



Discover the
Healing Power
of **Nutrient**
Infusion

60 **Healing Recipes**
to help with Pain, Arthritis, Heart Conditions, Stress,
Depression, Digestive Illness, Cancer and more...



This book contains general information relating to health and medical principles and is not intended to, nor should it be taken to, replace professional medical advice or treatment. Any person with a condition requiring medical attention, should seek advice from a qualified healthcare professional without delay. If symptoms persist you should again consult with your healthcare practitioner. While all reasonable attempts have been made to ensure the accuracy of the contents of this book, the author and publisher do not guarantee that the contents of this book are current, complete or correct and accept no responsibility for such contents. Subject to all applicable laws, the author and publisher disclaim all liability in connection with the use of this book.



If you're in poor health,
Nutrient Infusing can help you feel better.
If you're in good health, it can make you feel **fantastic**.



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WELCOME TO THE WORLD OF NUTRIENT INFUSION



Getting the most from your food

Welcome to the world of Nutrient Infusion. You are what you eat - and what you eat has a dramatic impact on how your body performs, your wellness, and even your mood. If you up your intake of fruit and vegetables, and seeds and nuts, it has been clinically proven to lower your risk of falling victim to a raft of health problems, including cancer and cardiovascular disease.

In this essential book you'll discover how you can get the most from your food by taking ordinary foods, infusing them and turning them into superfoods - nature's prescription - to heal, repair and rejuvenate your body.

Follow the recipes in this book and they'll help you to feel and look better, have more energy, recover faster and - most importantly - have a better quality of life, and a longer life.



What is Nutrient Infusion?

Nutrient Infusion happens when you pulverize fruit and vegetables, skins, seeds and nuts to mine vital nutrients, and unleash essential vitamins and minerals from your everyday food. When you break down the cell walls of your food, you make nutrients more readily available for absorption and infusion into your body. With Nutrient Infusion you can make the most delicious, potent, nutrient-packed superfoods you have ever tasted. You retain 100 per cent of the fibre, vitamins and minerals, ready to be infused into your blood stream to build strong bones, healthy organs and vigorous cells, and naturally power your body and mind. As you will see, you can infuse specific foods with one another to enhance their collective nutritional value and healing power.

Whether you're young or old, just one Nutrient Infusion a day could help ward off and fight all manner of conditions so you can get back to being that well and healthy individual you know you can be. You'll feel the difference and enjoy the benefits of a healthier, more active and fulfilling life. Now you can boost your health and vitality like never before!

PLEASE NOTE: The information contained in this book is not a substitute for regular health care. Always consult your physician regarding health, nutrition and exercise.



YOUR AMAZING BODY



Your Body at Work

The human body is made up of a number of different systems – digestive system, cardiovascular system, immune system and many more. And each of these is a complex interplay of different organs and tissues all with their own jobs to do. While it is easy to think of them as separate systems, just like any machine, all these systems are interrelated. This is never more evident than when one system is not working as well as it should. For example, if your digestive system is not in tip top condition it won't be able to extract all the nutrients the rest of your body needs for fuel, growth, maintenance and repair. Without those nutrients, other systems start to function below their optimum – your immune system may falter, and you get sick. Your muscles lose strength if there is insufficient quality fuel to power them, leaving you fatigued and achy. To understand how to best support the interrelated and

vital systems that make up your amazing body, it helps to have an understanding of how each system works, its role in your health and well-being and some of the main ways in which each system may be functioning below par - even if it is not actually sick. We've all heard that old cliché "you are what you eat" - but really, you are. Your red blood cells are renewed every 120 days, your skin is renewed every 35 days and your liver cells live about five months before being replaced. Your body makes these new cells from what you eat. Your digestive system and liver break down your food into nutrient building blocks, so what you eat directly affects the quality of your new cells. It pays to know what sort of nutrients each part of your body needs to produce the healthiest cells. Think of the information presented in these pages as your personal quick-start guide to getting your body's systems firing on all cylinders.

60

Healing Recipes

Avoid nasty processed, packaged food and replace it with fresh, raw fruit and vegetables, seeds, nuts and whole grains – your body will thank you for it. So that you can make this change we have carefully developed 60 healing recipes to help with specific conditions such as arthritis, stress, heart complaints, digestive disorders and many more. There are also recipes for memory, energy levels, and immunity all laid out in clear, easy-to-follow chapters. We have created recipes that are simple and easy to make, and packed with health-enhancing goodness. And importantly, they are delicious – you’re sure to soon have your favourites.

PLEASE NOTE: all the recipes have been designed for a 700ml cup, so you may need to adjust amounts to suit your nutrient extractor. You’ll find the ingredients at your local supermarket, fruit and veggie shop or wholefoods store. So what are you waiting for? Let’s get Infusing!



SHOPPING FOR NUTRIENTS





SHOPPING FOR NUTRIENTS

Buying Fruit & Vegetables

The quality of most fruits and vegetables can be judged reasonably well by their external appearance. For the best nutritional value and most flavour choose fruit and vegetables when they are at the peak of their freshness. It seldom pays to buy perishable produce based on a low price. A 'special' is often an effort to clear ageing stock. Unless the low price is the result of over-supply (a bumper season, for example), your 'bargain' may end up disappointing.

Buy only what you can use

Because fruit and vegetables are perishable, buy only what you will use, and never more than you can keep in your fridge. Spoiled produce is money wasted.

Buy in season

You can find almost any fruit or vegetable at the supermarket year' round these days. But do you ever wonder where it has come from? How far has it travelled? And how long has it been sitting around?

Buying fruit in season will mean the fruit is at its cheapest, yet high in quality. It will also mean it is fresher with more flavour. Fruit that comes from out of season is shipped in from further away or stored and ripened artificially. This means you will pay more, and fruit from out of season can lack flavour.

Buy locally grown

Locally grown produce travels shorter distances to reach your local store (and your home). As a general rule, locally grown produce will be fresher and cheaper.

Selecting Fruit

Feel the fruit

But do this gently. Do not squeeze firmly – you don't want to damage the fruit. Firm fruit, such as apples should feel firm. Soft fruits, such as peaches, plums and apricots should feel slightly soft and give slightly when you squeeze them. They should not be as hard as rock.

Smell the fruit

Fruit such as strawberries, peaches and apricots should smell like they taste. If they don't they will be flavourless. Fruit like rock melon and honeydew have a 'ripe' smell. Some fruit have a 'sour' smell when they start to spoil.

A close-up photograph of a woman with long, dark hair looking through green leaves. She is holding a bunch of dark grapes in her hand, which is in the foreground, slightly out of focus. The background is a soft-focus vineyard with green leaves and sunlight filtering through.

TIP

Buy in bulk and freeze

When fruit is in season, buy in bulk and freeze your produce. Imagine enjoying full-flavoured strawberries, blueberries or apricots right through the year!

SHOPPING FOR NUTRIENTS

Check for bruises

Bruises and spots indicate the fruit has been handled roughly and is damaged. Avoid this fruit.

Check the stem

Think of the stem as a 'clock' that is activated when the fruit is picked. Green stem with ripe fruit = good. Green stem with hard fruit = picked early and may become powdery when ripe. Shrivelled stem = picked long ago and will lack the flavour of fresh fruit.

Lift the fruit

Fruit that is heavy for its size is generally a good piece of fruit.

Where to shop

Supermarkets

Supermarkets have a good supply and variety of quality produce. However, be aware the price is often higher than elsewhere.

