



THE RYOHO THERAPY CLINIC BOOK



THE NEW YOU STARTS HERE.

**1 KNOX STREET CHIPPENDALE
SYDNEY - AUSTRALIA**

RYOHO THERAPY

Ryoho means appropriate.

Ryoho Therapy is specific to each client. No two people are the same and therefore should not be treated the same way – this sets Ryoho apart.

Ryoho deals with the cause of your problem not the symptom.

Diagnosis is paramount in effective treatment – Ryoho allows for accurate diagnosis.

Your individual set of movements will create great change in you.

With Ryoho, you only do the movements that you CANNOT do, as this reflects the lack of functioning in a particular area or organ system.

With practise the movements will become easier as the body repairs itself. You MUST have your exercises checked ONE WEEK after your initial consultation.

As your exercises are specific and therefore accurate they will only be appropriate for 3-4 weeks.

With your diet changes and a good attitude to the exercises your initial problem/issue will be substantially improved in this time.

As your movements or exercises are “life changing” it is a good idea to approach them with great enthusiasm and vigour.

This approach will then become your blue print for living your new, healthy, pain-free

Life!

Ryoho Therapy is dedicated to the health & wellbeing of our clients; if you require any further information or support please email or phone us at any time.

Ryoho Therapy - THE SOLUTION



YOUR DIET SUGGESTIONS.

Sea Salt – the elixir of life.

We recommend Olsson's Sea Salt. Sea salt is added to the cooking water of rice, pasta, noodles, beans and vegetables - never sprinkled on top of your food.

Salt is added at different cooking stages for different foods.

RICE = add salt at the BEGINNING of cooking

VEGETABLES = add salt half way through cooking. Seal at end of frying.

BEANS = add salt at the end of cooking. If you add salt at the early stages of bean cooking they will harden and never cook.

CHEW YOUR FOOD

Chewing is probably the MOST important idea you will learn at this stage of your health journey. It is recommended that each mouthful be chewed 20-30 times.

An old quote is "drink your food and chew your soup". Chewing takes the stress from the digestive system. Chewing mixes food with saliva, which begins the digestive process. Un-chewed food is a burden to the entire system. Chewing begins the process of PERISTALSIS, which is the muscular contraction of the alimentary canal that pushes food through the digestive tract. Allows better functioning of the Large Intestine. So CHEW!



SEAWEED

Seaweed is a mineral dense food, one of the best available. Add small amounts to miso soup, casseroles, baked vegetables and eaten daily it will restore the mineral balance in your body as long as you **GIVE UP SUGAR**. Sugar robs you of minerals; seaweed gives it back.

KOMBU – thick black strap. Wonderful baked with tamari and excellent for softening beans as they cook. Add to cooking water. No need to cut it as it will dissolve during the cooking process.

FEEDS YOUR ARTERIES.

WAKAME – wrinkly, long fronds. Add to Miso soup, casseroles; any dish you like.

FEEDS YOUR VEINS

ARAME – fine hair like seaweed. Lovely soaked and added to salads, rice dishes, use as a condiment. Sprinkle with Shoyu
FEEDS YOUR CAPILLARIES.

TAMARI AND SHOYU

Tamari is a by-product of Miso manufacture, is used in **COOKING** – not poured on top.

Shoyu is a fermented wheat product, therefore is not an issue for gluten free people. Shoyu is a condiment and added to food once it has been served. Do not swap them over as they lose their health benefits.

The **THREE** day window.

It will take **THREE** days of your effort to begin to change. 10% of your blood is changed every 10 days. So approach your exercises daily and you will notice the first big changes **THREE** days after you start.

DON'T STOP THEN. As you will be feeling better, pain and discomfort are less or gone and you may decide that all is cured.

NO! Keep going. That is only the surface layer of your illness conquered. Now you must deal with the cause.

RECIPES – Basic

Rice

Miso

Gomashio

Tamari Broth

Adzuki Beans

GOOD QUALITY OIL

Oil has been prized throughout history for its health benefits. Good quality oil is a better investment than expensive moisturiser. Good oil, ingested will lavish the skin with care, better than any topical cream.

OLIVE OIL is a brilliant food if eaten **RAW**. Once cooked it is a saturated fat, therefore cook with **SESAME OIL, SUNFLOWER, SAFFLOWER OIL**. For desserts use **CORN OIL**.

Macadamia oil is wonderful as a skin oil and serves as a mighty good sunscreen.

IRON? CALCIUM?

Put simply it is not the foods we eat that keep us healthy. More the foods we **DON'T EAT**.

