




I FEEL GOOD AND
I WANT IT TO
STAY THIS WAY.

HOLISTIC FOOD SUPPLEMENTS AND COSMETICS
DEVELOPED BASED ON THE BIORESONANCE ACCORDING
TO PAUL SCHMIDT



Please note: Irrespective of the breadth of information, advice and problem-solving approaches provided hereby and resulting from over 35 years of experience, it cannot replace the visit to a practitioner of alternative medicine or a physician with an interest in naturopathy. Further, please note that traditional orthodox medicine does not accept or even recognise the effects of bioenergetic oscillations.



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PREFACE

Rayobase®, Rayovita®, Rayoflora® and Rayosole® plus are holistic food supplements and cosmetics, developed based on energetic principles using the Bioresonance according to Paul Schmidt. Even when the traditional orthodox medicine still does not accept this approach, we do not only assess the material properties of our food supplements and cosmetics, but also its energetic/ vibrational properties. Using the Bioresonance according to Paul Schmidt we measure the oscillation patterns of individual raw materials and adapt these to one another and to the human organism.

Bioresonance according to Paul Schmidt operates on the principle that self-regulation can be stimulated by frequencies. In a way that sunshine as a frequency spectrum can stimulate the production of e.g. vitamin D or pigments, based on our experience there are far more frequencies with the associated regulatory regions.



RAYO-PURE



RAYOBASE®



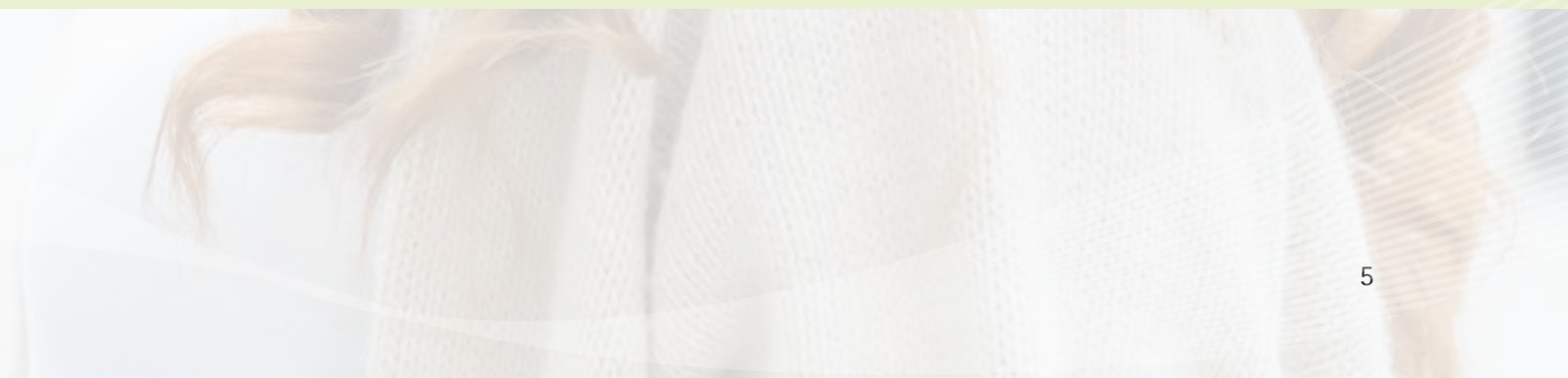
RAYOVITA®



RAYOFLORA®



RAYOSOLE®plus



A woman with long, wavy brown hair is standing in a field of tall yellow flowers. She is wearing a white strapless dress and is smiling, looking upwards. The scene is captured within a circular frame with a light green border. The text "I FEEL GOOD AND I WANT IT TO STAY THIS WAY." is overlaid on the left side of the image.

I FEEL GOOD AND
I WANT IT TO STAY
THIS WAY.



THE INNER BALANCE

In order to be and remain energetic, fit and healthy, our body milieu must be balanced. Only in that case can cells, enzymes, hormones and thus our energy and metabolism function optimally.