Your local Fruit & Veggie Store

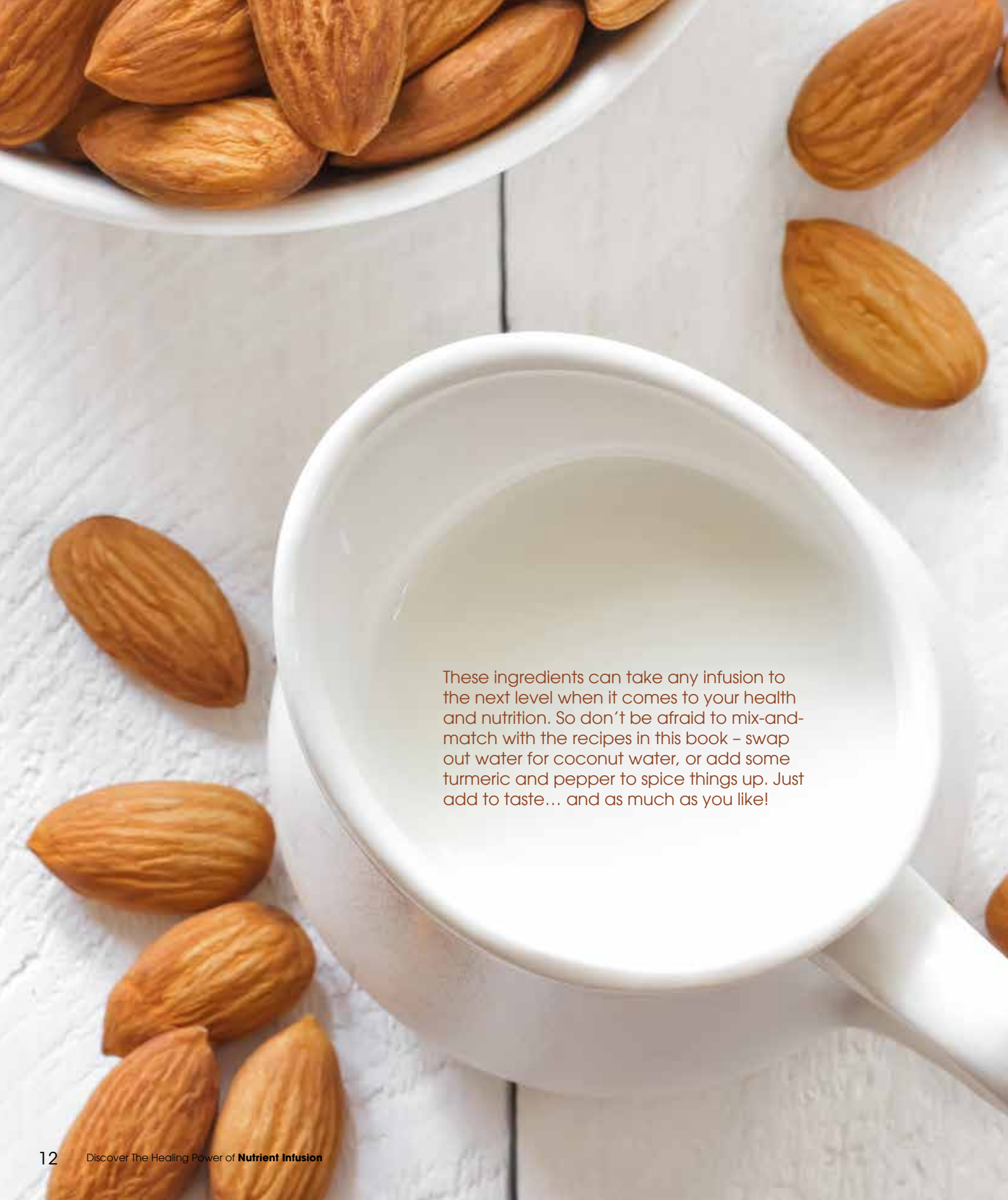
Get to know your local fruit & veggie store and the staff - these people know their produce. Selection is generally good, and prices are low as they buy direct from the markets. They are also often a good place to source additional infusion ingredients, such as coconut water, flax seeds, chia seeds, nuts and so on.

Farmers' Markets

At a Farmers' Market, you're buying from the people who worked the land and grew the produce. With no middle men, the price is lower and produce fresh. You can also ask them about their farming practices (for example, spray and pesticide use).

Pick your own

Find out what is grown near where you live, when it is in season, and if the growers offer 'pick your own'. Depending on where you live, strawberries, raspberries, cherries, apricots, peaches, plums, apples, pears and nectarines are excellent examples of 'pick your own' fruit.

A top-down view of a white ceramic pitcher filled with a light-colored liquid, likely almond milk. The pitcher is centered on a white wooden surface. Several almonds are scattered around the pitcher, and a white bowl filled with almonds is visible in the upper left corner. The text is centered within the pitcher's opening.

These ingredients can take any infusion to the next level when it comes to your health and nutrition. So don't be afraid to mix-and-match with the recipes in this book - swap out water for coconut water, or add some turmeric and pepper to spice things up. Just add to taste... and as much as you like!



SUPERFOODS THAT SUPERCHARGE

Flaxseed

Also known as linseed, this is a great source of three healthy components...

Omega-3 essential fatty acids, the “good” fats that have been shown to have heart-healthy effects.

Lignans, which have both plant estrogen and antioxidant qualities. Flaxseed contains 75 to 800 times more lignans than other plant foods. And fibre – flaxseed contains both the soluble and insoluble types. The result? Flaxseed may help reduce the risk of heart disease, cancer, stroke and diabetes.

Chia seeds

These tiny black and white seeds are an unprocessed, whole-grain food that can be absorbed by the body as seeds (unlike flaxseeds). Just one tablespoon contains 2 grams of protein and 5 grams of fibre, plus antioxidants, vitamins, and minerals including calcium. Great news if you’re concerned with heart health.

Coconut water

Low in calories, naturally fat and cholesterol free, more potassium than four bananas, and super hydrating. It’s refreshing, and has a sweet, nutty taste. It contains easily digested carbohydrate and electrolytes, and less sugar than sports drinks, sodas or other fruit juices – and this makes it a great choice when it comes to supporting exercise or just getting you through a long hot day!

Almond milk

Simply whole raw almonds finely ground and blended with water, almond milk delivers all the benefits of the whole nut in a versatile, smooth, creamy-textured liquid.

LSA

A great blend of Linseed (flaxseed), Sunflower seeds and Almonds, ground into a convenient mix that you can add by the teaspoon.

Turmeric and Pepper

Turmeric contains a valuable compound named curcumin. With powerful anti-inflammatory and antioxidant properties, this compound improves circulation and could be a major factor in lowering the risk of heart disease. But here’s the catch – our bodies can’t readily absorb dietary curcumin... unless it’s eaten with black pepper. The pepper contains piperine, a natural substance that enhances the absorption of curcumin by an incredible 2000%! So whenever you use turmeric, make sure pepper is there as well!

HOW TO MAKE AN INFUSION

A tall glass of smoothie with a kiwi and banana garnish is the central focus. It sits on a wooden cutting board surrounded by fresh ingredients: a whole apricot, sliced apricots, sliced kiwi, a whole banana, and a bowl of blueberries. A small bowl of granola is also visible in the foreground.

The following is a basic guide to preparing an infusion. Feel free to experiment and create your own infusions with different ingredients.

Step 1

Add leafy greens

Kale and spinach are excellent leafy greens to use. Sweet fruit does a great job of masking their flavour.



Step 2

Add fruit

Fruit will give your infusion a sweet flavour and creamy texture.



Step 3

Add liquid

Fill to the max line with water, coconut water, soy milk, yoghurt or other liquid.



Step 4

Add any of the superfoods

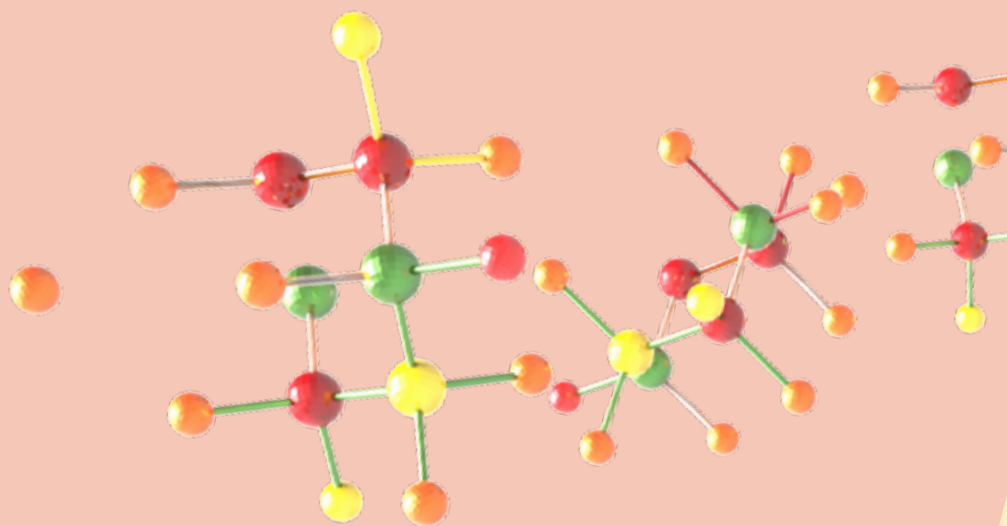
in the 'Superfoods that Supercharge' list. (see pg 13)



