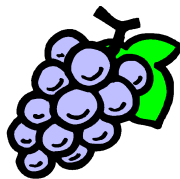
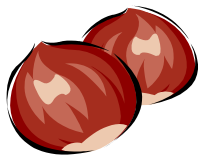


# Healthy Celebration Menu

50p



## Recipes For

Carrot, Potato & Orange Soup

Nut Roast

No Added Sugar - Good For You Cake

No Added Sugar Healthy Mince Pies

To Learn More About Nature Cure, Seminars & Retreats,  
And How To Improve Your Health and Vitality  
Go To The Website [www.NatureCure.Co.Uk](http://www.NatureCure.Co.Uk)

The Only Way To Health Is By Healthy Living!

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### Carrot, Potato And Orange Soup

3 Cups Grated Carrots

3 Cups Grated Potatoes

Organic Vegan / Vegetarian Stock Cube (E.G. Kallo), Or Soya Sauce Or Bouillon Powder Or Vecon To Season. ( Care Not To Use Too Much—You Can Always Add More Later If Desired)

Juice Of 2 Oranges And Little Grated Rind ( Not Too Much Otherwise Soup Will Get Too Bitter).

Fresh Herbs If Desired (Optional)

Olive Oil—Dash

**Method:-** Put Carrots And Potatoes In Pan, **Just** Cover With Boiling Water (From Kettle), Add Stock Cube/ Soya Sauce/ Bouillon Powder Or Vecon And Juice Of The Oranges And The Grated Rind. Bring To Boil And Simmer For 7 To 8 Mins.

Add To Blender, Add Dash Of Olive Oil, Blend And Serve Immediately Or Return To Pan And Heat Gently Whist Stirring If To Be Served Later. ( Little More Boiling Water May Be Added If Soup Is Too Thick).

### Nut Roast

4oz (110g) Onion Finely Chopped

4oz (110g) Grated Carrot

6oz (170g) Cashews - Finely Ground (Substitute With Ground Almonds If Desired)

6oz (170g) Sweetcorn (Best Is Fresh Corn Sheared Off The Cob But You Can Use Tinned Corn That Has Been Drained If Needed)

You Can Substitute Sweetcorn With Grated Turnip Or Parsnips.

1oz (30g) Wholemeal Breadcrumbs

3oz (85g) Porridge Oats

2tsp (10g) Dried Marjoram

2tsp (10g) Dried Thyme

2 Tablespoons (30ml) Tahini

4 Tablespoons (60ml) Veg Stock. (Make Up As Per Directions On Packet / Box)

2tsp (10ml) Wholegrain Mustard. (Optional) 1 Clove Garlic - Crushed. (Optional)

Salt And Black Pepper To Taste (Alternatively Use More Vecon Or Bouillon Powder To Make The Stock And Leave Out The Salt And Black Pepper).

**Method:-**

1. Mix Carrots, Onion, Sweetcorn, Cashews, Breadcrumbs, Oats, Marjoram & Thyme.

2. Mix Tahini, Veg Stock, Mustard & Garlic.

3. Add Both Mixtures Together And Mix Well.

Ensure Mixture Is Not Too Wet As Veg Releases Moisture During Baking. If Necessary Adjust With Few More Breadcrumbs.

4. Season To Taste If Necessary,

5. Pack In 1lb Greased (Olive Oil) Loaf Tin Ensuring Corners Packed Well.

6. Bake In Pre-Warmed Oven To Gas Mark 5 (190c Or 375f) For 1 1/4 To 1 1/2 Hours Till Golden Brown.

7. Remove And Stand For 5 Mins, Ease The Sides To Facilitate Removal And Turn Out.

8. Serve With A Warm Tomato Sauce Made From Fresh Blended Tomatoes And A Little Fresh Thyme. Can Also Be Served Cold.

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## NATURE CURE

Nature Cure is the art and science of living in harmony with nature. Just as there are laws relating to gravity, chemical reactions etc there are laws relating to health. The effects of violation of natural law create disease. The basic tenets of Nature Cure is that the only way to health is by removing causes and creating conditions for recovery.

Nature Cure practitioners are more interested in causes than symptoms. Symptoms are regarded as a cry for help by the body. Suppressing the symptoms by any means be they so-called “natural” or synthetic does not result in the removal of the underlying causes and as such brings only temporary relief. The evidence of this can be seen in the tremendous increase in chronic disease in our society despite billions being spent on health care. Suppressing symptoms (example using anti-inflammatory drugs or herbs to stop inflammation) is akin to muffling a fire alarm that is ringing without dealing with the cause of the fire.

Unlike conventional medicine Nature Cure is based on the study of health rather than disease. Studying disease will reveal much about disease but very little about health. The early pioneers did not study people who were ill but sought out individuals and communities who showed a remarkable level of health and looked for the common factors that may have been influencing good health. Nature Cure is a science based on health as opposed to medicine based on a science of disease.

The role of a Nature Cure practitioner is to identify lifestyle factors and habits that are creating the problem as well as to identify areas of lifestyle that are deficient which should be helping the patient to recover. The patient is then supported to make the necessary changes to affect a recovery. The practitioner may also give remedial massage and manipulation to release blockages to affect recovery.

The primary role of the practitioner is as an educator.

***Nature Cure has a deep but very simple philosophy which once mastered will truly help you to become your own healer.***

The philosophy is that healing is a normal, natural function which happens when the obstacles are removed and the right raw materials are available for it to take place.

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## Easy & Good For You Cake

1 Cup Stoned Dates  
1 Cup Soaked And Stoned Prunes  
1 Cup Seeded Raisins  
½ Cup Milled Almonds  
1/4 Cup Candied Peel  
Few Glace Cherries  
Little Angelica For Decoration  
1 Cup Creamed Coconut For Icing

**Method:-** Mince Dried Fruits And Peel (In A Food Processor).  
Leave A Few Cherries On The Side For Decoration.  
Add Milled Almonds To Dried Fruit In Bowl.  
Line Sandwich Tin With Rice Paper.  
Press In Mixture, Level And Leave For A Few Hours.  
Grate Creamed Coconut And Melt Over Low Heat Without Browning And Spread On Top  
And Over The Sides Of The Cake After Removing From Tin.  
Decorate With Cherries And Angelica.

## Mince Pies

### Pie Crust

1 Cup Almonds Ground  
½ Cup Sunflower Seeds Ground  
3 Tbspn Honey  
Squeeze Of Lemon  
Mix All Ingredients Together.  
Press Into Pie Shells. Dry In Cool Oven For 1 To 2 Hours.  
**( Nuts Or Seeds May Be Substituted With Others).**

### Pie Filling

1 Cup Walnuts Or Pecans Or Brazils Put Through A Nut Mill Or Coffee Grinder.  
1 To 1 1/2 Cups Raisins Pre Soaked  
1 Cup Currants  
12 Dates  
4 Cups Apples Grated  
2 Tspn Lemon Juice  
2 To 3 Tbspn Raisin Soak Water  
Grate Apples And Add Lemon Juice And Soak Water.  
Put Soaked Raisins, Currants, Dates, And Nuts Through A Food Processor  
Add The Apple Mixture And Combine Well.  
Fill Pie Shell And Stand Until Ready To Serve.

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