The prerequisites for a balanced body milieu are:

- an undamaged connective tissue, free of harmful substances: heavy metals, drugs, pesticides, nicotine, chemical additives in food, undesirable metabolic products, toxins
- a balanced acid-base balance
- a stable intestinal flora

In most people, the connective tissue is heavily loaded. It is „rubbish“. Acidic compounds predominate in comparison to alkaline compounds – “hyperacidity”.

Microorganisms that produce undesirable substances and acids – “intestinal flora deficiency” – govern in the intestine.

This is where our holistic food supplements come in:

- They contain herbal ingredients that bind harmful substances, make them excretable and support the organs that secrete them.
- They supply the organism with vital trace elements, vitamins and basic minerals that can bind acids.
- They provide numerous different positive bacterial cultures that can build up a healthy intestinal microbiota.

Not only internally, but also through external applications, the elimination of unwanted substances can be optimized and the body milieu balanced. An alkaline bath additive rounds off our concept.

OUR PRODUCTS

Rayo®-Pure

Holistic dietary supplement with plant extracts, algae, alpha lipoic acid, MSM and glutathione

Rayobase® and Rayovita®

Holistic food supplements for balance in the acid-base processes. Rayobase® and Rayovita® contain the trace element zinc. Zinc contributes to a normal acid-base metabolism.

Rayoflora®

A holistic dietary supplement containing a balanced combination of microbial cultures.

Rayosole® plus

A holistic bath additive supporting the excretion of natural metabolites through the skin.





THE CONNECTIVE TISSUE

The connective tissue can be called the basic system of the body - the biggest coherent area, a netlike bond between cells and interstitial fluid carries it all and connects everything. In adults it accounts for approx. 60 % of the body mass.

Everything in the organism is surrounded by and supplied from the connective tissue. The organ cells are supplied with nutrients and the decomposition products of the cells are removed by the connective tissue.

We take up nutrients from our food. They are reabsorbed (absorbed) in the intestine and transported into the bloodstream. The blood transports them to the various body regions. It should be noted that no single organ cell has a direct connection to a blood vessel. The most delicate ends of the vessels, the capillaries, end in the connective tissue, in the interstitial fluid. From there the nutrients swim further to the organ tissues. This only functions when the pH value is correct. Connective tissue overfilled with acids and harmful substances loses elasticity, literally hardens. It cannot optimally carry out its tasks. The cells are



not optimally supplied with nutrients any more. Not sufficient energy can be produced.

The "cell waste" can not sufficiently be transported away. The lymph channels responsible for this are also located in the connective tissue, without a fixed link to the cells. Added to this, the cell membrane potential will shift. This additionally disrupts the intake of important substances by the cells and the release of "cell waste" from the cells. Also the passage of nerve impulses takes place in the interstitial fluid. Water only does not transmit electricity. These are the

mineral salts of the intermediate cell fluid, which are decisive for the stimulus transmission. Mineral salts are bases that are used up by the over-acidification.

Not only our cells and nerves, but also enzymes and hormones only carry out their functions at certain pH values whereby every body part, every body liquid has its own specific pH value that must be maintained.



THE ACID-BASE BALANCE

The acid-base balance describes the body's biochemical milieu, in other words, the pH value of different areas (organs) of the body, different body fluids.

We have areas in our organism that should be acidic (e.g. the stomach, the vaginal milieu and the large intestine) and areas that should be basic (e.g. blood, the interstitial fluid and the small intestine). Our organism only functions well when all pH values are correct.

There are several body's own control mechanisms to maintain the acid-base balance. These mechanisms are a.o. the respiration, digestion, circulation and hormone production. They all try to keep a healthy pH value in the body. The connective tissue is important for the regulation of the pH value. Excess acids are temporarily stored here, but should be quickly removed by the supply of bases.

Over-acidification – When we talk about over-acidification, we do not mean acidosis, i.e. the derailment of the blood pH value, but that of the connective tissue. Whereby it is likely that over-acidification is the start of acidosis.

