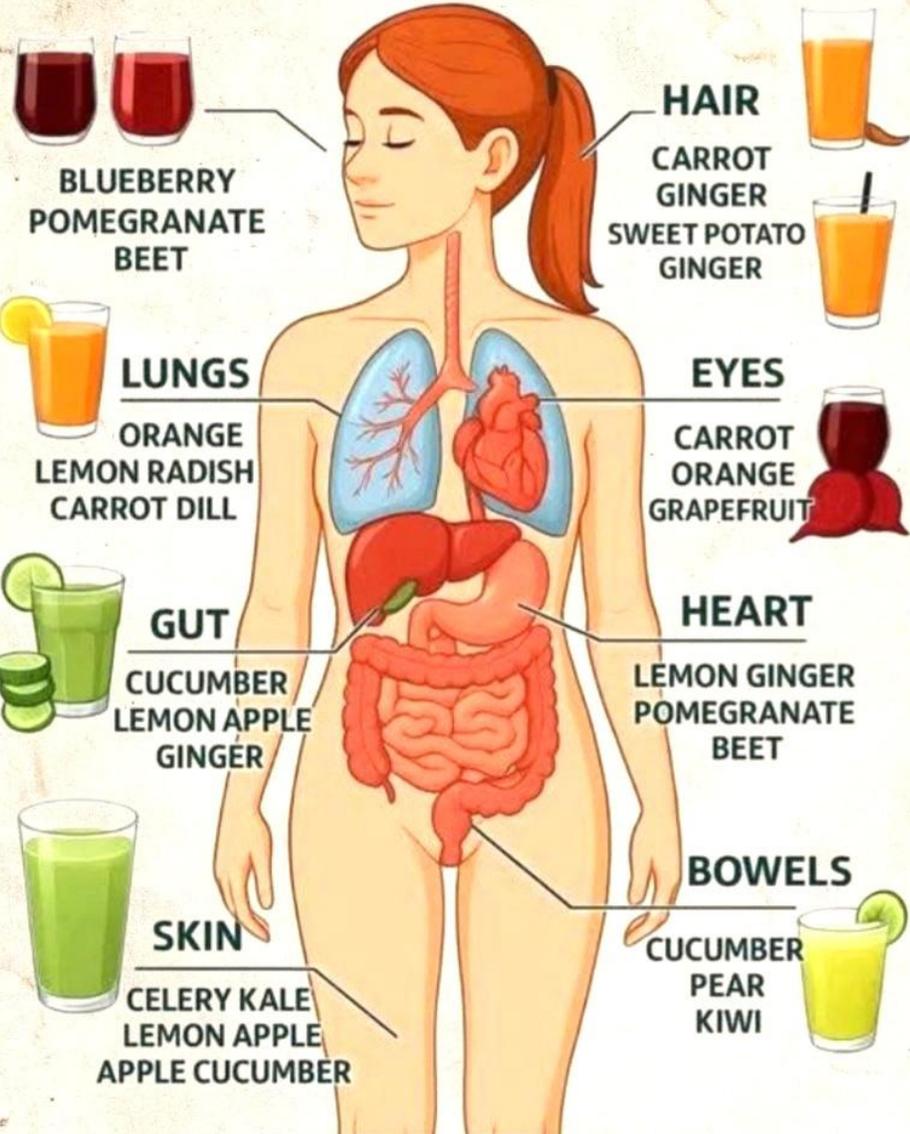


Best Juices for your Body



Restore Skin Dryness

Purpose | 目的

Calm digestion, support downward flow, hydrate the body, and help the nervous system rest—especially at night.

 安抚消化系统，帮助消化向下运行，滋润身体，支持神经系统在夜间真正休息。

  What to Eat More Of | 建议多摄取的食物

 Warm •  Cooked •  Simple

温热 · 熟食 · 简单

 Root & Grounding Vegetables | 根茎类（稳定、滋养）

-  Carrots | 胡萝卜
-  Sweet potato | 红薯
-  Pumpkin / squash | 南瓜
-  Parsnip | 欧防风
-  Beetroot (cooked, moderate) | 甜菜根（熟食，适量）

 Soft Green Vegetables (Cooked) | 柔软绿叶菜（熟食）

-  Zucchini | 西葫芦
-  Napa cabbage | 大白菜

- 🌿 Spinach (lightly cooked) | 菠菜 (轻微烹调)
 - 🥬 Chard | 瑞士甜菜
 - 🥬 Lettuce (lightly sautéed / soup) | 生菜 (清炒或入汤)
-

🥦 Mild Cruciferous (Well-Cooked) | 十字花科 (充分煮熟)

- 🥦 Broccoli (soft) | 西兰花 (软熟)
 - 🌸 Cauliflower | 菜花
 - 🥬 Cabbage (very well cooked) | 卷心菜 (充分煮熟)
 - 🥬 Bok choy | 小白菜
-

🌿 Gentle Aromatic Vegetables | 温和芳香类蔬菜

- 🌿 Fennel | 茴香
 - 🍷 Leek (softly cooked) | 韭葱 (软煮)
 - 🌿 Celery (in soup) | 芹菜 (入汤)
 - 🌱 Green beans | 四季豆
-

🍲 Best Ways to Prepare | 最佳烹饪方式

- 🍲 Soups & stews | 汤、炖菜

- 🔥 Light steaming | 清蒸
 - 🔥 Slow roasting | 慢烤
 - 🥗 Warm vegetable bowls | 温热蔬菜碗
 - 🍷 Add gently | 适量加入油脂：橄榄油、芝麻油
 - 🌿 Season lightly | 温和调味：姜、茴香籽、月桂叶
-