SUGAR will leech the minerals from the blood and bone so iron and calcium stores are heavily depleted. Cut down sugar and your health will leap forward. Iron will maintain and calcium will not be depleted.

INPUT vs OUTPUT.

This is the basis of human functioning. If you take in a lot and do very little you will put on weight. So balance these and the body will function better. Stressing about the place does not count as activity. You need to walk at least. Try going for a walk every morning, just a short walk and see the difference in your metabolism.

Women must have breakfast as this kick starts the metabolic rate for the day. The old adage of

BREAKFAST LIKE A KING

LUNCH LIKE A NOBLEMAN

DINE LIKE A PAUPER

Will keep the body in tip-top shape.

It is so simple to be healthy. A little change will make a huge difference.

REMEMBER absence of illness is **NOT** healthy. Healthy is a state of well being where you actually feel like jumping out of bed in the morning.

Worth fighting for, don't you think?

RYOHO BASIC RECIPES FOR GOOD HEALTH

GOMASIO – Strengthens and cleans blood. Best source of calcium

20 tsp sesame seeds

1 tsp Sea Salt

Method

Dry roast sesame seeds in dry fry pan until they are golden brown.

Pour into grinding bowl

Gently heat sea salt in same fry pan, do not "cook" salt

Add salt to seeds.

Grind in mortar and pestle until one fifth of seeds still whole.

Use as condiment on just about anything.



ORGANIC BROWN RICE

2 cups rice

4 Cups water

¼ tsp of Sea Salt

METHOD

Put rice into saucepan – rinse rice twice to remove dust.

Add water and salt.

Make sure pot is large enough for rice to expand. Volume will triple.

Boil rice rapidly for 20 mins. Turn to simmer for 40 mins. Turn off heat. Put lid on saucepan and allow last water to be absorbed. To facilitate good digestion rice must be cooked for at least 1 hour.

ROLLED OAT PORRIDGE-Best breakfast.

1 Cup Organic Rolled Oats

3 Cups of Water

Good pinch of sea salt

METHOD

Soak one cup of oats in 2 cups of water. Over night soaking is best as it saves time in the morning. Once all the water has been absorbed add another cup of water and simmer ON VERY LOW heat for 20-30 minutes until oats are well cooked.

BATTER BREAD-Makes use of leftovers. Great source of calcium/minerals/fibre

METHOD

Combine all left overs into mixing bowl ie rice, rolled oats, veges, parsley in fact anything at all. Mix well with hands. Add 2 tblsp dissolved miso and mix again.

(use only a small amount of water to dissolve miso). Add enough plain flour to bind the ingredients. Press into flat baking pans and cook in pre-heated oven of 180 for 20 mins. Do not make batter breads too thick as the inside will not cook and the outside edges will burn. Baking paper helps to prevent the mixture from sticking.

RICE BALLS & RICE PATTIES-Great use for leftover rice. All the goodness of rice. Adds variety

METHOD

Use leftover rice. Rice needs to be slightly sticky. If rice is too firm, add a little water and cook it again for 10 mins. Leave to cool. Chop shallot or onion finely. Add olives, parsley roasted sunflower seeds etc and mix together. Wet hands so the rice does not stick to you and form rice into balls or patties. Coat evenly with sesame seeds and bake or fry until golden brown. Serve with veges or on yeast free bread as a burger. Alternatively make a dipping sauce and dip rice balls into sauce.

DIPPING SAUCE FOR RICE BALLS

METHOD

SAUCES- Condiments add flavour and variety to your diet

BROWN MUCK- Medicinal only when cooked.

METHOD

Combine 8 tblsp of Tahini with 1 tsp of Miso. Mix well. Add hot water to form a thick paste. Add shallots or ginger to activate. Cook in a dry fry pan until it crystallizes. A wonderful accompaniment to anything, especially rice or noodles.

TAHINI & LEMON JUICE- A light summer sauce for vegetables

METHOD

Combine 4 tblsp of Tahini with the juice of half a lemon or lime. Mix well. Add hot water to form sauce. Add a couple of drops of Shoyu to counteract bitterness of lemon or lime. Please go on your taste. This sauce has a yoghurt-like taste and is wonderful on vegetables. Add balsamic vinegar to create a lovely salad dressing. Sliced or grated cucumber is a lovely light addition.

BAKED RICE-Light rice dish for summer. Very easy to digest

METHOD

Dry roast rice in a fry pan until rice is golden brown and begins to puff. Pour baked rice into saucepan of boiling, salted water (2 cups water to 1 cup rice).