Based on several external conditions too many acids enter the body. We take most of the acids through our diet. Pollutants, propellants and pesticides diminish the base reserves of soil, so that fruit and vegetables that are actually rich in bases, don't provide sufficient alkalis anymore. Acids are also produced during many metabolic processes, sometimes as an intermediate product and sometimes as an end product, for example, in cell degradation or lactic acid in case of too strong muscle activity. Another acid producer, not to be underestimated, is excessive mental stress. Stress, a hectic environment and the increased pace of life are causing disbalances in our inner milieu. Not to forget, acids as a result of bacterial overgrowth in the gut microbiota.



GUT MICROBIOTA

10 to 100 trillions of bacteria populate our intestines – the gut microbiota. Bacteria live with us, people, in symbiosis – a community between men and bacteria with mutual benefits.

The gut microbiota develops within the first years of life. Babies come to the world sterile. The first intestinal bacteria are produced at birth and through breastfeeding. The number and density increases in the course of life, depending on habitat and lifestyle.

Negative influences are unbalanced diets, medicines, especially antibiotics, preservatives, but also overstimulation, physical and mental stress.

This ensures that especially our nutrition has a significant influence on the composition of the gut microbiota. A low-fibre and protein rich diet causes protein depleting bacteria to increase, which leads to a significant production of putrefaction products and acids. A vegetable diet, rich in fibres, stimulates the development and maintenance of a healthy gut microbiota and its diversity.



The gut microbiota populates the intestinal mucous membrane, properly protects it against external intruders, decreases toxic substances and protects against infections. It supports the food metabolism by breaking down the for people indigestible carbohydrates into short-chain fatty acids. These serve the intestinal mucous membrane cells as "nutrients" for energy generation. Thereof the intestinal mucous membrane benefits as well as the immune system, of which 80 % is located in the intestinal mucous membrane.

The name intestinal "flora" is based on the opinion they had in the past: Bacteria and many other microorganisms belong to the plant kingdom. Because bacteria nowadays form their own domains, correctly spoken it should be gut microbiota or gut microbiome.

OUR HOLISTIC FOOD SUPPLEMENTS



Holistic food supplement with plant extracts, algae, alpha lipoic acid, MSM and glutathione.

DAILY DOSE AND RECOMMENDED INTAKE

In the first week take 2 x 1 capsule Rayo®-Pure per day. Thereafter increase the consumption to 2 x 3 capsules per day.

Take Rayo®-Pure ½ hour before the meal with enough liquid (minimum 200 ml of still water).



Molybdenum contributes to a normal metabolism of sulphurous amino acids. Vitamin C helps to protect the cells from oxidative stress.

INGREDIENTS

Coating agent: hydroxypropylmethylcellulose (capsule shell), chlorella powder, methylsulfonylmethane (MSM), cranberry extract (contains proanthocyanidin), spirulina powder, lipoic acid, ground horsetail, ground goldenrod, carbonate, curcuma extract, artichoke powder (contains cynarin), nettle leaf extract, ground dandelion, reduced L-glutathione, acerola extract (contains vitamin C), tri-magnesium phosphate 5-hydrate, milk thistle (contains silymarin), parsley powder, tri-calcium phosphate, black pepper extract (contains piperine), kelp extract (contains iodine), silica, zinc gluconate, rock salt; Haematococcus pluvialis extract (contains astaxanthin), sodium molybdate

Rayo® -Pure is free of animal protein, gluten, milk, lactose and yeast and is suitable for vegetarians and vegans.

NUTRITIONAL INFORMATION

Ingredients	pro daily dose %	NRV*
α-lipoic acid	200 mg	–
Aacerola extract (17 % vitamin C)	70,6 mg	–
Of which vitamin C	12 mg	15
Artichoke powder	80 mg	–
Of which cynarin	2 mg	–
Sstinging nettle leaf extract	75 mg	–
Chlorella powder	500 mg	–
Cranberry extract	250 mg	–
Of which proanthocyanidin	15 mg	–
Curcuma extract	100 mg	–
Of which curcuminoids	95 mg	–
Ground goldenrod cabbage	150 mg	–
Haematococcus pluvialis extract	5 mg	–
Of which astaxanthin	0,1 mg	–
Kelp extract (0,5 % iodine)	9 mg	–
Of which iodine	45 µg	30
Silica	7,5 mg	–
Reduced L-glutathione	75 mg	–
Ground dandelion weed	75 mg	–
Milk thistle extract	62,5 mg	–
Of which silymarin	50 mg	–
Methylsulfonylmethane (MSM)	400 mg	–
Molybdenum	5 µg	30
Parsley powder	50 mg	–
Ground horsetail herb	150 mg	–
Black pepper extract	20 mg	–
Of which astaxanthin	19 mg	–
Rock salt	5 mg	–
Spirulina powder	210 mg	–