🚫 What to Limit (For Now) | 暂时减少摄取

- ❄️ Raw salads & cold foods | 生冷食物
 - 🧅 Raw onion & raw garlic | 生洋葱、生蒜
 - 🌶️ Chili & very spicy foods | 辛辣刺激
 - 🍅 Excess tomatoes | 大量番茄
 - 🍆 Eggplant (if reflux worsens) | 茄子（若加重反流）
 - 🌿 Large amounts of bitter greens | 大量苦味菜（芝麻菜、蒲公英等）
- 👉 *Especially avoid these in the evening / 尤其晚上避免*
-

🕒 Timing Matters | 饮食时间很重要

- 🕒 Finish dinner **3 hours before sleep** | 睡前 3 小时完成晚餐
- 😊 Eat the **largest meal earlier** | 正餐尽量放在白天
- 🌙 Evening meals: **small & simple** | 晚餐少量、清淡

💧 Hydration Support | 补水建议

- 🗑️ Drink water steadily during the day | 白天持续补水
- 🍵 Prefer warm / room-temp drinks | 温水或常温
- 🍲 Include soups & broths | 多喝汤

🌙 Evening Reset (Optional) | 夜间放松 (可选)

- 🦶 Warm foot soak / massage | 泡脚或足部按摩
- 💡 Dim lights early | 提前调暗灯光
- 🧘 Slow breathing (longer exhale) | 缓慢呼吸 (呼气更长)

★ Key Reminder | 重要提醒

Healing comes from rhythm and gentleness—not force.

🌿 康复来自节律与温和，而非用力。

Educational guidance only. If symptoms persist or worsen, consult a healthcare professional.

🌿 本内容为健康教育建议，如症状持续或加重，请咨询专业医生。

👉 📄 Below there is other interesting information about REFLEXOLOGY 📄 👉

👁️ Restore the Body to Natural State 👁️

📌 your entire body is combined with physical, mental, emotional, and spiritual self

🌌 The entire design of your organs, your trauma, your cosmic memory, your soul's missions are encoded in:

👉 You can access your entire system—heal it, charge it, remember your power—through your hands, because the blueprint is mirrored there.

👣 🖐️ REFLEXOLOGY: YOUR HANDS + FEET MIRROR YOUR WHOLE BODY 👣 🖐️

Reflexology is an ancient healing system (Egyptian, Chinese, Indian) that says:

Every organ, bone, gland, and energy system in your body is reflected in the hands and feet. 👣 🖐️

▶ thumb = brain + head

▶ center of palm = diaphragm + solar plexus

▶ heel = lower back, colon, sciatic nerve

▶ balls of the feet = lungs + chest

💡 Rubbing, tapping, or applying pressure to these zones sends messages through the nervous system and clears blockages in the corresponding part of the body.

🌟 Clapping = activating those zones simultaneously—like flipping every circuit breaker on.

🧠 🌟 MERIDIAN THEORY (TCM): YOUR ENERGY HIGHWAYS

👣 🖐️ Meridian theory comes from Traditional Chinese Medicine (TCM) and is the science of your body's energy network.

👣 🖐️ You have 12 main meridians, each tied to organs (like liver, lung, heart, etc.), and they carry life force energy (Qi or Chi) throughout your body.

💡 Think of meridians like spiritual highways—and your hands are Grand Central Station.

👉 When you clap, rub, or focus intention on the palms, you:

- ▶ activate flow in the entire meridian system
- ▶ open blocked emotional pathways
- ▶ pump life-force energy throughout the body

That's why martial artists slap their body, yogis use mudras, and healers use laying of hands. Because...

🔥 THE HANDS ARE NOT JUST TOOLS. THEY ARE ANCIENT ENERGY PUMPS.

🧬🌀 ESOTERIC MAPPING: ACCESSING THE DIVINE BLUEPRINT

Esoteric mapping is the idea that your physical body reflects cosmic truths. It's the metaphysical map of:

- ▶ your soul's contracts
- ▶ your karmic lineage
- ▶ your trauma imprints
- ▶ your multidimensional self

👂👉 Your body is not random. Every mole, scar, ache, reflex, and twitch is data.

📌 In your hands, these show up through:

- ▶ lines (life, heart, fate, etc.) = soul contracts & destiny threads
- ▶ palm chakras (Lao Gong points) = energy gates of memory & light
- ▶ mudras = sacred gestures that open specific currents and portals

👉 When your ancestors clapped, they weren't making noise for fun.

They were activating maps, unlocking codes, and sending energy pulses to every part of the body—like flipping switches on an ancient board.

👏 ⚡ CLAPPING = ANCESTRAL ENERGY PUMPING

So let's bring it all home.

When you clap your hands, you are:

- ▶ 🔥 activating your palm chakras (Lao Gong)
- ▶ 🧬 pumping your life force through meridians
- ▶ 🌀 waking up your reflex zones
- ▶ 🧠 engaging ancient muscle memory in your holographic body
- ▶ 🚪 opening doors of remembrance

🔑 IT'S A BIO-ENERGETIC, COSMICALLY INTELLIGENT FORM OF SELF-ACTIVATION.

You're not just clapping. You're calling yourself back.

🧠 FINAL TAKEAWAY: THIS AIN'T NO NEW AGE FLUFF

- ✨ The holographic body is not a metaphor—it's esoteric physics.
- ✨ Clapping and using the hands as energy pumps is a soul technology.
- ✨ Your reflex zones + meridians + cosmic codes live in your palms.

👉 👏 The body remembers. 👉 👏

👉 👏 The hands release it. 👉 👏

And when you clap—you wake the ancient in you up.