

KAREN'S KITCHARI

**BUILDS QI, AIDS DIGESTION,
REDUCES INFLAMMATION**



Brown basmati and **Golden lentils** are low glycemic, benefit the spleen and stomach, aid digestion, build spleen qi, soothe and regulate digestion and elimination. **Turmeric** and **Ginger** build qi and yang and benefit digestion, circulate lung qi, boost immunity, eliminate toxins and reduce inflammation.

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