

Pearson & Weary

Historically, the **Hunza's** have been the longest lived population we have known in the world. One of their main stays of such grand health is the fact they do eat sparingly and clean nutritious food. They stop eating at 80% of feeling full.

One of the very greatest challenges we have in creating wellness and a sensation of feeling great is our ability to control our drive for something sweet, something comforting.

Here is the truth. If we eat densely nutritious foods, our bodies feel satiated and we stop feeling the urge to eat more. We simply stop. When we feel hungry, we feel compelled to eat something sweet, as we know that sweet tasting food provides quick and efficient fuel. The Hunza's figured out a method to minimize sugar cravings with a specially designed gluten free bread that does a great job of expanding a little bit in the stomach after eating.

Here are the simple directions to making your own Hunza bread.

Eat only a SMALL one inch by one inch square when you are hungry and it is not a healthy time to eat. The action needed after ingesting a bit of the Hunza bread is to quickly drink 8 ounces of water. In a few moments, your stomach will feel the increased volume and you can go on without going crazy and eating a Snickers bar, and instead be able to wait to get home and prepare a healthy meal.

The recipe is easy and takes 5 minute to prepare but 3 hours to bake. This recipe creates more than 30 pieces of bread, so keep some fresh and then freeze the rest. A person may feel the urge to eat 2 to 3 pieces a day. In so doing, it is not uncommon to lose 1 to 2 pounds a week but keeping your calories stable and now allowing your blood sugar to soar high and drop low.

- 2 cups water
- 2 lbs of natural buckwheat flour (Bob's Red Mill makes buckwheat flour)
- 3/4 cup canola OR almond OR coconut oil (Your choice)
- 1/2 cup raw sugar
- 8 oz honey
- 8 oz molasses
- 1/2 tsp sea salt
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp baking powder (aluminum free)

Put in a large cookie sheet with a 2 inch lip.

Bake for 300 for 1 hour

Bake for 200 for 2 hours to dry it out so it is easy to cleanly cut