

Spring

2014

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Machu Picchu–The Wondrous City of The Inkans:

Majestically nestled among the Andean mountain tops, Machu Picchu is a magical city resting 7000 feet above the Urabamba Valley and perhaps the most significant archaeological site located in The Sacred Valley, Peru.

Many have speculated on the origins and purpose of the city that was abandoned by the Inkans, never found by the

Spaniards and reclaimed by nature but formally excavated by American Archaeologist Hiram Bingham in 1911.

The city's purpose is shrouded in mystery. Was it a royal retreat for the Inkan Emperor Pachacutec? Or was the city used as an academic institution for learning astrology and astronomy and as a site for master

craftsmanship? We may never know. Fortunately, the expert engineering techniques that were employed to build the city have survived. The city truly remains a wondrous heritage site for us all to appreciate and enjoy.

For more detailed travel assistance please visit

sales@road2peru.com

Bon Voyage, Dr. G.

Humility:



2014

"Humility is one with heart. It is the opposite energy of arrogance, which is inevitably ego-fed. To be humble is to be heartfelt. Whether a President or a street person, we are but one small instrument in the Universal Plan. Humility holds within it the essence of safety, grace and kindness. It is the whispering amongst the harsh noise of this world. The Ancient Ones knew that humility was the basic principle for enlightenment. It is a mixture of mercy, mindfulness and might."
Universal Truths 1997

Health Properties of Chocolate:

1. 70% dark cocoa chocolate can lower blood pressure & increase blood circulation.
2. Dark Chocolate lowers LDL cholesterol (the "bad cholesterol").
3. Dark Chocolate is higher in fiber, so eating a little can help reduce sugar cravings!
4. A 2005 Italian study shows that chocolate aids in insulin sensitivity; thus decreasing the risk of Type II Diabetes.
5. The antioxidants and flavonoids found in chocolate protect cell membranes and skin.

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Hot Chocolate From The Andes:

Ingredients:

- * 2.5 Liters of organic milk or organic coconut milk
- * 5 Large Spoons of Organic Oats
- * 7 Ounces of pure chocolate
- * 2 Cups of filtered water
- * 1 Cinnamon stick

Heat and stir over medium heat on the stovetop

Add:

- * 6.5 Liters of organic milk or organic coconut milk
- * 5 Cups of warm filtered water
- * 1 Can of evaporated milk
- * Organic cane sugar or honey to taste

Serve in mugs with a sprinkle of cinnamon on the top.