thus preserving the natural ratio of vitamins (especially vitamin e) and minerals (especially potassium).

moreover, i have learned that history works itself out over millenia according to a plan, not years, decades, or even centuries.

i think it’s also because it reminds me of times when i would need to make the soup for sick family members who had no appetite.

i have a prescription nasal spray, but i get it filled by mail order so they put the prescription on the box, not on the individual bottle.