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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Real Soy Sauce**

**By Dr. Donald A. Miller**

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When I was growing up, I thought soy sauce was salty water with dark coloring and some secret soy and wheat stuff mixed in. That's because my parents did not know any better than to buy LaChoy brand.

Some of the cheapy stuff from China is not any better.

Oriental friends introduced me to real home cooked delights that one never finds in a typical Chinese or Japanese restaurant in this country. They even introduced me to authentic ethnic restaurants.

I gradually learned that there is a tremendous variety in Soy Sauce, whether made with added wheat (Shoyu) or without (Tamari). Some connoisseurs spend as much time studying the character of soy sauces as others do on wines.

Real soy sauce requires many months of fermentation and aging to make, not a few minutes on an automated factory. Some excellent choices are now available in the USA, whether made here or in the Orient. Some are deliberately un-pasteurized, for health benefits.

My suggestion is to seek out good brands, then see if they have reduced salt versions.

While you are at it, take a look at Miso as well, preferably not pasteurized.

Bon appetite.

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\* Diet with FACTS, not Fat–Burner MYTHS. \*

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including two eBooks available through Amazon.Com. More health information can be found at his web

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## **Ginger Braised Country–Style Ribs**

**By News Canada**

Ginger Braised Country–Style Ribs

Serves 6

75 mL soy sauce 5 tbsp

75 mL minced ginger 5 tbsp

15 mL minced garlic 1 tbsp

10 mL dark sesame oil 2 tsp

1 country–style ribs, about 2 lb 1 slab

15 mL vegetable oil 1 tbsp

250 mL chicken broth 1 cup

50 mL medium–dry sherry 1/4 cup

15 mL brown sugar 1 tbsp

15 mL corn starch 1 tbsp

For marinade, combine 2 tablespoons soy sauce, 2 tablespoons ginger, 1 tablespoon garlic, and 1  
teaspoon sesame oil. Rub marinade into pork and place in a shallow covered container or in a sealable  
plastic bag. Marinate, refrigerated, for four hours to overnight. Heat oil in casserole or saucepan just

## Real Soy Sauce

large enough to fit pork. Over medium–high heat sauté remaining ginger for a few seconds then add remaining soy sauce and sesame oil, broth, sherry, and sugar. Bring to a boil, reduce to a simmer, and add pork. Cover loosely. Simmer pork for about one hour or until internal temperature reaches 160°F (70°C) on meat thermometer, turning once. Remove pork and keep warm. Skim any fat from surface and simmer for another minute. Thicken lightly by whisking in cornstarch combined with one tablespoon cold water. Pour sauce over sliced country–style ribs. Visit

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recipe ideas.

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