as Shiitake, Reishi, oyster mushroom), rich in vitamins and minerals (potassium, copper, iron, phosphorus, B vitamins). Mushrooms such as Shiitake, Reishi, and Maitake are well known for their medicinal properties (i.e. immuno-modulator, immuno-stimulants, anti-cancer, cholesterol & sugar level regulators).
14. **Eggs** – low in calories, a good source of protein (containing all the amino acids needed by the body), nutrients (vitamin A, D, E, B’s, folic acid, zinc, iron, selenium, calcium, phosphorus), lecithin (use in a variety of metabolic processes in the body). Although eggs contain high level of cholesterol, research reports that it does not cause the body’s cholesterol level to rise.
15. **Cheese** – a source of protein, and nutrients such as vitamin A, some B’s, D, high calcium, zinc, selenium.

#### References:

- **“Healing Food”** by Michael Van Straten; Key Porter Book, 1997.
- **“Complete Guide to healing Food”** by Amanda Ursell; Dorling Kindersley Book, 2000.
- **“The juicing Bible”** by pat & Susan Eagles; Robert Rose Inc. 2000.
- **“Staying Healthy with Nutrition”** by Elson M. Haas; Celestial Arts, 1997