

Natural Solutions to  
Wellness

## DR. MICHELE'S SPECIAL HEALING CARROT SOUP

- IT'S ALL ABOUT YOUR GUT!
- BY DR. MICHELE ARNOLD
- @WELL WITH DR. MICHELE

# WHAT MAKES CARROTS SO SPECIAL?



- The orange and yellow pigments in carrots are called carotenoids. Beta-carotene and lutein are two types of carotenoids found in carrots. They also have vitamin C, calcium, iron, potassium, sodium, folate, and calcium pectate fiber.

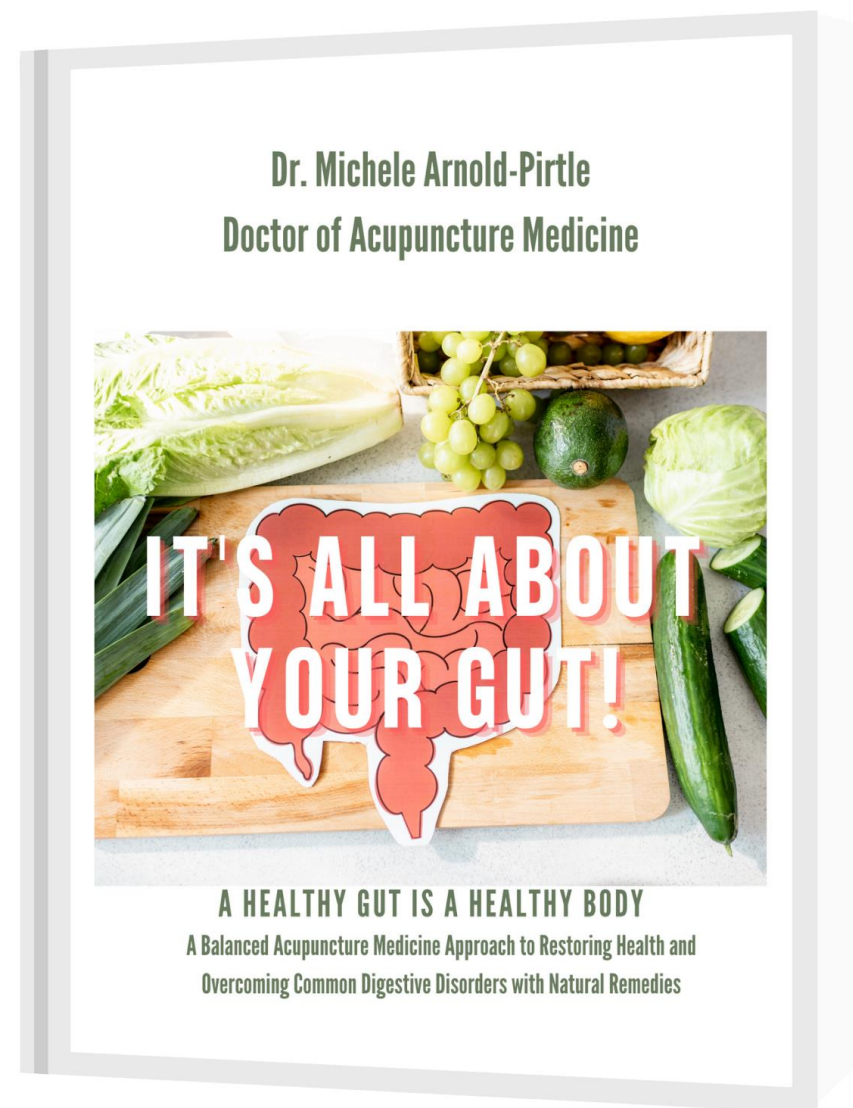
## ■ What are the benefits of carrot soup?

- Stop diarrhea
- Alleviate constipation and hemorrhoids
- Good for your heart and circulation
- Reduces arthritis pain
- Promotes healthy weight and blood sugar levels
- Eye health and macular degeneration, night blindness
- Respiratory health, asthma, colds and flus
- Eases stomach upset, ingestion, heart burn
- Brain power, and reduces risk of dementia
- Reduces skin sensitivity to the sun.

- \*Beta-carotene supplementation has been shown to increase risk of lung cancer for smokers. It is best to consume fresh vegetables and fruits, which should provide adequate amounts of beta-carotene, antioxidants without supplements.

**BASED ON DR. MICHELE ARNOLD-PIRTLE'S BOOK, *"IT'S ALL ABOUT YOUR GUT: A HEALTHY GUT IS A HEALTHY BODY."***

**POWERFUL WAYS TO USE ESSENTIAL OILS, AND FOOD THERAPY TO HEAL CROHN'S DISEASE AND ULCERATIVE COLITIS, IBS, AND MORE.**



# WELL WITH DR. MICHELE

## Natural Solutions to Wellness

- Online courses and workshops: [www.wellwithdrmichele.com](http://www.wellwithdrmichele.com)
- Community and Discussion:  
<https://livingwellwithdrmichele.locals.com>
- Local Acupuncture practice Poway, CA:  
[www.acupuncturecenterinc.com](http://www.acupuncturecenterinc.com)

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- Any mention of Bio-Medical Disease Names, Common Disease Names, or Symptoms does not claim the ability of Tuning Forks, Chinese herbal formulas, essential oils, whole foods, or supplements to cure, treat, heal, or prevent, such conditions. The names are included only for clarification of common support for minor and occasional everyday wellness needs.

