

COCONUT BLUEBERRY BLISS

NOURISH HEART AND LIVER YIN



Coconut nourishes Heart Yin.

Blueberries nourish Yin and benefit the Liver. **Lemon** nourishes Yin, moves Liver Qi, clears Heat, and calms Shen. **Rice** benefits the Stomach, Harmonizes the Spleen and Stomach, soothes digestion and inflammation, and Regulates Fluids.

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