

# CRANBERRY SUNRISE

BENEFITS DIGESTION

BUILDS SPLEEN QI AND CALMS SHEN



**Oat groats** build Spleen and Stomach Qi, and calm Shen; calmness of the mind eases digestion. **Butter** Calms Shen. **Dates** build Qi, **Walnuts** build Qi and Jing. **Ginger** warms the Spleen and Stomach, regulates digestion, and warms and circulates the Yang. **Cinnamon** supports Spleen and Stomach Qi, builds Spleen Yang, and resolves Phlegm.

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