



## ***Gentle Touch Healing***

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### **Miso Soup**

#### ***INFORMATION SHEET ...***

**Miso soup is good for cancer patients as it contains many ingredients that can help fight cancer.**

**Recipe as follows: (The above is enough for two people.)**

- 2 carrots (for Betacarotene)
- Half Onion (contains lots of things)
- 1 tomato (for Licopene)
- Handful of lentils (phytoestrogen)
- Water (enough to cover the vegetables)

**Add to mixture next day (do not cook):**

- 1 teaspoon of Miso (we have found the best one to be Organic Whole Rice Miso by Danival - they sell it in the health food shops) This is a soya based product.
- 2 teaspoons of Omega 3/6/9 oil (we were previously using flaxseed oil but this is only Omega 3 so we have changed to the combination one – from Holland and Barrett).
- sprinkle of sesame seeds (again a phytoestrogen) and seaweed (for iron and to balance the soya) to go on top.

**Cook all the vegetables in a slow cooker over night with some hot water. The next morning we put the vegetables in a blender, add the miso, and Omega 3/6/9 oil, and blend again. Serve and sprinkle the sesame seeds and ground seaweed on top.**

**It is one heck of a start to the day and sees us through to lunch time. It should contain everything to help kick start the system.**

#### ***REFERENCES***

**Recipe from Liz & Clive Farr**

#### ***IMPORTANT***

**If you are ill, please see your doctors for advice and medication. We do not advocate any advice given on this Information Sheet as a substitute for conventional medicine or medical advice – this is additional information that may help you with your illness.**

**We cannot guarantee that any advice given will improve every individual's well-being or state of health. What might work for one person may not necessarily work for another.**