

editor's picks for NEW health & healing books...

The Flower Healer by Barbara Olive. Cico Books, \$14.95

Homeopathic Color & Sound Remedies by Ambika Wauters. Crossing Press, \$14.95

The Inside-Out Diet by Cathy Wong. Wiley, \$24.95

Psychic Surgery & Faith Healing in the Lowlands of Pangasinan by Jessica Bryan. Lompico Creek Press, \$17.95

The Taoist Soul Body by Mantak Chia. Destiny Books, \$14.95

The Alexander Technique Manual by Richard Brennan. Connections Book Publishing

RECIPES IN HARMONY

BLACK BEAN AND SHIITAKE MISO SOUP

- 4 cups Organic Low Sodium Vegetable Broth
 - 4 Organic White or Green Onions, sliced
 - 3 cups sliced fresh or dried stemless Organic Shiitake Mushrooms
 - 4 ounces Organic Spinach leaves
 - 1 piece of Kombu 6 inches
 - 1 can Organic Black Beans 15oz drained, rinsed in filtered water,
 - 1 tbsp minced fresh Organic Ginger
 - 1 tbsp Miso
 - 1 tbsp low sodium Soy Sauce
 - ¼ cup sliced Organic Celery
1. Combine broth, kombu, organic ginger, miso, and soy sauce in a large pot and bring to boil, reduce heat and simmer, covered, for 10 minutes.
 2. Then add organic mushrooms, organic onions, organic celery, and organic spinach, cover and simmer for 3 min.
 3. Slightly open/mash Organic Black Beans with fork, add to pot and simmer for 3 minutes.
 4. Remove kombu.
 5. Enjoy a magnificently tasty and healthy soup!

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