* Sewing material reference values according to LMIV

OUR HOLISTIC FOOD SUPPLEMENTS



Rayobase® is an alkaline food supplement in powder form (pH 9.3). Minerals are vital compounds and thus essential for the organism. Apart from the minerals potassium, calcium and magnesium Rayobase® contains the trace elements zinc and silica.



DAILY DOSE AND RECOMMENDED INTAKE

Drink a sachet of Rayobase® 2 x daily, dissolved in water, approx. 30 minutes before a meal or approx. 2 hours after a meal. Open the sachet at the tear notch. Add the

content of a sachet in a glass of lukewarm water (200 – 250 ml). Stir in Rayobase® with a plastic spoon. There is no need for Rayobase® to be completely dissolved.

INGREDIENTS

Sodium hydrogen carbonate, calcium carbonate, magnesium carbonate, potassium carbonate, zinc gluconate, silica

NUTRITIONAL INFORMATION

Mineral substances / trace elements	per daily dose (2 sachets)	% of the reference quantity *
Calcium	750 mg	94 %
Potassium	520 mg	26 %
Magnesium	350 mg	93 %
Silica	60 mg	– **
Zinc	11 mg	110 %

* Percentage of the reference quantity according to the EU Food Information Regulation [Regulation (EU) No. 1169/2011]

** no reference quantity available

Rayobase® is free of animal protein, gluten, milk, lactose, fructose and yeast. Rayobase® is suitable for vegetarians and vegans. Magnesium contents over 250 mg may produce laxative effects in susceptible individuals.

Zinc contributes to a normal acid–base metabolism. Furthermore it protects cells against oxidative stress and it strengthens the immune system. Magnesium, calcium and potassium contribute to a normal muscle function. Magnesium and potassium support the nervous system. Calcium and magnesium ensure a normal energy metabolism and maintain bones and teeth. Calcium supports the digestive enzymes.

Rayobase® capsules

Rayobase® powder is also available filled into capsules. The formula is identical. Because Rayobase® tastes different to everyone, Rayobase® in capsules significantly facilitates the consumption. Especially at the start.

Rayobase® capsules are acid resistant plant-based capsules. Therefore the Rayobase® capsules are also suitable for vegetarians and vegans.



DAILY DOSE AND RECOMMENDED INTAKE

Take 3 × 3 capsules daily, 30 minutes before a meal or 2 hours after a meal. Drink plenty (min. 250 ml), only still water.

INGREDIENTS

Sodium hydrogen carbonate, calcium carbonate, magnesium carbonate, potassium carbonate, capsule (filling agent: hydroxypropylmethylcellulose, thickening agent: gellan gum), zinc gluconate, silica

NUTRITIONAL INFORMATION

Mineral substances / trace elements	per daily dose (9 capsules)	% of the reference quantity *
Calcium	700 mg	88 %
Potassium	485 mg	24 %
Magnesium	325 mg	87 %
Silica	56 mg	– **
Zinc	10 mg	100 %

* Percentage of the reference quantity according to the EU Food Information Regulation [Regulation (EU) No. 1169/2011]

** no reference quantity available



Not only mineral substances, but also trace elements and vitamins are essential nutrients. They are also rather scarce goods in our food, especially when your diet is unbalanced and lacks variation or you have special nutritional specific needs.

Rayovita® contains a balanced combination of trace elements and vitamins.



DAILY DOSE AND RECOMMENDED INTAKE

Drink a sachet of Rayovita® dissolved in water 1 x daily. It can be taken best before lunch. Open the sachet at the tear notch. Add the content of a sachet

in a glass of water (200 – 250 ml). Stir in Rayovita® with a plastic spoon. There is no need for Rayovita® to be completely dissolved.

