



Hecker Fiduciary

The “Stay At Home” Order



I know that there is a “Stay At Home” order and for many that is difficult. But how often can one stay at home, curl up on the couch in their bath robe and enjoy a cup of coffee, read emails, do research and connect via social media? Perhaps one day we will say “I remember the Virus, that was a time I was actually able to slow down, reconnect with myself and to prioritize what was really important in my life”. We move too fast in this county. Perhaps we should listen and learn from other cultures. We still can earn a living, but let’s learn to become who we really are inside. Let’s be the person we want to be. Let’s be an example to our family, friends, co-workers and the world. Now is a time to be more patient, understanding, considerate, kind and loving. Be generous with your thoughts, deeds and actions.

~ Iris

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Keeping with our theme

– *Healthy TIPS:*

Healthy soup Recipe –

Help Build your Immune system!

Don’t let it scare you!

It is a very tasty recipe.

This is a great Crock Pot soup.



Soup - GARLIC LEMON CHICKEN

Ingredients:

Chicken – whole chicken or pieces

Garlic – 1 ½ bulbs of garlic – chopped (18 good sized cloves)

Onion – 1 chopped

Lemons – 2 – juice and zest of 1 lemon

Oregano – 1 tbsp

Cinnamon – ½ tsp

Paprika – 1 tbsp

Cayenne Pepper – ½ tsp or more if you like heat

Red Bell Pepper – 1 chopped

Broccoli or Broccolini – Need some greens

Carrots- peeled and sliced

Salt to taste

Amino Acids – soy sauce – 2 tbsp.

Pepper to taste – add at the end. If you add while cooking it becomes bitter.

Lemon Pepper to taste

Directions:

Wash chicken well and scrub with salt – then wash chicken again.

This helps get rid of unwanted bacteria.

Add all ingredients excluding pepper to pot. Cover with water. Cook until chicken falls apart. Remove chicken from broth as well as some of the vegetables. Puree the stock until smooth. Add back chicken and remaining vegetables. Taste and add more salt, Pepper, Lemon Pepper, Soy Sauce and Lemon Pepper to taste.

ENJOY!



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Linda McCrory #650-278-0136

My disclaimer, I am not a doctor and not authorized to give medical advice. Our friends and clients are important to us. If you need anything please call- *Iris Hecker, EA, CLPF*

Call to confirm or schedule appointments #650-361-9703