

Recipe Provided by:  
Michelle Wendt, L.Ac.  
Indigo Healing Acupuncture, LLC  
www.indigohealingacupuncture.com

## Paleo Chinese Power Bars

**\*\* Benefits Lungs, Strengthens the Body, Lubricates Intestines \*\***

**Almonds (*xing he*): 1 Cup Almonds + 1 Cup Almond Meal + ½ Cup Almond Butter**

- Neutral, sweet.
- Ventilates Lungs.
- Relieves cough and asthma.
- Transforms phlegm.
- Lubricates intestines.
- Almond is the only nut to alkalize the blood; all other nuts acidify the blood.
- Conditions: Lung conditions, asthma, constipation, cough.

**Goji Berries (*gou qi zi*): ½ Cup rehydrated**

- Sweet, sour, neutral.
- Nourishes Blood & Yin.
- Strengthens the Lungs.
- Benefits Liver and Kidney.
- Improves vision.
- Stops cough.
- Conditions: Declining vision, anemia, lumbago, impotence, tinnitus, chronic dry cough.
- Contraindications: Fever, common cold, flu.

Directions: Using a food processor, mix dry ingredients first, then add wet ingredients. After mixed, add berries and chocolate chips (if using) and mix by hand. Press into a baking dish, refrigerate, and cut into squares or bars.  
Best kept in the refrigerator.

**Coconut (*ye zi guo*): ½ Cup of flakes + ¼ Cup Melted Coconut Oil**

- Warm, sweet.
- Strengthens the body.
- Reduces swelling.
- Stops bleeding.
- Kills worms.
- Activates Heart function.
- Quells wind.
- Conditions: weakness, nosebleeds, intestinal/skin worms.



**Flax Seed (*ya mi zi*)**

**½ Cup Ground Seeds**

- Neutral, sweet.
- Laxative.
- Mucilaginous.
- Relieves pain & inflammation.
- Enters the Spleen and Large Intestine.
- Source of Omega-3 (alpha-linolenic acid).

Optional: Add 1 Tablespoon real  
Vanilla Extract and/or ½ cup of Paleo  
Chocolate Chips (Enjoy brand).  
Salt to taste.

**Raw Honey (*teng mi*): 1 Tablespoon**

- Neutral.
- Nourishes Yin, lubricates dryness, tonifies weakness, harmonizes, drug antidote, strengthens Spleen.
- Conditions: Constipation, ulcers, dry cough, hoarse voice, burns, cold sores.
- Contraindications: Diarrhea, conditions of dampness or phlegm.