Step 5

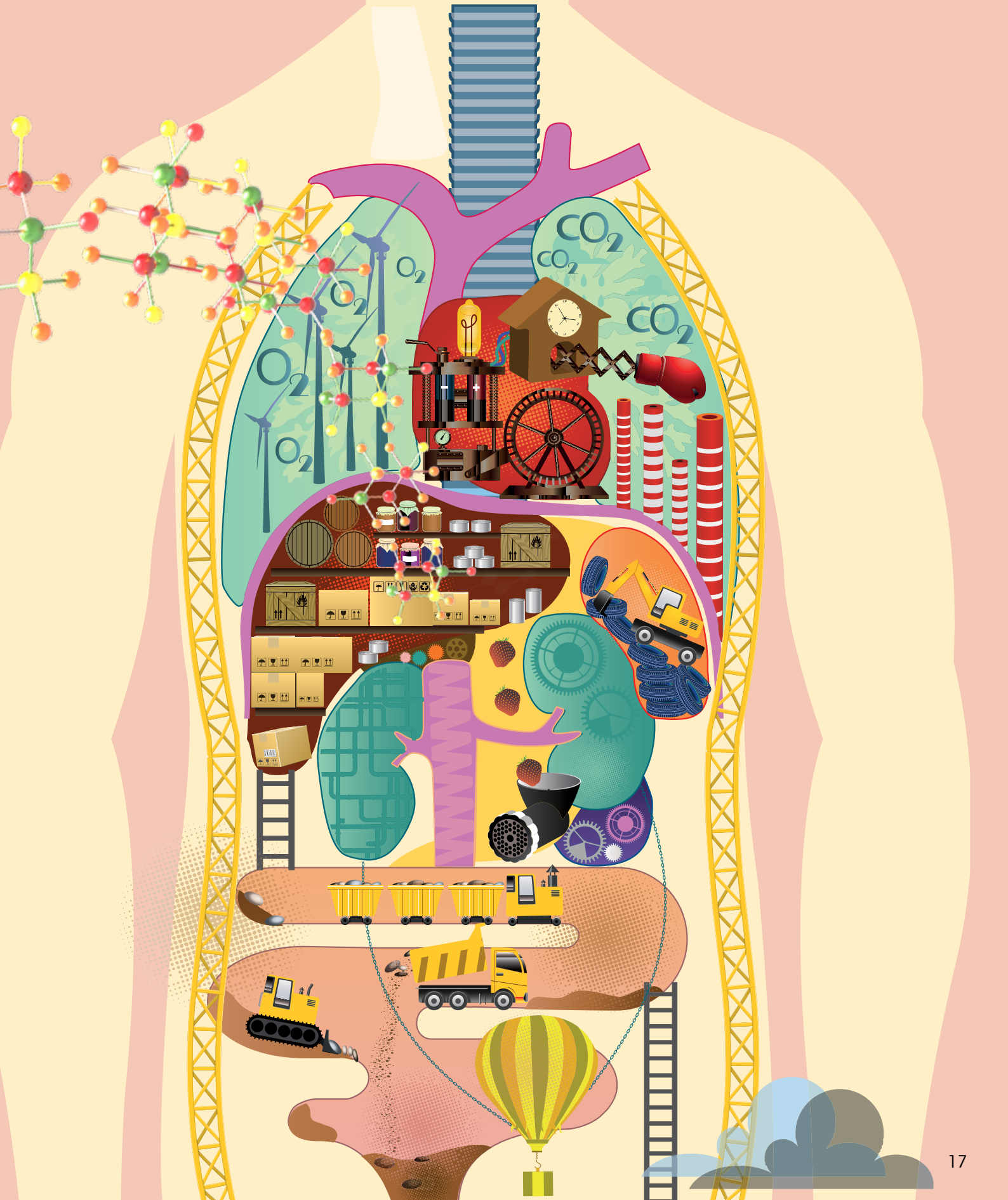
Infuse then serve.





DIGESTIVE SYSTEM

Nutrient absorption • Metabolism reboot • Gastrointestinal health



DIGESTIVE SYSTEM





THE DIGESTIVE SYSTEM

Are you tired and sluggish? Would you like to be bursting with energy, to be able to take on all that the day throws at you and still have energy to spare? Your digestive system is where health and vitality starts. We all consciously interact with our digestive system on a daily basis, but how much thought do we really give to what we are putting into it? You may not realise it, but seemingly unrelated problems – back pain, headaches, fatigue, depression – may stem from an unhealthy digestive system.

Your digestive system is not a miracle worker – with a few notable exceptions, it can't pass on to the rest of the body nutrients that are not in your food in the first place. So the quality of what goes in your mouth determines the quality of what is distributed to the rest of your body. Keeping your body healthy is dependent on keeping your digestive system healthy, because if it can't do its job properly the rest of your body can't obtain the nutrients it needs.

Your Liver

The liver is an integral part of the digestive system. It is the largest internal organ in the body and performs critical functions – as many as 500 – and is involved with almost every other organ and system in the body. Its contributions to digestion include: making bile to help break down fat; processing nutrients from food in order to make them available to the rest of your body; building proteins; and converting food into glucose for energy.

Is Your Digestive System Well?

With a system involving as many organs, structures and processes as it does, it should be no surprise that quite a bit can go wrong. Often we experience fleeting or transient discomfort when we eat something that doesn't agree with us, over eat or don't eat enough of the right foods; but if symptoms continue for a while it may be an indication that your digestive system is not well.

Some of the main conditions to affect the digestive system are:

- **nausea and vomiting; constipation**
- **diarrhoea and gas (flatulence)**
- **dyspepsia or indigestion; heartburn, reflux and GERD**
- **peptic ulcers and helicobacter pylori infection**
- **Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD) including Crohn's disease and ulcerative colitis**
- **coeliac disease**
- **fatty liver disease**
- **cirrhosis of the liver**
- **colorectal cancer**
- **liver cancer**

How do you nourish your gut to nourish your body?

Your digestive system is designed to be efficient and stable, and to operate as smoothly as a production line. Many of the everyday symptoms of digestive unease come about because things aren't moving through your gut as they should, or because it has reacted to something you have eaten. Make sure you drink enough fluid and get enough fibre. And don't forget that food hygiene is important to avoid food-borne illness.

DIGESTIVE SYSTEM



To nourish and nurture your gut turn to the following foods:

- **Beetroot** is rich in fibre, potassium and magnesium to help with constipation
- **Beet greens**, such as silver beet and beetroot leaves, are rich in beta-carotene, iron and calcium, which help maintain the health of the digestive system and helps keep things moving in the colon
- **Apples** are rich in fibre, vitamin C, vitamin A, folate, minerals, potassium and phosphorous which benefits the whole digestive system and reduces constipation, as well as supporting your gut bacteria
- **Bananas** are a great source of fibre, help restore normal bowel function and electrolyte balance if you have diarrhoea, and are a favourite form of nourishment for your gut flora
- **Kiwifruit** is packed with linolenic acid, actinidin, vitamins C and E, magnesium and potassium which improve digestion. It also contains pepsin which is essential for the proper functioning of the digestive system
- **Blueberries** are full of fibre and vitamin C for digestive health and function
- **Peaches, tomatoes and carrots** contain vitamins, minerals and anti-oxidants that help maintain digestive health. Carrots are also rich in fibre
- **Sweet potatoes/kumara** are rich in fibre, complex carbohydrates and manganese and can help in some serious ailments such as ulcers
- **Avocado** are rich in fibre and easy to digest - a perfect food for the digestive tract
- **Whole grains** such as oats and brown rice which contain fibre to help digestion and to keep things moving
- **Live bacteria**-containing yoghurt to help replenish your healthy gut flora
- **Fermented foods** such as kimchi, miso, sauerkraut and kefir which help feed the healthy bacteria in your colon
- **Ginger** for relieving nausea, vomiting, motion sickness, morning sickness, gas, loss of appetite and colic
- **Cucumber** is rich in fibre and cucumber juice can relieve heartburn, gastritis and ulcers. They also contain erepsin which aids proper digestion
- **Lemon juice in water** the water dilution protects your tooth enamel, while the enzyme-enhancing qualities of lemon protect your gut lining
- **Cod liver oil** is rich in anti-inflammatory omega-3 fatty acids, critical to restoring digestive health



Most of us know there are good and bad bacteria, and that having lots of good bacteria in your gut is a good thing. There are trillions of them – more than there are cells in your body – and together they can weigh up to a kilo and a half! These bacteria manufacture nutrients such as vitamins B12 and K, and inositol, and help develop and maintain your immune system. Scientific research is still discovering ways in which they benefit your whole body, not just your digestive system. Garlic, bananas, onions, leeks, asparagus, raisins and plums, and fermented foods such as sauerkraut and kaffir are known as pre-biotic foods. They feed your gut flora, enabling them to stay healthy, in balance, and working hard for your health and well-being.