INGREDIENTS

Inulin, magnesium citrate, acerola powder, dextrose, iron-II-fumarate, **DL-alpha- tocopheryl acetate (soja)**, zinc gluconate, nicotinamide, chromium-III-chloride, sodium selenate, calcium-D-pantothenate, retinyl acetate, manganese-II-sulfate, pyridoxin hydrochloride, grape seed powder, thiamin hydrochloride, riboflavin, pteroylmonoglutamin acids, biotin, sodium molybdate, cyanocobalamin

- ➡ Zinc contributes to a normal acid-base metabolism.
- ➡ Iron, manganese, biotin, niacin, pantothenic acid, vitamin B1, B2, B6 and B12 and vitamin C contribute to a normal energy metabolism.
- ➡ Biotin, niacin, vitamin B1, B6 and B12 and vitamin C support the nervous system.
- ➡ Biotin, folic acid, niacin, vitamin B1, B6 and B12 and vitamin C support the psyche.
- ➡ Iron, folic acid, selenium, vitamin A, B6, B12, C and zinc support the immune system.
- ➡ Manganese, vitamin B2, selenium, vitamin C, vitamin E and zinc protect the cells against oxidative stress. Furthermore Rayovita® contains the secondary plant substances OPC from grape seed extract.
- ➡ Iron, folic acid, niacin, vitamin B2, B6, B12 and vitamin C reduce fatigue and weariness.
- ➡ Biotin, niacin, vitamin B2 and vitamin A maintain the mucous membrane.

Tests with Bioresonance according to Paul Schmidt revealed that it makes sense not to combine trace elements and vitamins directly with mineral substances. Therefore we offer a mineral substance product (Rayobase®) and a trace element and vitamin product (Rayovita®).

NUTRITIONAL INFORMATION

Vitamins / trace elements	per daily dose (1 sachet)	% of the reference quantity *
Vitamin A	400 µg RE	50 %
Vitamin E	12 mg-α-TE	100 %
Vitamin C	60 mg	75 %
Vitamin B1	1.1 mg	100 %
Vitamin B2	1.4 mg	100 %
Niacin	16 mg NE	100 %
Vitamin B6	1.4 mg	100 %
Folic acid	200 µg	100 %
Vitamin B12	2.5 µg	100 %
Biotin	50 µg	100 %
Pantothenic acid	6 mg	100 %
Iron	4 mg	29 %
Zinc	2.25 mg	23 %
Selenium	30 µg	55 %
Chromium	30 µg	75 %
Manganese	1 mg	50 %
Molybdenum	25 µg	50 %
Magnesium	67.6 mg	18 %
Inulin	0.88 g	– **
Dextrose	0.05 g	– **
Grape seed powder	2.2 mg	– **

* Percentage of the reference quantity according to the EU Food Information Regulation [Regulation (EU) No. 1169/2011]

** no reference quantity available

Rayovita® is free of animal protein, gluten, milk, lactose, fructose and yeast.

Rayovita® is suitable for vegetarians and vegans.



Trillions of bacteria populate our intestines – the gut microbiota. Microorganisms live with us, people, in symbiosis – a community between men and bacteria with mutual benefits.

Rayoflora® contains a balanced combination of microorganisms.



BACTERIA CONCENTRATION

At least 1×10^9 /g (2×10^9 /g per sachet)

DAILY DOSE AND RECOMMENDED INTAKE

Drink a sachet of Rayoflora® dissolved in water 1 x daily. They can be taken best in the evening before going to bed or half an hour before breakfast. Open the sachet at the tear notch. Add the content of a sachet

in a glass of lukewarm water (150 – 200 ml). Stir in Rayoflora® with a plastic spoon. Allow Rayoflora® to stand for 10 minutes before drinking. There is no need for Rayoflora® to be completely dissolved.