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**ABOUT ME**  
**DR. MICHELE ARNOLD**  
**DOCTOR OF ACUPUNCTURE AND HERBAL**  
**MEDICINE**  
**OVER 20 YEARS OF CLINICAL EXPERIENCE**  
**AUTHOR**  
**HOLISTIC HEALTH EDUCATOR**



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# SPECIAL HEALING CARROT SOUP

- Using a pressure cooker or stove top

## Ingredients

- 2-3 Tbsp. olive oil
- 1 tsp. kosher salt
- 1 tsp. ground cardamom
- 1 Tbsp. ground coriander
- 1 tsp. ground cinnamon
- ½ tsp. baking soda
- ½ Tbsp. minced fresh ginger or 2-3 drops ginger oil
- 12 organic carrots, peeled and coarsely chopped
- 1 red apple cored, peeled, and coarsely chopped
- ½ brown onion diced finely
- 4 C vegetable broth
- 2 C water

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**1. ADD 2-3 TBSP. OLIVE OIL TO POT**



**2. ADD 1 TSP. KOSHER SALT**



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**3. ADD THE ONION AND SAUTÉ UNTIL  
SOFT, 5 MINUTES**



**4. STIR IN 1 TSP. CARDAMOM**



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**5. STIR IN 1 TBSP. CORIANDER**



**6. STIR IN 1 TSP. CINNAMON**



**7. POUR IN 4 C VEGETABLE BROTH**



**8. POUR IN 2 C WATER**



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## 9. ADD 1 TSP. BAKING SODA



## 10. ADD THE CARROTS



## 11. ADD IN THE APPLE



## 12. ADD THE GINGER OR GINGER OIL



**13. COOK 10 MIN. PRESSURE COOKER OR ON STOVE TOP UNTIL INGREDIENTS ARE FORK TENDER ABOUT 25-30 MIN.**



**14. WHEN FINISHED LET COOL 10 MIN. THEN PUREE WITH HAND BLENDER OR BLEND IN BATCHES IN BLENDER. TAKING CARE NOT TO SPLASH HOT LIQUID OR BURN YOURSELF.**



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**15. ENJOY WITH A DALLOP OF YOGURT, SOUR CREAM, OR BARLEY MALT**



## GET YOUR COPY OF DR. MICHELE'S BOOK

- It's All About Your Gut: A Healthy Gut is a Healthy Body
  - To heal Crohn's Disease and Ulcerative Colitis, IBS and more without drugs or side-effects.
  - Buy now from [www.lulu.com](http://www.lulu.com)



# NEED GUIDANCE

Enroll in Dr. Michele's course: It's All About Your Gut.

- Video tutorials for each lesson
- Printable pdf sheets
- Explanations from the author
- Ability to ask questions, and get answers
- Keeps you engaged, and proactive
- Be a part of community interactions
- Calm the overwhelm by having a coach!
- Enroll at [www.wellwithdrmichele.com](http://www.wellwithdrmichele.com) go to course and choose "Enroll".
- Join the movement  
<https://livingwellwithdrmichele.locals.com>
- Members of Livingwellwithdrmichele can ask to enroll for FREE. Join, post you're a new member, and ask how to enroll for FREE!

## HEALTHY EATING

CARBS	PROTEIN	VEGETABLES
<input type="checkbox"/> White-Cooked Rice	<input type="checkbox"/> Egg	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Spaghetti	<input type="checkbox"/> Fish	<input type="checkbox"/> Spinach
<input type="checkbox"/> Tortilla	<input type="checkbox"/> Chicken	<input type="checkbox"/> Green Beans
<input type="checkbox"/> Bread	<input type="checkbox"/> Turkey	<input type="checkbox"/> Carrot
<input type="checkbox"/> White-Cooked Pasta	<input type="checkbox"/> Beef	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Quinoa	<input type="checkbox"/> Pork	<input type="checkbox"/> Potato
<input type="checkbox"/> Hummus	<input type="checkbox"/> Tofu	<input type="checkbox"/> Nuts
<input type="checkbox"/> Oatmeal	<input type="checkbox"/> Quinoa	<input type="checkbox"/> Cucumber
	<input type="checkbox"/> Lentils	<input type="checkbox"/> Mushroom
	<input type="checkbox"/> Soy Milk	
	<input type="checkbox"/> Dark Yogurt	
FRUITS	HERBS	
<input type="checkbox"/> Apple	<input type="checkbox"/> Basil	
<input type="checkbox"/> Cherry	<input type="checkbox"/> Cilantro	
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Dill	
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Fennel	
<input type="checkbox"/> Lemon	<input type="checkbox"/> Garlic	
<input type="checkbox"/> Peach	<input type="checkbox"/> Ginger	
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Mint	

BMI = Weight in kg  
(Height in m)<sup>2</sup>

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