

# MEGA OMEGA NOURISHES YIN AND CLEARS FALSE HEAT



**Brown basmati** rice is the low glycemic foundation. Deliciously moist, **Pears** are known in Asia for Nourishing Yin. **Chia Seeds** absorb up to 20 times their volume in water, which releases slowly to hydrate the entire system. **Black rice** strengthens Jing, important for controlling sweating and hot flashes.

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