INGREDIENTS

Rice starch, maltodextrin, inulin, bacterial cultures (Bifidobacterium bifidum, Bifidobacterium infantis, Bifidobacterium lactis, Bifidobacterium longum, Enterococcus faecium, Lactococcus lactis, Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus salivarius, Bacillus coagulans), fructooligosaccharides, enzymes (amylase), vanilla extract

NUTRITIONAL INFORMATION

	per daily dose (1 sachet)	% of the reference quantity *
Inulin	0.26 g	– **
Bacterial cultures	0.11 g	– **
Fructooligosaccharides	0.04 g	– **

* Percentage of the reference quantity according to the EU Food Information Regulation [Regulation (EU) No. 1169/2011]

** no reference quantity available

Rayoflora® is free of animal protein, gluten, milk, lactose, fructose and yeast.
Rayoflora® is suitable for vegetarians.



ALKALINE BATHS



Partner of Rayobase®

The central acid excretion organs are the kidneys. However, the kidneys cannot arbitrary excrete acids. When the acid level is too high the kidneys are put under stress. To relieve the kidneys there are alkaline baths.

Rayosole® plus is a basic mineral bath salt suitable for alkaline full baths and foot baths, alkaline wraps and socks. Rayosole® plus may also support the natural excretion of acids through the skin.

Essential ingredients of Rayosole® plus

High quality German rock salt from Germany ("fossil salt") and green mineral clay, an argillaceous rock and

a volcanic ash weathering product. It is rich in basic components like calcium, potassium, magnesium, sodium, and many trace elements.

DOSING

Approx. three heaped tablespoons for a full bath, alkaline wrap or socks.

INGREDIENTS

Sodium carbonate monohydrate, sodium hydrogen carbonate, rock salt, magnesium trisilicate, green mineral clay





Rayosole® plus was dermatologically tested. The Derma Consult Institute wrote:
*"Based on the test results and under the chosen test conditions, the product can
be classified as harmless in terms of possible skin irritant effects."*

FULL BATH / FOOT BATH

For a **full bath**, run the bath full of water, add **three heaped tablespoons Rayosole® plus**.

For a **foot bath**, fill a suitable container with water and add a **heaped tablespoon Rayosole® plus**.

Don't let your bath get too hot! We recommend a water temperature of about 38-39 °C. Take at least 45 minutes bath.

Rub the skin every 5 - 10 minutes with a massage sponge or a massage brush. Also brush under your fingernails and toenails. Pat your skin dry after your bath, don't use body lotion. Do not use other bath additives in combination with Rayosole® plus.

To prevent scratches and discolourations after a bath with Rayosole® plus, rinse your tub thoroughly before cleaning it with detergent, towels or sponges.

ALKALINE WRAPS / SOCKS

For **alkaline wraps or socks**, fill a suitable container with lukewarm water (ca. 38 - 39 °C), add a **heaped tablespoon Rayosole® plus** and stir it in.

For **alkaline wraps**, soak in a small cotton towel in the solution, wring it out and put it on the appropriate location. Cover with a dry cotton cloth and place a grain cushion on top.

