



With whom is your mental dialogue ?

Do you go through life thinking you are alone?

What do you need to be happy?

Don't worry, you're not the only one, we all have beautiful stages when life smiles at us and others, when uncertainty comes to our lives. But remember that you are privileged, the opportunity to make a change in your life is in your hands, to reconnect with your essence, to be happy again.

There is a lot to change, to understand and learn, this is the moment to be reborn.

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TAOIST COMMUNITY



For more information

A healthy lifestyle.
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Healthy living **1st.**

HEALTH
FOOD - EXERCISE - TIPS *Edition*

Did you know that the colors of your clothes can determine your moods?

The psychology of color has discovered that, just like sound, color and shapes have the property of stimulating our senses of sight and touch; and provoke responses like these when choosing your clothes:

Yellow: enlivens your wisdom

Green: strengthens health

Blue: helps you to communicate

Purple: evokes spirituality

White: emits purity

Red: stimulates the inner fire

Dark shades serve to stimulate melancholic, sad and retrospective moods. Choose how you want to feel today.



When Industry Prevails Over Global Health Rockefeller Medicine

The traditional approach of Chinese medicine tells us, that family doctors sustained their income as long as all the members of their group were healthy, otherwise their salary was reduced or even canceled until the patient recovered.

Beautiful narrative that today sounds like a science fiction novel, since the oil industry at the beginning of the 20th century changed the focus on the preventive health system, for a consumerist and drug dependent health system

Some of the laws that govern human health and our relationship with nature are: good nutrition, constant physical exercise, selfobservation, living in healthy environments and healthy sexuality. It is better to prevent than to cure

Do you want and need physical, mental and spiritual health?"

Health! One of the foundations of what we deeply seek and yearn for, called **HAPPINESS**. For each aspect there are countless independent guides, that you can apply; but a habit, a practice that complements all existing guides, and that serves for the three aspects of human life already mentioned, is **EXERCISE**: physically the best blood detoxifier; mentally the state of well-being that this provides us; and spiritually because in a healthy body: healthy mind and healthy soul; and the best thing... here and now, all within reach of your hand and your body, just...

GET MOVING



Exercise, find true happiness!



RECIPE OF THE DAY

The kitchen is the center of family gatherings. The one, who cooks, is the doctor of the house, This is why you should prepare the food with willingness and creativity... so that your dishes will be colorful and nutritious.

So, we are going to give you a delicious recipe to accompany your meals.

EGGPLANT DRESSING

Ingredients:

- 1 eggplant
- 1 garlic clove, to taste
- 1 pinch of salt
- 5 tablespoons of olive oil

Instructions:

Place the whole eggplant on a grill over medium heat.

Grill the eggplant until the skin is charred.

Once the eggplant is soft, peel the skin off.

Add the eggplant, garlic, and salt to a blender.

Blend while slowly drizzle in the olive oil until all of the ingredients are combined and smooth

There you go!; enjoy your delicious and nutritious dressing, for pasta, lasagna, pizza, and much more!