Turn saucepan down to a simmer and cook until all water is absorbed. Sprinkle with crushed almonds and serve with vegetables or a light summer sauce. This method can also be used with barley to add a really nutty taste to the dish. Barley is an excellent Summer grain to cool you down. Barley tea made this way but with triple the water, is a cooling drink for hot days. Wimbledon Tennis Club developed Barley Water in the 1940's to cool the players down on hot days.



MISO SOUP – allows proper bowel function and creation of Vitamin. B

1 strip seaweed (wakame)

1 Shitake Mushroom

Assorted Veges

Ginger or Shallots to activate

METHOD

Bring water to boil in medium saucepan

Add finely cut strip of seaweed + ½ shitake mushrooms. Simmer for 20 mins.

Sauté onion in fry pan. Add sea salt to seal and inhibit acid. Continue to sauté any veges you wish until cooked. Turn saucepan down to very slow simmer and add sautéed veges to pot. Allow to simmer gently for 10 mins.

Take a cup of stock from the pot and add 1tblsp of Miso paste. Dissolve. Once dissolved add half a tsp of Ginger and return to saucepan. Allow to gently cook for 10 Mins before serving. **NEVER BOIL MISO. DO NOT** store miso in the fridge

Miso is an ideal winter soup. Any vegetable and grain can be used making a hearty meal that tastes very meaty. Men love it. Good for them too.

ADZUKI SOUP –Excellent Kidney food. Allows kidneys to relax.

1 Cup adzuki Beans (soak Overnight and **DISCARD SOAKING WATER**- 1 cup = 2.5 cups soaked)

6 Cups of water

METHOD

Fill a large saucepan with 3 cups of water. Boil rapidly for 20 mins with a strip of kombu (seaweed).

Drain and rinse beans and seaweed well and replace beans and seaweed to the saucepan with 6 cups of fresh

water. Bring to a gentle simmer and leave for 5 hours. After 3 hours cooking add 2 tablespoons of tamari and return to the simmer.

Add 2 tblsp Tamari or more to taste when finished and beans are soft and well cooked.

(NOTE: Beans must be soaked over night. Discard soaking water)

This is women's special food. Women should eat beans 2-3 times per week. This soup will keep in fridge for at least a week. Just heat as required.

****NOTE: if you add salt at the beginning of cooking this will SEAL the cellulose of the bean and consequently the beans will never cook – they remain hard and cause nasty gas/wind for many with poor digestion.**

TOFU- Soybean protein. Good alternative to meat.

1 packet of Tofu (Only use FIRM tofu) Silken Tofu is for desserts.

Good quality oil

1 tblsp of Tamari

Pinch Ginger

METHOD

Heat oil in frypan til very hot (do not allow oil to smoke)

Add fine strips of tofu and fry till slightly crunchy.

Add 1tblsp of Tamari, pinch of ginger.

Add to rice dishes, salads, place on mashed potato. For Children make it really crunchy by frying longer. Tofu has a bad reputation because it is cooked badly. Try also, rolling the tofu strips in rice flour before frying, this creates a crunchy outside and a soft inside. With practise it is yummy.

TAMARI BROTH-Quick and easy. Digests well. Relaxes kidneys before sleep.

Minerals for strong blood.

METHOD

Boil saucepan of water with strip of wakame and 3 shitake mushrooms. Turn to a gentle simmer after 5 mins and cook for 40 mins. Add good slurp of Tamari to taste a pinch of ginger and diced shallots if required. Serve with Soba or Udon noodles. During summer squeeze of lemon juice is very cooling to the system.



NOODLES Udon or Soba. Udon = Wheat noodles. Soba=Buckwheat noodles.

Organic

METHOD

Boil adequate water. Add required noodles to boiling salted water. Once noodles are added water will come off the boil. Wait till water boils rapidly and add some cold water to stop the boiling. Do this 3 times. Drain Noodles and rinse in cold water to stop the cooking process. Serve or keep in refrigerator until you require.

FLAT BREADS/CHAPATTIS.

1 CUP FLOUR (organic)

2 tblsp Sesame oil

pinch salt

Warm water

You might also like to add sesame seeds, olives, mashed pumpkin, sundried tomatoes and basil, fried onion in fact almost anything can be added to basic bread mix to make fantastic flavours.

METHOD

Combine flour and salt. Mix well with your hands. Add oil and mix well.(this takes at least 5 mins). Once oil is thoroughly distributed slowly add enough warm water to make a squashy dough. Then knead dough for as long as possible. This makes the dough lighter and is a good way of strengthening your hands and wrists.

Break off a ball of dough the size of a squash ball. Roll flat and round.