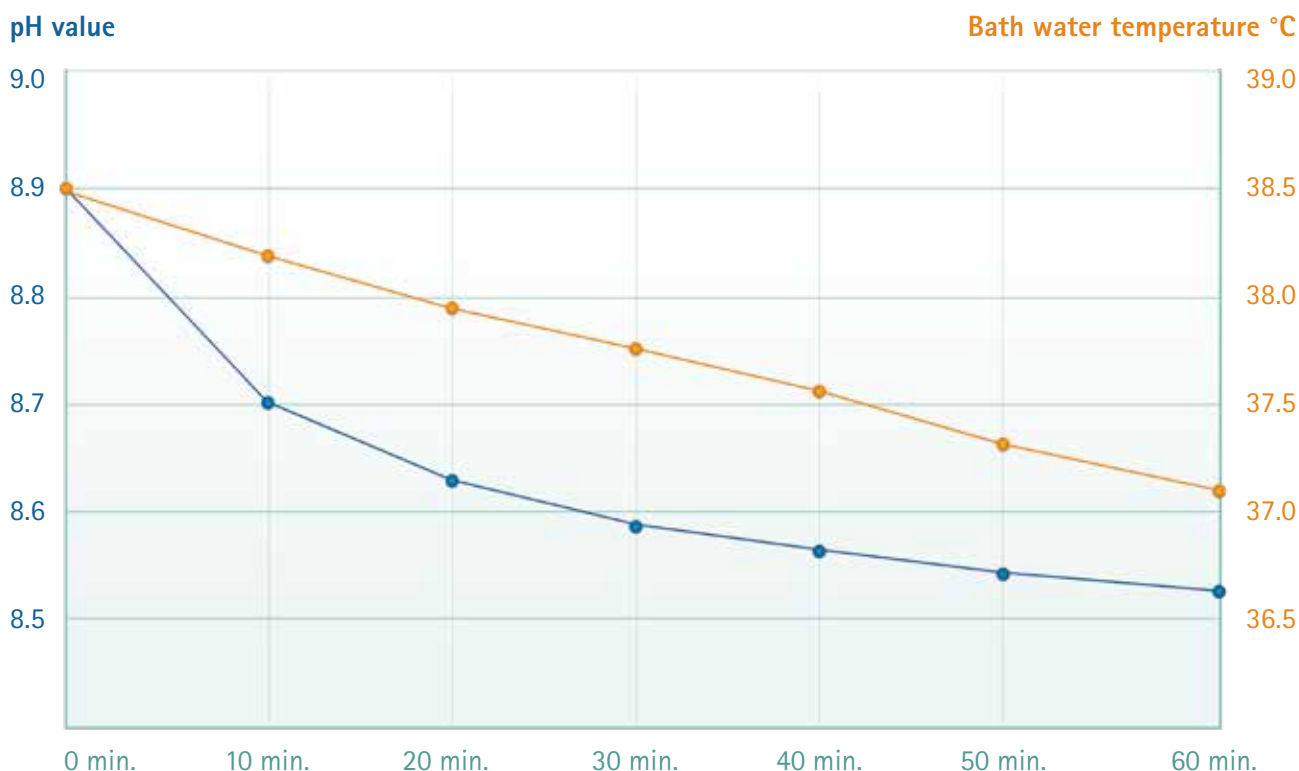
For **alkaline socks**, soak a pair of cotton knee-length socks in the solution, wring them out and put them on. Pull over a pair of dry cotton knee-length socks, then put your feet up and cover them.

Time: at least 45 minutes. Liver packs should be left on for a maximum of 20 - 30 minutes.

If you have cardiovascular problems, you should abstain from full body baths. We recommend using foot baths, wraps and/or socks instead.

Effectiveness of deacidification with Rayosole® plus during a 60 minutes full bath

The pH value of the water drops from 8.9 to 8.52, evidence that acids migrate from the body into the water.



Comment: 120 litre bath water ➡ Start pH: 8.9 / Start temperature: 38.5 °C ➡ Final pH: 8.52 / Final temperature: 37.1 °C



NUTRITION

bases enriched and gut-friendly

Our nutrition has a significant influence on the acid-base balance and the composition of our gut microbiota. As regards the **acid-base balance** foods can be classified in acid-forming and base-forming, depending on the nutrients they contain.

Protein-rich foods like meat, fish and dairy products are acidically metabolised by the body, due to their large share of sulphurous amino acids (cysteine and methionine). Also phosphate-containing compounds like in protein-rich foods, ready-made products and cola-mix beverages burden the acid-base balance.

Plant-based food – like fruit, vegetables, salad and herbs – are base-forming, because they contain a lot of basic mineral substances (potassium, magnesium, sodium, calcium).

But even under the plant-based foods there are exceptions: cereals, nuts, seeds and pulses. They contain proteins and phosphorous compounds, which make them acid-forming.

Foods that are specifically **gut-friendly** have a high fibre-content, but also bitter substances or lactic

acids. Fibres and bitter substances can be found in vegetables and fruit, but also in base-forming food. Vegetables may also contain lactic acid – in fermented vegetables – e.g. sauerkraut, which although it is called "sauer" (acid), it's not acid-forming.

Fibres can be found particularly in wholemeal cereals, nuts, seeds and pulses, being acid-forming foods. In addition to the fibres they also contain other health-promoting substances and are therefore also called "good" acid-formers. Nuts are characterised by a very high percentage of fatty acids and their good quality of proteins. The latter goes for pulses too.