RISK FACTORS

Age can have a negative impact on how your digestive system functions. Because you can't halt the passage of time, as much as possible you need to avoid other things that may hamper your digestive system, including:

- **Getting dehydrated - fluid is essential for the digestive system to function at its best and plenty of fluid helps keep things moving along**
- **Eating too fast**
- **Eating fatty or greasy foods**
- **Consuming too much caffeine, alcohol or fizzy drink**
- **Lack of dietary fibre, which can lead to constipation or exacerbate more serious conditions such as ulcerative colitis or colorectal cancer**
- **Certain medications; many medications can upset your stomach or the balance of good bacteria in your gut. It is important to only take drugs that are medically necessary and to nurture your digestive system while on medication, especially antibiotics.**

DIGESTIVE INFUSIONS

Healing: The essential **minerals** and **B complex vitamins** in this infusion all help promote the production of digestive enzymes that assist in absorbing nutrients. They also help stimulate the growth of friendly bacteria in the bowel and help restore lost electrolytes after diarrhea.

Focus on: Indigestion, Obesity, Alzheimer's, Cardiovascular Disease

FESTIVE DIGESTIVE

This colourful collection of fruit is designed to excite digestive enzymes, fire up friendly bacteria and cheer on the absorption of nutrients to get your system feeling good.

- 1 banana
- 2 apricots
- ½ cup blueberries
- 1 kiwifruit – peeled
- 1 cup water
- 1 T wheat germ

| | |
|-------------|--|
| Banana | Vitamins C and B6, Potassium, Dietary Fibre, Riboflavin, Magnesium, Biotin |
| Apricots | Vitamins A and C, Dietary Fibre, Potassium, Iron, Lycopene, Lutein |
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Kiwifruit | Vitamins A, C, E and K, Potassium, Magnesium, Copper, Antioxidants, Phosphorus |
| Wheat Germ | Dietary Fibre, Zinc, Vitamin B-Complex, Phosphorus, Magnesium |



Healing: Another infusion packed full of **dietary fibre**, this soothing infusion is a great source of **magnesium** and **limonene**, shown to relieve spasms and irritability of the gastrointestinal tract – great news if you suffer from gastric reflux!

Focus on: Reflux, Indigestion, Irritable Bowel Syndrome, Type 2 Diabetes

DIGESTIVE POWERHOUSE

Gentle on your digestive system, but a powerhouse of fibre, vitamins and minerals, this soothing infusion can help relieve discomfort of the gut so you can get on with your day.

- ½ cup papaya or paw paw
- 1 ½ cups coconut water
- 1 cup kale
- ½ carrot
- ¼ red capsicum
- ½ cup cabbage
- ½ cm piece of ginger
- ¼ lemon – peeled
- 3 sprigs mint

| | |
|----------|---|
| Papaya | Vitamins A, C, E, Potassium, Carotenoids, Dietary Fibre |
| Kale | Vitamins A, B, C and E, Dietary Fibre, Iron, Calcium, Beta-Carotene, Lutein, Copper |
| Carrot | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Capsicum | Antioxidants, Dietary Fibre, Vitamins A, C, E, K, and B-complex, Beta-Carotene |
| Cabbage | Vitamins C, K, B6, Calcium, Biotin, Magnesium, Glucosinolates, Manganese |
| Ginger | Vitamin C, Niacin, Potassium, Magnesium, Copper, Manganese |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Mint | Antioxidants, Manganese, Copper, Vitamins C and B-complex, Carotenoids, |



DIGESTIVE INFUSIONS

Healing: If you've got a sluggish digestive system, the **vitamin C**, **vitamin A**, and **dietary fibre** in this infusion will help "ramp up" your digestive metabolism. By helping your intestines work efficiently, you'll have regular bowel movements and be less likely to develop constipation or hemorrhoids.

Focus on: Constipation, Diverticulitis, Irritable Bowel Syndrome, Colon Cancer

GO GO JUICE

Having trouble getting things moving? This overhaul infusion, packed with fibre and essential vitamins, can tune up your intestinal system to keep you regular.

- 1 beetroot – medium
- 1 apple – granny smith
- 1 celery stalk
- ½ clove garlic
- ¼ t cayenne pepper
- 1 cup water

| | |
|----------------|---|
| Beetroot | Vitamins A, B, C and K, Betacyanin, Iron, Potassium, Manganese, Antioxidants |
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Garlic | Vitamins C and B6, Selenium, Manganese, Calcium, Iron, Copper, Potassium |
| Cayenne Pepper | Vitamins A, B and C, Capsaicin, Carotenoids |



DIGESTIVE INFUSIONS

Healing: Rich in **potassium**, this infusion promotes proper function of your intestines and entire digestive system. The mineral enables the muscles enclosing your digestive tract to contract smoothly, working your food through your body. The high **fibre** content also helps in improving overall digestion, and the effective elimination of waste.

Focus on: Constipation, Hemorrhoids, Diverticulitis, Gallstones, Kidney stones.

PINEAPPLE EXPRESS

Get on board the Pineapple Express and take a trip to digestive wellness, with this delicious elixir designed to keep your digestive system running smoothly.

1 ½ cups pineapple
½ banana
½ avocado
3 sprigs parsley
½ cm piece of ginger
1 cup coconut water
½ cup water

| | |
|-----------|---|
| Pineapple | Vitamins B and C, Dietary Fibre, Manganese, Copper, Magnesium |
| Banana | Vitamins C and B6, Potassium, Dietary Fibre, Riboflavin, Magnesium, Biotin |
| Avocado | Monounsaturated Fats, Dietary Fibre, Vitamins A, B, E and K, Potassium |
| Parsley | Chlorophyll, Vitamin C, Dietary Fibre, Folic Acid, Flavonoids, Calcium, Zinc, Magnesium |
| Ginger | Vitamin C, Niacin, Potassium, Magnesium, Copper, Manganese |



Healing: Full of **fibre**, this infusion will combat constipation naturally, and may help prevent colon cancer since carrots, pears and parsley are high in **antioxidants** that protect cells from free radical damage. Carrots increase saliva and supply essential **minerals** and **vitamins** that aid in digestion. And parsley helps out your colon and liver by improving the digestion of proteins and fats.

Focus on: Colon cancer, Constipation, Hemorrhoids, Diverticulitis

THE REGULATOR

Packed with pear, carrot and the antioxidant power of parsley, The Regulator can do just that: help keep you regular and maintain colon health.

1 carrot – large
1 ½ pears
4 sprigs parsley
1 ½ cups water

| | |
|---------|---|
| Carrot | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Pear | Dietary Fibre, Copper, Vitamins B, C and K, Potassium |
| Parsley | Chlorophyll, Vitamin C, Dietary Fibre, Folic Acid, Flavonoids, Calcium, Zinc, Magnesium |





STRESS ANXIETY DEPRESSION INFUSIONS



Relaxation • Calm • Rejuvenation



STRESS INFUSIONS





STRESS, ANXIETY AND DEPRESSION

Remember when you were stress-free, totally relaxed, not a care in the world? Oh, hold on that was someone else, probably in a magazine...

Short of absenting ourselves from the modern world and all its pressures, how do we cope?

You know food can help with your physical health. But how can it help with mood? Emotions? State of mind? How we feel often influences what we eat... maybe it's time to turn the tables and see how the food we eat influences how we feel.

When you are stressed, anxious or depressed do you turn to comfort food – often energy-dense and nutrient-poor cakes and biscuits, ice cream, processed carbohydrate foods loaded with fat and sugar.

