

# LIVING YOUNG!

*Slenderness, Vitality, and Longevity...*



## RAINBOW SELECTIONS

FRESH, WHOLE & NUTRITIOUS

GARDEN FRESH GOODNESSES!

Center eating around a rainbow of *vegetable choices*, and center *rainbow-colored choices* around *solid and leafy-green vegetables...*

## CHINESE SLENDERNESS TIPS - VOLUME 5

I was surprised to learn that in China only one in 150 people are obese; by comparison, it has been since 1909 that just one in 150 Americans were obese. Since then, the rate of obesity in the U.S. has gradually risen to one in three people. While the world we know has dramatically altered during the past 100+ years in terms of our average body size, Chinese people have managed to remain slender and do so very naturally and without any undue effort to speak of. It's simply a way of life for them and therein lies their secret.



Some slender friends who recently returned from China commented that

they felt fat as they toured China. They emphasized that everyone was slender there except for Americans and that we've become so conditioned to being "fat" that until we become immersed within a population of slender people, we don't recognize the startling reality of what has happened to our nation. Like the frog that was tossed into cold water and then slowly heated until he boiled, the average American has slowly become bigger and fatter until as a nation we now suffer from the highest rates of... ([see more](#))



DANIEL'S CHALLENGE APPROVED!

## Menu Ideas!

### Asian Drink



2 mangos  
2+ cups pineapple  
1 handful of shredded coconut  
water to desired consistency  
4 to 8 oz Romaine lettuce  
**Instructions:** Blend fruit and coconut, and add water to desired consistency. Blend in greens and then sip and savor.

### Oriental Salad

1.5 cups carrots, shredded  
1 zucchini, thin matchstick slices  
1.5 cups mung bean sprouts  
3 cups Napa cabbage, finely chopped  
1/4 cup sesame seeds  
1 bunch green onions, chopped  
1/2 lb whole-grain spaghetti, cooked

#### Dressing Ingredients:

1 Tbsp fresh garlic, minced  
1 inch fresh ginger root, finely chopped  
1/3 cup each: peanut butter & honey  
1/4 tsp red pepper flakes  
1/4 cup Braggs Liquid Aminos  
2 Tbsp rice vinegar  
1 tsp chili-garlic sauce

**Instructions:** Combine salad ingredients in bowl. Blend dressing ingredients until warm and toss into salad ([see video](#)).

### Oriental Veggie Soup

**Veggie mix:** onion, potato, celery, cauliflower, bok choy, mushroom, cabbage, carrot, zucchini, bean sprouts, broccoli, and frozen peas!  
bouillon & cayenne pepper, to taste  
4 cups water

**Instructions:** ([click to watch video here](#))