

# JARAMILLO soup

Dr. Luis F. Garcia





**Dr. Hernán Jaramillo Botero**

## Director of Misericordia Hospital (Quindío, Colombia)

While studying the gastro-intestinal tract, Dr. Jaramillo discovered the following:

- The GI tract of newborns is physically the same as adults.
- The immune system is linked to gut health.
- Combining breast feeding with the soup leads to stronger and healthier children.
- Dairy impedes health by fostering parasites. (He recommends frequent use of antiparasitics, monthly if necessary.)

# Preparation

## Kitchen appliances



Pressure cooker



Blender

## Overnight soaking

### Basic



Kidney beans



Lentils

### Optional



Brown rice



Chickpeas

# Ingredients



## Proteins

- 80 to 100 grams of organic chicken



- Trout or other healthy fish



- Lean organic beef



# Ingredients



## Vegetables

- 3 to 4 green beans
- 1 piece of carrot
- 1 slice of pumpkin
- 3 to 4 spinach leaves
- $\frac{3}{4}$  of sweet plantain
- 1 leaf of green or purple cabbage
- 2 unpeeled potatoes
- 1 slice of chayote
- 1 piece of deveined celery
- 1 piece of broccoli
- 1 leaf of lettuce
- 1 leaf of chard



# Ingredients



## More Vegetables & Fruit

- 1 piece of cucumber
- 1 piece of beet
- 1 piece of yucca
- 2 asparagus stalks
- 1 mushrooms
- 1 slice of papaya
- 1 slice of mango
- 1/2 guava
- 1 handful of blueberries



# Ingredients



## Grains

Soak overnight 1 Tablespoon of each in 7 Cups of water.

- Kidney beans
- Lentils
- Brown rice
- Chickpeas
- Oats (No need to soak)

**You may also add quinoa and/or amaranth.**



# Directions

- **Step 1:** Put the grains previously soaked in pressure cooker until tender.
- **Step 2:** Add protein and vegetables. If needed, add more water so the soup doesn't dry up. Allow to boil for only 5 minutes.
- **Step 3:** Combine ingredients, including the fruits, in the blender. Blend well until smooth.
- **Step 4:** Once blended, store in the fridge immediately for cooling.

# Storage

- This recipe is enough for a 24-hour period.
- You can multiply the recipe and store it in the refrigerator for up to 7 days or freeze or vacuum seal to store longer.
- If the soup is left out of the fridge to cool down, it might provoke stomachaches during feeding in the afternoon and at night.
- Use however many ingredients you have available according to your location and what is fresh in season. The more ingredients, the healthier the baby will develop and grow!
- Feeding the soup during the baby's first 6 months is the key! The longer they stay on it, the more optimal their development!



Beans and lentils



Celery



Green peas



Spinach and carrots



Amaranth seeds



Chicken breast  
with amaranth seeds



Lettuce





Mix of vegetables



Grains



Filtered drinking  
water



Normal, solid  
stools

# Tips



You should feed it to kids with a feeding bottle. Cut a very small hole in the top with a sharp knife, so the soup flows well.



As your baby is growing up, the protein and vegetable portions should be increased.



If you want to sweeten the soup, so that your baby likes it more, you may add 3 tablespoons of natural pure organic honey or add more mango.

# Benefits

- **Immune system:** Strengthened! Less sick, fewer aches and allergies, lower hospitalizations and death rates.
- **Neurological development:** Accelerated! By 18 to 20 months the baby can be up to 6 months "ahead" of standard curves with a higher IQ.
- **Physical coordination:** Advanced! Walk at an earlier age, better muscular coordination later on.
- **Social development:** Balanced! Happier, social, friendly.
- **Digestion:** Optimized! Less colic, diarrhea, reflux, etc.
- **Weight: Healthy!** Within standards despite large quantities of food. Lean normal babies ... not Michelin like.
- **Sleep: Abundant!** Sleep all night long from the first few days! A well-fed baby will not need to wake up to feed.
- **Physical growth:** Accelerated! Optimal and substantial growth early on. The average baby on the soup is above the 90% in height throughout the first few years. First few months can grow up to 3 inches per month!



Newborn



2 weeks old sleeping 2-3 hours at a time



4 weeks old sleeping 4 hours



8 weeks old sleeping 8 hours



12 weeks old sleeping 11 hours



**Recommended book:**

“12 Hours Sleep by 12 weeks Old” by Suzy Giordano

Recommended therapies to improve sleep: Kimberly Walker, Pediatric sleep therapist. ([www.parentingunlimited.com](http://www.parentingunlimited.com))

**Jaramillo Soup Consultant: Elizabeth Wolcott**

 **727 698 2692**

 **@platinumandprime**

**Happy well-fed baby = Well rested parents**

# Life experience

Hi Dr. Garcia,

Roxie-O at 26 months is exactly that what you wrote-- thick boned and tall. She is in the 95th percentile of her height group, sleeps 12 hours per night, eats everything and in great spirits all the time.

She is ahead of her group on speaking and is often similar in other developmental milestones with kids who are about 1 year older.

We haven't treated her with vaccinations.

Mick

# Life experience

Hello Dr. Garcia,

Jaramillo soup is a game changer!

Daphne started sleeping 12 hours through the night starting at 4 months. By 8 months she was climbing our stairs. Now she is tall and athletic.

She talks up a storm and is consistently a year ahead in her developmental milestones. Whenever we go to the pediatrician for her regular check-ups, they always comment on what a well-natured and easy child she is.

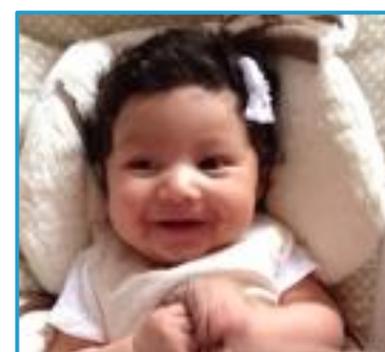
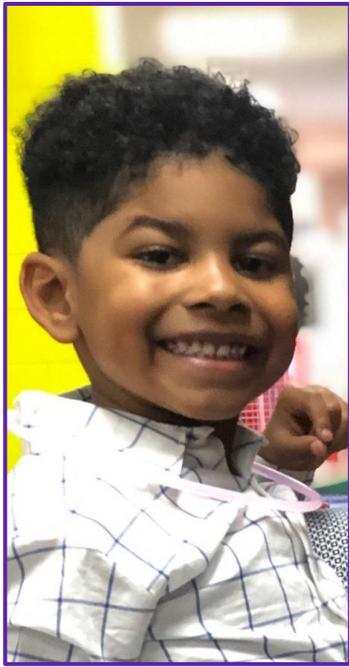
Another benefit is the exposure to all the different flavors has helped her to not be a picky eater.

Thank you so much for telling us about Jaramillo Soup!"

Danielle



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