Acid-forming foods are not automatically "bad" foods. Therefore we should distinguish "good" acid-formers and "bad" acid-formers.

A 100 % basic diet is difficult to implement. Recommendable is a nutritional choice that comprises 70% of base-forming and 30% of acid-forming food.

Further detailed information about a base-rich and gut-friendly nutrition can be found in our brochure "In harmony and in balance – base-rich and gut-friendly food".

That's the combination that counts!

The sulphurous amino acids methionine and cysteine are important to the organism and should be added to our diet. The acids they deliver, however, should be balanced in the same meal or at the same day. Therefore always combine meat, fish, egg, dairy products, cereal products, nuts, seeds and pulses with lots of vegetables, fruit, herbs and salad.

ALKALINE SOUP

(basic and gut-friendly - needs little digestive capacity, gentle to the intestinal mucosa)

3	middle sized potatoes
3	middle sized carrots
1/2	celery root or 2 x stalk celery
1	small turnip cabbage
1/2	leek
4	tomatoes
2 ltr	water
3 tbsp	vegetable oil (rapeseed oil)
1/2 bunch	parsley
1 1/2 tbsp	rock salt

Other possible spices:

caraway, marjoram, thyme, chives

PREPARATION

Clean and wash the potatoes and vegetables, slice them, not too big and everything more or less the same size. Put the potatoes and vegetables with the water and oil in a saucepan and cook it on slow heat for about 30 minutes. Add salt and pepper 10 minutes before it is cooked. Wash and chop the parsley and add it after boiling.



If you don't like tomato skin in your soup: remove the stem base, put the tomatoes into boiling water, rinse under cold water and cut them to pieces.

The soup may also be puréed.

As a base broth...

Boil this soup for an hour and pour off the broth through a sieve if you would like to use it as a broth base.



POTATO-VEGETABLE CURRY

(basic, high in fibre, for its spiciness not suitable in case of intestinal disorders)

500 g	potatoes
250 g	carrots
1	paprika
1	zucchini or sugar snaps
1/2	leek
10 - 20 g	ginger
1/2 red	chilli pepper
4 tbsp	coconut oil or rapeseed oil
300 ml	water
400 g	coconut milk

stone salt, curry, vegetable broth according to taste

PREPARATION

Peel the potatoes and carrots and cut them into bite-sized pieces. Peel the ginger and chop it very finely.

Wash the chilli pepper, cut in lengthwise, remove the seeds and dice it very finely. Place the potatoes,

carrots, ginger, chilli pepper and oil in a deep pan, fry lightly, deglaze with water and stew for about 20 minutes.

In the meantime, clean the paprika and zucchini and cut them into pieces. Cut the leek into rings. Add the vegetables and the coconut milk to the potatoes and everything else and cook it on slow heat for 15 to 20 minutes until the potatoes are cooked. Season with stone salt, curry and, if necessary, a bit of vegetable broth.

Do not use chilli pepper in case of intestinal disorders.



Not the taste is crucial for the classification of foods in acid and base. That is: not every sour tasting food is an acid supplier. A lemon tastes sour, but is base-forming because it contains numerous basic mineral substances.



ENERGY BALLS – “HEALTHY NIBBLING”

(basic, very high in fibre)

80 g	dried dates
50 g	hazelnut or almond butter
50 ml	orange juice
200 g	grated hazelnuts or almonds
50 g	sesame
50 g	coconut flakes

Cinnamon, if wanted

If hazelnuts are used the energy balls are more basic!

PREPARATION

Chop the dates and blend them with the almond butter and orange juice. Mix the date butter with the rest of the ingredients until a homogeneous mass has formed. Form balls of the mass and turn these in coconut flakes. If you wish, add cinnamon. It adds a bit of a Christmas touch to the balls.

Also other sorts of dried fruit may be added: cherries, carnberries, apricots. Just blend them together with the dates.



Other tasty base-rich and gut-friendly recipes can be found in the internet on the homepage of the Paul Schmidt Academy.

➡ www.paul-schmidt-akademie.de (Sales partners training portal, free information material)



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