For flat bread, bake in oven at 200F 15-20mins.

For Chapattis dry fry in frying pan (hot) 2 mins each side until golden brown and slightly puffed.

With practice you can make a lot of breads in a very short time. Cost is 20c per 50 breads. Very economical. Kids love them. Store in an airtight container for

after school snacks – can be used for roll ups. Cheaper than the commercial products and none of the nasties such as anti-coagulants, anti caking agents etc.

KIDNEY BEAN CASSEROLE WITH CARROT & KALAMATA OLIVES.

Ingredients: (for 12 empanadas)

1 X Onion

1 X Leek

1 X small sweet potato

4 X carrots - GRATED

Basil

Coriander

1 X Tin ORGANIC Red kidney beans (or soak your own)

Kalamata Olives – as many as your taste buds desire.

METHOD

Finely chop and fry the onions until opaque and seal with a pinch of sea salt.

Finely slice leeks and stir-fry with onions until soft.

Cut sweet potato into small cubes and sauté with onion and leek to soften. Add another small pinch of sea salt.

NOTE: Sweet potato is very yin so not a good idea to eat a lot of it in Autumn and Winter. It is added here to sweeten the kidney beans.

Add the grated carrot and stir to combine all the ingredients.

Rinse the beans WELL – TWICE – and add to the saucepan. Stir to coat with all the flavours of the vegetables.

Add THREE cups of water and simmer to reduce. This will take 30-40 minutes.

Add olives at the end of cooking and once all ingredients have reduced to a thick, hearty consistency.

Add herbs at the end to flavour and freshen the casserole.

Can be eaten with rice or noodles OR as tasty EMPANADAS.

LENTIL ROLLS – VEGETARIAN "SAUSAGE" ROLLS

This recipe is made using left over LENTIL SOUP. See full RYOHO cook book.

Ingredients:

Left over soup – REDUCED to a thick consistency.

1 X Cup of Besan (chick pea) flour

2 X Cups ORGANIC UNBLEACHED Plain Flour – KIALLA FLOUR is best

Sesame Oil

Sea Salt

Warm water

METHOD

Firstly prepare your filling. Add enough Besan flour to make a firm mix. Not much is needed so be careful to add a little at a time. Set aside. The filling must be COOL it is too hard to work with the pastry if the filling is hot.

PASTRY – Recipe above.

Roll your pastry into a long rectangle shape. The pastry needs to be quite thin so make sure you flour your board. Place the FLAT rolled pastry into a baking dish, lined with baking paper. Place your filling down the middle of the pastry leaving a defined edge all the way around the pastry. Gently roll the pastry around the filling.

Score the surface in the size of 'sausage rolls' and bake at 180 for 30 minutes. Freeze well and great for school lunch boxes.

HOW TO COOK MOCHI

Mochi is pounded sweet rice. Each block is equivalent to ONE BOWL OF RICE – so for us this is our best and easiest meal if you are tired or simply have no time.

Ingredients.

1 X packet of Mochi (available from Spiral Foods)

METHOD

Pre-Heat your oven to 180 deg.

Cut each block of mochi in half.

Lay each block on a baking tray NO OIL is needed.

Bake for about 12-15 minutes until they puff and explode.

If you undercook them they are gluey and quite awful. Watch for the puffing stage. Fill with COOKED BROWN MUCK mixed with Shallots.

Four half blocks is plenty for dinner = ONE BOWL OF RICE

LIST OF SUPPLIERS

RYOHO ONLY USES ORGANIC PRODUCTS – you should too.

SPIRAL FOODS – spiralfoods.com.au

**Miso
Noodles**

Umevinger and Plums

Kuzu

Tamari

Tahini

Agar

Shoyu

Sesame Oil ORAGNIC

Mochi

**Wakame Seaweed available DIRECTLY FROM RYOHO @ Knox Street
FRESH from Tasmania NOT Japan.**

HONEST TO GOODNESS – honesttogoodness.com.au

All grains

NOTE: Please use Rain Fed rice as it is more sustainable and does not require vast amounts of river or creek water allocations to grow, obviously not available during drought conditions, as we have presently.

Sesame Seeds

Sunflower Seeds – they usually sell Australian sunflower seeds but due to the ongoing drought these are hard to find.

Oils

Tahini -1kg available

MARKETS

Sydney has many Farmers' Markets, where you can buy direct from the grower. Keeps the great food out of the hands of those murky supermarket chains and firmly in the hands of Growers and Consumers. Better quality and it feels so much better handing money directly to the person who grew YOUR food.



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RYOHO – YOUR HEALTH SOLUTION