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About Us

Our core philosophy is to help you in making healthy choices backed by science and ancient secrets of health and wellness. Years of wisdom and studies suggest that our ancestors used the power of food to live better. In our fast paced life we have forgotten the true needs and nutrition required by our body and mind to function in an optimal way. At Medicinal Food Coaching we help individuals and families to make informed choices about the food and living that will transform life.

When you give your body the right kind of nutrition for growth and regeneration, it affects the very core at the cellular level to make you happier, grounded and healthier. Believe it or not, but many of the disorders that we see today arise due to the inefficiency of the food we consume. Food is the ultimate medicine that anyone needs; it's the life force you depend upon.

We call our services "earth alchemy" because it is magical how simple things can change your overall outlook towards life and wellness. Our services include spiritual and statistic guidance for individuals who would like to spread the joy of health and abundance in the world.

Harmony of your mind and body, thoughts and actions, work and enjoyment is attainable; all you need is knowledge and tools to unlock the mysteries of wonderful life force.

Let us unravel this journey together!

Article

Make your food the elixir for life

I remember the evenings of summer when dad used to bring his work home. He was a lifelong learner and practitioner of yoga and Vedic philosophy, all thanks to his job as a Sanskrit Professor.

Tales of food used as medicine to cure life threatening diseases were fascinating to me. I studied them in detail and enrolled for psychology major to understand the underlying link between food and wellness. Years of yogic practice helped me understand the power of food as a life force.

Power of life energy can be easily observed in the process of photosynthesis.

Have you ever noticed how a seed becomes a plant?

How it transforms into a tree?

And how it stands the tides of time for hundreds of years?

A plant takes his life force from sun and changes them into more pure form of energy that we can use to live a better life, but most of us are oblivious to the power of nature.

Simple herbs are full of potent nutrients that can transform lives. After all, your cells need nutrients to grow and regenerate. Food, along with right Vedic practices can change you into a success powerhouse. A stable mind and healthy body is all you need to live and relive your dreams.

Recent studies have shown [Tinospora cordifolia](#), known as nectar for life (Amruta) in Hindi can cure all types of diseases including gout, arthritis, diabetes, digestive disorders, allergies, asthma and to top it has anti-aging properties. The tree never dies; it regenerates in toughest of climates.

And this is just one herb that I shared with you. It is like a tip of the ice-berg; imagine if you had access to all this Vedic knowledge for yourself and your loved ones.

Join me in this revolution, sign up for our newsletter for more info!

Blog

Seven ancient secrets for long and healthy life

Ayurveda means the knowledge to increase the life span. Indian cuisines follow the age old secrets of using herbs and spices as medicines in their food to have a healthier and longer life span. Chinese follow the same route to have more vibrant life. There are few things that you and I can practice in our day to day life to attain the bliss that our grandparents' and great grandparents enjoyed.

The over use of technology has hindered our life force and energy follow these simple steps to get close to nature and a life full of joy and vitality.

- 1. Do not chill your fruits and vegetables:** Stop refrigerating your fruits and vegetables. Studies suggest prolong storage of food in cold environment devoid them of nutrients and essential minerals. The trace elements are lost during storage. Buy fresh fruits and buy them regularly and stocking them in heaps.
 - 2. Learn to enjoy caffeine:** Caffeine is good for your health but a careless approach can leave you exhausted and sick. Love your caffeine fix and savor it rather than gulping it down mindlessly. Limit your tea or/and coffee consumption to two to three cups a day. Excess of caffeine can damage liver cells.
 - 3. Explore the child with you:** The child in you is wiser than you think. Let your heart guide you towards the best in you. When a child feels tired, he sleeps he eats when hunger strikes, he explores the unknown with courage and faith. A childlike outlook towards life will help you in your spiritual growth, bringing harmony in your life. Eat when you are hungry, sleep when you tired.
 - 4. Love yourself and priorities your meal timings:** Studies suggest that scheduling your meals i.e. eating at the same time everyday helps your body in driving more nutrients from the food as compared to binge eating. Have three small meals and two snacks every day.
 - 5. Walk for 20 min:** Walking 20 minutes daily will not only keep your waistline in check it will make your brain sharper and more productive.
 - 6. Do not exhaust yourself:** Learn to cut down stress. Regular practice of yoga and meditation will not only lower your stress levels, it will boost your sex life too. Meditation helps you harness all the sexual energy or prana into a more positive, lovable and highly influential human being.
 - 7. Life loves you more than you love life:** When student is ready the teacher appears. Once you decide to have a more fulfilling lifestyle, you'll find many resources and people who are ready to help you in achieving your goal. Let the power of your subconscious drive you towards a life full of awe and generosity.
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