These foods may make you feel better for a short time, but when your blood sugar crashes your energy and your mood will also crash, leaving you with more cravings and feeling just as bad as before.

You need fibre-rich complex carbohydrates, rather than refined and processed sugars and simple carbs. The complex carbs found in whole foods will stabilize your blood sugar and reduce the negative effects on your mood.

Here are some of the important nutrients for depression, anxiety and stress:

- **Omega 3 fatty acids** – research has shown that populations that eat the most fish, rich in omega-3s, have the lowest rates of depression, bipolar disorder, postpartum depression, and seasonal affective disorder (SAD).
- **Magnesium** – is vital to more than 300 biochemical reactions in our bodies, including those involved with mood and happiness, such as reducing the production of the stress hormone cortisol. Magnesium is also essential for the release and uptake of serotonin, a mood elevating neurotransmitter. It calms the nerves and relaxes the muscles, leading to a calmer, happier you!

- **Vitamin B complex** – B vitamins are building blocks your brain needs to produce mood-regulating neurotransmitters, such as serotonin, dopamine and norepinephrine.

Nourish Your Mind and Your Soul

To improve your mental health and combat anxiety, depression, and the effects of stress, you need to have a balanced diet with lots of fruits and vegetables, protein, complex carbohydrates and healthy fats, together with plenty of water. Skipping meals and fad diets take a toll, not just on your physical health, but your mental health as well.

- **Complex carbohydrates to fuel your brain** – fresh fruit and vegetables, whole grains and beans
- **Magnesium-rich foods** – almonds, avocados, spinach, pumpkin seeds, sunflower seeds, peanuts, soybeans, black beans, salmon, halibut, oysters, and grains such as buckwheat, quinoa, oats, brown rice and amaranth. Cacao and dark chocolate are also rich in magnesium, which explains why many people reach for the chocolate when feeling down. Just make sure it is the dark variety!
- **Omega 3-rich foods** – salmon, prawns, crabs, sardines, walnuts, avocados, olive oil and chia seeds
- **Lycopene-rich tomatoes and watermelons** – lycopene improves mood by preventing the formation of inflammatory compounds, which are linked to depression
- **Chilli peppers** – it may sound counter-intuitive, but the capsaicin in peppers, which produces the heat in our mouths, causes our brains to release endorphins (natural compounds related to morphine) that have a calming effect
- **Eggs** – a great source of choline, a deficiency of which is associated with increased anxiety

STRESS INFUSIONS



- **Chamomile tea** – some of the compounds found in chamomile bind to the same receptors in your brain as Valium, and can reduce anxiety
- **Green tea** – contains the amino acid L-theanine which reduces the rising heart rate and blood pressure brought on by anxiety or stress, and can also increase focus and concentration
- **Vitamin B-rich food** – green leafy vegetables (especially spinach, kale, broccoli and asparagus) and beetroot. Beetroot is also full of betaine, which your brain uses to form SAM-e (a natural antidepressant)
- **Vitamin C-rich fruits and vegetables** – when you are stressed your vitamin C levels take a dive, so increase your consumption high-vitamin C foods such citrus, kiwifruit, berries, papaya, tomatoes and parsley
- **Prebiotics** – don't forget the foods that feed your community of gut bacteria (bananas, garlic, onions, asparagus, raisins, plums, yoghurt and other cultured or fermented foods) as research has shown that "out of balance" gut flora can contribute to depression and other forms of poor mental health
- **Herbs** can also help, and are often used in combination with each other
- **Hops** – a tincture of hops can be used as a sedative and to help sleep (beer has this effect, but you're better off without the alcohol!)
- **Valerian** – also helps you sleep and reduces anxiety
- **Lemon balm** – can make you feel calmer and more alert during the day, and more relaxed at night
- **Food is not the only nourishment you need:** sleep is vitally important and exercise can help with depression and anxiety. It can take as little as 20 minutes of moderate exercise to calm you, even just a brisk walk. And there is a good reason sunshine makes people feel happy... vitamin D is important for raising our mood, and exposure to bright, natural light helps with the production of melatonin and serotonin



Stress is important – in small doses! In response to threats, stress initiates immediate change in behaviour. Your body is flooded with adrenalin (which elevates heart rate, reflexes, and blood pressure in preparation for “fight or flight”), and another hormone – cortisone. Cortisone dampens the immune system, deadens feelings of pain, and suppresses the inflammation response. In the short term, this is very useful, especially if you need to quickly escape a threatening situation when you may have been injured. But if the cause of stress is not dealt with quickly, your cortisone levels remain high – reducing melatonin and serotonin efficiency, increasing aggression, repressing your immune system, and causing anxiety.

RISK FACTORS

Stress is your natural response to physical, mental or emotional changes of situation and your risk of suffering from stress is about how you deal with these changes. Whilst stress, anxiety, and depression are different things, they can be seen as related responses to similar causes. Your personality may increase or reduce your risk of suffering from stress, anxiety or depression; traits that increase your risk include:

- **Over-competitiveness**
- **Excitability**
- **Impatience**
- **Aggression**

In addition, your life experiences, in particular those from childhood (for example, an abusive childhood) can increase your susceptibility to stress, anxiety or depression. Genetics may also play a part. Certain people are more prone to stress and anxiety:

- **Older adults**
- **Women in general, and working mothers in particular**
- **People living with a serious illness**
- **Caregivers of other family members**
- **Divorced or widowed people**
- **People with a lower level of education**
- **People under financial strain**

Drug and alcohol use can also raise your risk or worsen these mental health conditions. And because depression, stress and anxiety are interrelated, suffering from one of these conditions can raise your risk for the others.

STRESS INFUSIONS

Healing: Alertness, clarity of thought and sharpness of memory are three key brain functions that suffer when you are anxious or under stress. **Potassium** is essential for neuron (brain and nerve) function, and the **B complex vitamins** literally keep your brain cells communicating with each other!

Focus on: Stress, Anxiety, Depression, Brain Fatigue

BRAND NEW DAY

The breakfast of champions! This infusion is not only packed with key nutrients and antioxidant phytochemicals – it also tastes fantastic! What better start to the day?

- 1 ½ bananas
- 1 cup blueberries
- 2 cups spinach
- 3 sprigs basil
- 1 T tahini
- 1 ½ cups almond milk

| | |
|-------------|--|
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Banana | Vitamins B6 and C, Potassium, Dietary Fibre, Riboflavin, Magnesium, Biotin |
| Basil | Vitamins A, B, C, E and K, Antioxidants, Flavonoids |
| Spinach | Vitamins A, B, C, E and K, Magnesium, Potassium, Iron, Lutein, Manganese |
| Tahini | Protein, Phosphorus, Copper, Manganese, B-complex Vitamins |



STRESS INFUSIONS

Healing: When a plant faces environmental dangers such as drought or pest invasion, it produces **flavonoids** as a defense against stress. Pears are one of our best daily sources of these valuable **anti-oxidant** compounds. And peaches have high levels of **niacin** (vitamin B3), used by your body to regulate cellular processes, repair DNA stress damage, and aid healthy brain function.

Focus on: Stress, Anxiety, Nervousness, Tension

PEAR AND PEACH PLEASER

A smooth, laid-back glassful of indulgence – great for calming down, but with a twist of lime to make sure you don't nod off completely!

- 1 ½ pears – small
- 1 ½ peaches – pit removed
- ¼ lime - peeled
- 1 ½ cups water

| | |
|-------|---|
| Pear | Dietary Fibre, Copper, Vitamins B, C and K, Potassium |
| Peach | Potassium, Carotenoids, Flavonoids, Dietary Fibre, Vitamins A and C, Niacin |
| Lime | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |



STRESS INFUSIONS

Healing: For more than a quarter-century, scientists have been intrigued by **melatonin's** ability to coordinate the body's physiological rhythms that help set the brain's biological clock. Stress and anxiety disrupt our sleep, the loss of "dark hours" means we produce less melatonin, and without it we can't get to sleep – you can see where this cycle is going!

Focus on: Stress, Anxiety, Insomnia, Headaches

GRAPE EXPECTATIONS

A burst of melatonin to reset that bodyclock – it's the perfect "nighty-night" nightcap!

