

# PEAR-FECTION

REGULATES FLUIDS  
AND BENEFITS DIGESTION



**Pears** nourish Yin. **Millet** nourishes Stomach Yin. **Rice** builds Spleen Qi. **Ginger** dispels cold, relieves nausea and vomiting, benefits digestion, soothes Liver Qi stagnation, Regulates and moves Qi, **Cacao** benefits the Heart, warms Kidney Yang, warms the chest, and Moves Blood. **Brown rice** calm Shen.

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