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## **HEALING FOODS RECIPES AND INFORMATION:**

### **MISO**

#### **MISO SOUP RECIPE**

**-basic miso soup:**

**1 or 2 bowls or cups per day**

**-use good quality miso, fermented over at least two summers and unpasteurized  
-for everyday use, barley miso (mugi miso) is best**

**-soak small amount of wakame (1/4 to 1/2 inch piece per person) for 5 minutes  
and chop**

**-add wakame to fresh, cold water and bring to boil**

**-add chopped vegetables(such as carrots and onions) to boiling broth and boil 3-  
5 minutes until vegetables are soft**

**-in separate cup, dilute miso(1/2 to 1 level teaspoon per cup of broth) in a little  
water, add to very hot soup and , then, simmer 3-4 minutes on low flame .**

**DO NOT BOIL THE SOUP ONCE THE MISO HAS BEEN ADDED.**

**-serve with garnish of parsley, green onions or leafy greens**

#### **BENEFITS OF MISO**

**I. NUTRITIONAL: -rich source and balance of:**

- natural carbohydrates
- essential oils
- minerals
- vitamins and Vit. B12, for some varieties
- protein of the highest quality – contains ALL of the essential amino acids
- contains dipicolinic acid (see below)

**DIGESTION: - unpasteurized miso contains:**

- natural digestive enzymes, lactobacillus and other micro-organisms which aid in digestion
- beneficial micro-organisms which ward off and destroy harmful ones

**CLEANSING: - helps cleanse the body of toxins from:**

- nicotine poisoning
- radiation
- atmospheric pollution
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## **CLEANSING (cont'd)**

- cholesterol accumulations – helps dissolve cholesterol accumulations
- heavy metal contamination
  1. dipicolinic acid chelates heavy metals, such as radioactive strontium and discharges them from the body

**STRENGTHENING:** - overall, miso has an alkalizing effect on the bloodstream

- - this **PROMOTES RESISTANCE** to disease  
“miso soup, in which wakame, kombu or other sea vegetables are included, is especially good for **STRENGTHENING** the small intestine”

## **ALL OF THE NUTRITIONAL, DIGESTIVE AND CLEANSING PROPERTIES OF MISO, COMBINE, TO STRENGTHEN OUR BODY AND TOTAL HEALTH**

II. The following is an excerpt from Michio Kushi’s *Macrobiotic Home Remedies* p. 71, 1985, Japan Publications, Inc.

“The word MISO literally means “source of taste”. MI means “taste” or “seasoning”. SO means “source.” MISO is a fermented, aged soybean puree. It contains **LIVING ENZYMES** which aid digestion, and provides a nutritious balance of natural carbohydrates, essential oils, vitamins, minerals and proteins. Some specific health benefits of MISO are:

- for **STAMINA**: MISO contains large amounts of glucose, which gives us energy. In the winter, dishes cooked with MISO will prevent us from feeling cold
- for **PROPER BODY METABOLISM**: MISO is rich in minerals
- for **POOR DIGESTION**: MISO contains living enzymes
- for **BEAUTY**: MISO nourishes the skin and blood thus promoting cell and skin tissue building. This makes your skin and hair glow with vitality
- for **HEART DISEASE**: MISO contains linoleic acid and lecithin, which dissolves cholesterol in the blood and softens the blood vessels. Thus MISO can be of great help in preventing arteriosclerosis or high blood pressure
- MISO is good for relieving the effects of **TOO MUCH SMOKING** or **ALCOHOL** consumption
- MISO helps **PREVENT DISEASES** such as allergy and tuberculosis

MISO is used primarily in soups, sauces and spreads, but it can also be served occasionally as a condiment.”

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