- ½ cup kale
- ½ cup spinach
- 2 sprigs parsley
- ½ cucumber
- ¼ lemon – peeled
- 1 cup grapes – green
- 1 cup coconut water
- 1 T flaxseeds

| | |
|----------|---|
| Kale | Vitamins A, B, C and E, Dietary Fibre, Iron, Calcium, Beta-Carotene, Lutein, Copper |
| Spinach | Vitamins A, B, C, E and K, Magnesium, Potassium, Iron, Lutein, Manganese |
| Parsley | Chlorophyll, Vitamin C, Dietary Fibre, Folic Acid, Flavonoids, Calcium, Zinc, Magnesium |
| Cucumber | Vitamins A, B, C, and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Grapes | Antioxidants, Melatonin, Vitamins A, B, C and K, Phosphorus, Potassium |



STRESS INFUSIONS

Healing: Bananas contain **dopamine**, a natural “reward” chemical, acting in the pleasure centres of your brain to boost your mood and give you a feeling of well-being. And the **phenethylamine** in cacao affects your emotions and mood by raising **serotonin** levels, which explains why chocolate is often craved when gloominess looms.

Focus on: Mood Imbalance, Stress, Anxiety, Depression

CACAO KAPOW

Need a boost up out of those grey, gloomy depths? Then hold on tight, because this smooth and creamy shot of chocolatey goodness is your healthy express ride to blue skies!

1 ½ bananas
½ cup spinach
1 T cacao powder
1 t cinnamon
2 cups almond milk

| | |
|--------------|--|
| Banana | Vitamins B6 and C, Potassium, Dietary Fibre, Riboflavin, Magnesium, Biotin |
| Spinach | Vitamins A, B, C, E and K, Magnesium, Potassium, Iron, Lutein, Manganese |
| Cacao Powder | Potassium, Magnesium, Phosphorus, Phenethylamine, Calcium, Selenium |
| Cinnamon | Potassium, Vitamins A, B6 and C, Iron, Calcium, Magnesium |







BEAUTY INFUSIONS

Anti-aging • Skin Health • Hair and Nails



BEAUTY INFUSIONS





SKIN, HAIR AND NAILS

Your skin – a mirror for your health? What you see on the outside can often reflect what is going on the inside. If your skin is dry, irritated, or aged beyond its years, your hair and nails brittle and lacklustre, you might want to think about how the inside of your body is faring.

Skin, hair and nail health starts on the inside, and to a very large extent, with what you put into your body.

The skin is the largest organ of the body and is part of the integumentary system. It isn't there just to make you look pretty; it 'waterproofs' you, protects your underlying muscles, bones, and organs, and is the first line of defence in your immune system. It is also where most of your pain, sensation, pressure and temperature receptors are. Your skin is also vital for synthesising vitamin D.

Your skin makes up about 12 to 15 per cent of your body-weight and covers 1.5 to 2 square metres in an adult - so there is a lot to look after.

Hair and nails are also part of your integumentary system. Hair grows from follicles in your skin and is primarily made of the protein keratin. You only need to think of what you see on television and in other media to realise how much cultural and social significance we place on hair. While you may only consider your hair in terms of its contribution to your attractiveness, it is also functional, offering a certain amount of warmth, particularly for the head, and protection (especially your eyelashes).

Although nails (also made of keratin) are modified claws, they provide protection, and are really useful tools for most of us, we rarely give them much thought. Like hair, they have a role in fashion and perceptions of beauty (especially for women).

Are my Skin, Nails and Hair Well?

A wide range of ailments can affect our skin, hair and nails, from annoying but transient rashes and reactions to insect bites, to diseases as serious as skin cancer and melanoma. In fact, the list of conditions would fill several pages.

Here are just a few common conditions:

- rash
- blisters
- brittle, split or discoloured nails
- brittle and split hair
- sunburn
- warts
- dermatitis
- eczema
- athlete's foot (Tinea - a fungal infection)
- bacterial infections
- acne
- herpes
- psoriasis
- impetigo
- skin cancer
- melanoma



Nourishing your Skin, Hair and Nails

Remember - how gorgeous and healthy your hair is (or isn't) quite possibly reflects the health of the inner you as well. So if all is not well in the appearance department, you may need to consider your overall health. What better place to start than with nutrition? If you are specifically after foods to nourish your skin, hair and nails, start with these:

- **Olive oil** is a source of squalene, a valuable dietary contributor to skin health
- **Tomatoes** contain lycopene, which protects against sunburn and other UV damage
- **Dark chocolate/cacao** contains compounds that combat skin roughness and scaliness
- **Oily fish and walnuts** for omega 3 fatty acids - their anti-inflammatory properties help combat acne and also benefit hair
- **Green tea** catechins can improve skin elasticity, smoothness and also calm redness
- **Blueberries, raspberries, strawberries and goji berries** are foods high in vitamins A and C, and other antioxidants, which help to neutralise the free radicals responsible for skin ageing and wrinkles
- **Nuts and seeds** rival lean meats for protein, building the collagen and elastin that keeps your skin taut and less wrinkled. They also benefit hair and nails, which are made of protein
- **Rosemary and basil** contain phenolic compounds that could reduce risk of melanoma
- **Water** keeps skin hydrated, plump and less wrinkled
- **Tempeh and tofu** contain genistein, a phytoestrogen that prevents the breakdown of collagen
- **Spinach, wheat germ and nuts** are zinc-rich foods which combat acne and improve nail and hair health
- **Avocados, sunflower seeds, peanuts and tree nuts** are vitamin E-rich foods that reduce blemishes and help eliminate skin redness
- **Brazil nuts** are rich in selenium, a valuable mineral that helps protect against skin cancer

Once you make changes to your diet, don't expect improvements to necessarily occur overnight (although hydration can have a fast impact). It takes six weeks for new skin to emerge, so be patient.



Analysis of hair samples can be used by forensic scientists and researchers to determine what toxic chemicals or heavy metals you've been exposed to, and even to identify drug use – prescribed or recreational. Like the growth rings of a tree, your hair can show your “history” over quite a lengthy period. Where urine analysis or a blood test might detect drugs used over the past few days, the slow growth of your hair means each strand can reveal results stretching back as far as a month – provided your hair hasn't been soaked in chemicals for a perm or dye-job!

RISK FACTORS

As we've already said, poor nutrition and poor internal health are going to be reflected in less than great-looking skin, hair and nails. So look after your insides and reap the external benefits. Specifically, the risk factors vary with the conditions, but these are some of the most common:

- Ageing
- Excessive exposure to the sun/UV radiation
- Inadequate exposure to the sun leading to low vitamin D levels
- Smoking
- Poor circulation and lack of exercise
- Inadequate sleep
- Inadequate hydration
- Nutritional deficiencies: vitamins A, C and E and zinc and selenium
- Topical exposures to chemicals
- Infections, particularly bacterial and fungal infections
- Ionising radiation (skin cancer)
- Reactions to insect bites, contact with irritants including grass and other plants
- Allergies, eczema and auto-immune disorders
- Pharmaceuticals – many medications can cause rashes and skin eruptions

Healing: **Biotin** is an important factor in the production of keratin, and **vitamin C** and other **antioxidants** are vital factors in collagen production. Skin, hair and nails rely heavily on these compounds, and this infusion will help you keep your skin firm and prevent the free-radical damage which can lead to premature skin aging.

Focus on: Blemishes, Dull Hair, Brittle Nails, Dermatitis

BLEMISH BEETER

We all want clear, toned skin – take a natural approach, with this infusion that promotes collagen production to help your skin stay looking younger, longer.

- 1 apple
- 1 ½ celery stalks
- ½ carrot – small
- ¼ beetroot – small
- 3 sprigs parsley
- 2 cups water

| | |
|----------|---|
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Carrot | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Beetroot | Vitamins A, B, C and K, Betacyanin, Iron, Potassium, Manganese, Antioxidants |
| Parsley | Chlorophyll, Vitamin C, Dietary Fibre, Folic Acid, Flavonoids, Calcium, Zinc, Magnesium |



Healing: Vitamin E is an **antioxidant** that can help repair existing damage to skin cells caused by harmful UV radiation, while at the same time working to protect cell membranes from future harm by absorbing UV light.

Focus on: Skin Disorders, Inflammation, Age-related Macular Degeneration

STRAWBERRY FIELDS FOREVER

This explosion of strawberries and blueberries will give your skin a youthful glow, and if you want to keep that sparkle in your eye strawberries are great for eyesight, too.

- ½ cup strawberries
- ½ cup blueberries
- ½ beetroot – small
- 1 cup watermelon
- 1 cup coconut water
- 3 sprigs basil
- 1 T chia seeds

| | |
|--------------|--|
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Beetroot | Vitamins A, B, C and K, Betacyanin, Iron, Potassium, Manganese, Antioxidants |
| Strawberries | Dietary Fibre, Vitamins A, C and K, Iodine, Folic Acid, Manganese |
| Watermelon | Vitamins A, B-complex and C, Iron, Potassium, Lycopene |
| Basil | Vitamins A, B, C, E and K, Antioxidants, Flavonoids |



Healing: If you want healthy youthful skin, you need to feed it well – so this infusion is packed full of **Omega-3** fatty acids, helping maintain the health and efficiency of skin cell membranes as they allow water and essential nutrients in, but push harmful toxins out.

Focus on: Blemishes, Dry Skin, Psoriasis, Dermatitis, Eczema

OMEGABERRY

Omegaberry is one delish creamy infusion of berries and yogurt. Sweetened with honey you could easily have it for dessert. A delectable indulgence that's good for you.

- 1 cup blueberries
- 1 cup raspberries
- ½ cup strawberries
- ½ cup natural yogurt
- ½ cup water
- 1 T flaxseeds
- 1 T honey

| | |
|----------------|--|
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Raspberries | Potassium, Niacin, Iron, Vitamins B and C, Manganese, Flavonoids |
| Strawberries | Dietary Fibre, Vitamins A, C and K, Iodine, Folic Acid, Manganese |
| Natural Yogurt | Lactobacilli, Acidophilus, Protein, Calcium |
| Honey | Vitamin B, Calcium, Iron, Zinc, Potassium, Phosphorus |



Healing: Lutein, carotenoids and manganese combine in this infusion to naturally deliver the benefit cosmetic companies have tried to claim for decades – wrinkle smoothing! But rather than relying on make-up to deliver the goods for your skin, you can let your body utilize these compounds to restore your skin at the cellular level.

Focus on: Wrinkles, Age Spots, Pigment Imbalance, Cataracts

ETERNAL YOUTH

Say aloha to this tropical trio of pineapple, mango and coconut water. Not only will it help keep you looking young, its sun-filled burst of flavours will make you feel young, too!

- 1 cup pineapple
- 1 cup mango
- 2 cups kale
- 1 cup coconut water
- 1 T wheat germ

| | |
|------------|--|
| Pineapple | Vitamins B and C, Dietary Fibre, Manganese, Copper, Magnesium |
| Mango | Vitamins A, and C, Niacin, Dietary Fibre, Copper, Carotenoids |
| Kale | Vitamins A, B, C, E, Dietary Fibre, Iron, Calcium, Beta-Carotene, Lutein, Copper |
| Wheat Germ | Dietary Fibre, Zinc, Vitamin B complex, Phosphorus, Magnesium |



Healing: Magnesium produces a protein that your body converts to collagen – and it’s **vitamin C** that starts that conversion process. As skin ages, it loses collagen – this infusion can restore that essential elasticity to reduce those fine lines and wrinkles and help you look your natural best.

Focus on: Wrinkles, Dermatitis, Blemishes, Cracked Skin, Abrasions

FOREVER YOUNG

Forever Young is a riot of sweet blueberries and raspberries with the zing of kiwifruit and citrus. A dash of cinnamon rounds off this zesty youth enhancer.

- 1 cup blueberries
- 1 cup raspberries
- 1 kiwifruit – peeled
- 2 mandarins – peeled
- 1 stalk celery
- 1 T cinnamon
- ½ T cardamom
- 1 cup almond milk

| | |
|-------------|---|
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Raspberries | Potassium, Niacin, Iron, Vitamins B and C, Manganese, Flavonoids |
| Kiwifruit | Vitamins A, C, E and K, Potassium, Magnesium, Copper, Antioxidants, Phosphorus |
| Mandarin | Vitamins B and C, Flavonoids, Folic Acid, Carotenoids, Potassium, Dietary Fibre |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Cinnamon | Potassium, Vitamins A, B6 and C, Iron, Calcium, Magnesium |
| Cardamom | Potassium, Calcium, Magnesium, Iron, Manganese, Copper, Phosphorus |





Blood sugar balance • Eye health • Nerve care

diabetes

INFUSIONS

DIABETES PREVENTION





DIABETES PREVENTION

Can you prevent one of the leading causes of death? Absolutely! But it is all up to you and the choices you make... especially your choices of food.

Type 2 diabetes is a classic lifestyle disease (it's not to be confused with type 1 diabetes, an autoimmune disease that has nothing to do with lifestyle choices). Research has shown that four main factors can contribute to the development of type 2 diabetes:

- **excess weight**
- **lack of exercise**
- **less than healthy diet**
- **smoking**

Two of the main contributing factors to diabetes are food-related – being overweight and eating too much of the wrong foods. Regularly eating sugary foods and refined carbohydrates causes extreme fluctuations in your blood sugar levels, which are regulated by the hormone insulin. Insulin is produced by your pancreas, and controls how much glucose – the form of sugar that our bodies use – enters your cells. Over time, the cell receptors for insulin become resistant and too much glucose stays in your bloodstream. So you then need more and more insulin to manage blood sugar levels, and once your pancreas fails to keep up with demand you ultimately become diabetic. Diabetes is the fourth leading cause of death in New Zealand and the sixth leading cause of death in Australia. Diabetes can also wreak havoc on a person's life... it's the leading cause of blindness and kidney failure in adults. It can cause nerve damage and serious circulation problems, and can even lead to the amputation of a foot or leg.

Pre-diabetes or insulin resistance is the precursor to full diabetes, in which you typically have high blood sugar levels. The right diet can reverse pre-diabetes and return your blood sugar levels to normal. If you have progressed to full-blown type 2 diabetes, managing your diet is even more vital.

Being overweight makes you seven times more likely to develop diabetes, and if you are obese (BMI over 30) you are 20 to 40 times more likely to develop diabetes. Even losing 10 per cent of your body weight can cut your risk in half.

Get off your backside and move! You don't need to spend hours in the gym; a brisk half hour walk every day can cut your risk by 30 per cent, as well as reduce your risk of other diseases.

How do I know if I have diabetes?

Type 2 diabetes can go undiagnosed until people become quite ill. You don't become sick overnight and the symptoms may "creep up" on you, starting with insulin resistance or pre-diabetes. If you have any of the following symptoms that you can't associate with some other condition or factor, you may have diabetes:

- **excessive thirst and/or a dry mouth**
- **frequent or increased urination, especially at night**
- **excessive hunger**
- **unexplained weight loss**
- **feeling tired and lacking energy**
- **headaches**
- **blurry vision**
- **sores or cuts that won't heal**
- **tingling or numbness, especially in your lower extremities**

DIABETES PREVENTION



Using Food to Protect Against Diabetes

One of the biggest things you can do to protect against diabetes, to manage diabetes if you already have it, or to reverse diabetes and pre-diabetic insulin resistance, is to make better food choices. As well as all the foods you should avoid (those high in sugars and processed carbohydrates, and sugary drinks) there are foods that you really need to make sure are part of your nutrition plan:

- **Spinach, kale, broccoli, cabbage** and other green veggies are the most important foods for preventing and managing diabetes. High consumption of these foods is associated with a lower risk of developing diabetes, and better management of blood sugar in those that have the disease
- **Garlic, mushrooms, onions, eggplant, and capsicums** have an almost non-existent impact on blood sugar levels – but they are jam-packed with fibre, vitamins, minerals and phytochemicals such as antioxidants
- **Beans, lentils, barley and oats** – they are high in fibre, which makes you feel full and stabilizes blood sugar, they deliver many other nutrients such as calcium and protein, and they reduce LDL cholesterol
- **Yogurt, milk and cheese** are high in calcium, shown to reduce the risk of diabetes. Yogurt is particularly good because it is also high in protein and will feed your gut flora
- **Salmon, walnuts and flaxseed** are rich sources of omega-3 fatty acids, which reduce inflammation and combat insulin resistance
- **Blueberries, apples and grapefruit** are full of fibre and antioxidants, allowing you to eat “sweet” without the dramatic blood sugar peaks and troughs
- **Almonds, green vegetables, cashews, legumes, sunflower and pumpkin seeds**, and whole-wheat bread, are all rich in magnesium – instrumental in carbohydrate metabolism



Around 95 per cent of all diabetics have Type 2 diabetes – the type that can be avoided. And at least a third of them don't even know they have it, since recognizable symptoms might not be apparent until complications such as heart disease or blindness set in. The good news is that Type 2 is not only relatively easy to avoid in the first place, it can also be easy to manage... the recommended basic diet for someone at risk, or already suffering from diabetes, is the same healthy diet we should all be on – five servings of vegetables, two servings of fruit, lean meat or fish, and add nuts and grains – every day!

RISK FACTORS

As we have seen, type 2 diabetes is primarily a lifestyle disease, but apart from those four contributing factors mentioned earlier, there are a number of other risk factors that are genetic, hereditary or the result of another health condition:

- How your fat is distributed – if you carry more abdominal fat, your risk is greater than having fat on your hips and thighs (apple shaped versus pear shape)
- If a parent or sibling of yours has type 2 diabetes
- Being of Maori or Pacific Island descent, Hispanic, or Afro-American
- Age – risk increases as you get older, especially once you pass 45
- Having pre-diabetes or insulin resistance
- Having developed gestational diabetes
- Having polycystic ovary syndrome
- Having heart disease or high blood pressure (hypertension)

DIABETES INFUSIONS

Healing: Stabilising your blood-sugar levels is a key factor in both managing diabetes, and preventing its possible onset. This infusion is packed with fruits and vegetables containing **insoluble fibre**. Like water, this dietary fibre keeps excess sugars moving through the body, improving and balancing your blood-sugar levels. The added bonus? It also keeps your hunger in check.

Focus on: High Blood Sugar Levels, Obesity, High Blood Pressure, Constipation

BEAN ME UP

Lean, green beans sweetened with a boost of blueberries, freshened up with crisp, clean mint and finished off with zesty lemon - this blend boldly goes where no infusion has gone before.

- 1 cup green beans
- 1 cup blueberries
- ½ cucumber
- 1 stalk celery
- 2 sprigs parsley
- 2 sprigs mint
- ¼ lemon - peeled
- 1 cup coconut water

| | |
|-------------|---|
| Green Beans | Choline, Vitamins A, B, and C, Potassium, Protein, Iron, Amino Acids |
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Cucumber | Vitamins A, B, C, and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Parsley | Chlorophyll, Vitamin C, Dietary Fibre, Folic Acid, Flavonoids, Calcium, Zinc, Magnesium |
| Mint | Antioxidants, Manganese, Copper, Vitamins C and B-complex, Carotenoids |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |



DIABETES INFUSIONS

Healing: Carrots add real sweetness to an infusion – even though half a kilo of carrots contains less sugar than a small glass of orange juice. The **carotenoids** and **vitamin A** also help protect your eyes from diabetic retinopathy, and many other damages caused by long-term diabetes. Mint is helpful in easing bloating, indigestion and nerve issues; symptoms suffered by many diabetics.

Focus on: Macular Degeneration, Bloating, Indigestion, Nerve Damage

MINT CONDITION

Mint's amazing ability to add a welcome freshness works its magic on the three Cs: celery, carrot and cucumber. Add in some lime and you, too, will feel in Mint Condition!

1 stalk celery
1 carrot – large
½ lime – peeled
½ cucumber
1 sprig mint
1 ½ cups coconut water

| | |
|----------|--|
| Carrot | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Lime | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Cucumber | Vitamins A, B, C, and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Mint | Antioxidants, Manganese, Copper, Vitamins C and B-complex, Carotenoids |



Healing: This infusion features **capsaicin** from cayenne pepper – a fantastic aid in improving glucose tolerance and reducing triglyceride storage. When combined with the diuretic effects of **limonene**, you have an infusion that can help prevent an unhealthy rise in blood sugar levels.

Focus on: High Blood Sugar Levels, Obesity, Inflammation, Indigestion, Poor Circulation

HEY, GREENGO!

Saddle up and head South of the Border for a cayenne pepper kick-start for your metabolism. Round up kale, granny smith apple and cucumber for their greeny goodness, and add some lemon for an eye-widening twist. Ready... one... two... three... straw!

- 2 cups kale
- ½ apple – granny smith
- ½ lemon – peeled
- ½ cucumber
- ¼ t cayenne pepper
- 1 cup coconut water

| | |
|----------------|--|
| Kale | Vitamins A, B, C, E, Dietary Fibre, Iron, Calcium, Beta-Carotene, Lutein, Copper |
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B, C, Potassium, Flavonoids, Phytochemicals |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Cucumber | Vitamins A, B, C, and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Cayenne Pepper | Vitamins A, B and C, Capsaicin, Carotenes |





ENERGY INFUSIONS

Performance • Endurance • Recovery

ENERGY INFUSIONS





ENERGY SYSTEMS

Wouldn't it be great to bounce out of bed eager and willing to meet whatever the day throws at you, knowing you have all the energy you need to deal with it?

So where exactly does the energy that powers my body come from, and how can I get more, please?

Inside our cells are tiny cellular power stations called mitochondria, which use glucose to make adenosine triphosphate (ATP). It is ATP that powers all your bodily functions, reactions and processes.

Think of ATP as a microscopic battery that releases energy when and where it is needed. However, your body can only store a small amount of ATP at a time, so your cells need to be constantly producing more in order to meet your energy needs, and your needs increase during exercise. Your body can create ATP from food you have just eaten, or take what it needs from your fat stores.

About 60 per cent of the energy you use each day powers the basic processes of staying alive. This amounts to about 1500 calories, or 6250 kilojoules, of energy per day, and that is without considering the energy you need to carry out any of your normal daily activities or to exercise.

Of course, we all know that just because we eat more than 1500 calories, or are carrying fat to fuel more than our own body, it doesn't necessarily mean we are full

of energy. In New Zealand and Australia, lack of food would very rarely be the reason you lack energy.

Am I lacking energy?

Feeling fatigued or tired for no apparent reason (even after sleep) is a fairly obvious cue from your body that something isn't right – but there are some other signs that maybe your “get up and go” got up and went:

- **Chronic infections** – a drop in energy levels can also mean a drop in immunity, and a corresponding inability to fight infection. So a virus you should have kicked in a matter of days can end up hanging around for weeks... or even months
- **Paleness** – which could be the early sign of anaemia. A lack of energy can result in shallower breathing and less physical exertion, which in turn lead to less efficient oxygen transport and fewer red blood cells... and less energy production. So the energy deficiency gets worse
- **Mood slumps** – it's not only your physical activity that can take a hit. Being happy actually requires more energy than being morose or grumpy. If you aren't getting the necessary ATP “lift”, it could show first in an uncharacteristic inability to simply enjoy life

ENERGY INFUSIONS



Best Foods for Energy

Lacking energy? Don't turn to the "quick fix" of processed carbohydrates and refined sugar. Or even reaching for a jar of supplements. Go for nutrient-dense fruits and vegetables, lean protein and healthy fats.

- **Magnesium-rich foods**, such as leafy green vegetables like broccoli and spinach, cashews, legumes, sunflower and other seeds, dark chocolate or cacao and whole-wheat bread
- **Vitamin B complex-rich fruits and vegetables** (especially leafy green vegetables), and lean meat (including fish and other seafood) that offer all-important vitamin B12
- **Beans** are full of fibre that helps stabilize your blood sugar and releases energy over a longer period of time than "quick fix" processed carbs
- **Yoghurt, fish, seafood, eggs and lean red meat** are all high in protein, which will leave you feeling fuller longer and give you sustained energy
- **Quinoa** is fibre-rich and contains healthy fats and protein, all of which are needed for energy production
- **Watermelons and rock melons** are vitamin-rich and 90% water, so they are a tasty, sweet way to keep hydrated
- **Other fruits**, such as apricots, bananas and kiwifruit are high in fructose, glycogen, ready-to-use sugars, fibre, vitamins, minerals and antioxidants – ideal for a healthy, natural energy boost
- **Tree nuts** come packed with protein and healthy fats, and walnuts also contain melatonin to help regulate your sleep
- **Green tea** contains L-theanine, which helps you feel alert and invigorated without the jitters and withdrawal that you get from caffeine-packed energy drinks or coffee
- **Seeds** such as chia and flaxseed are a great source of fibre, healthy fats, vitamins, minerals, and antioxidants
- **Edamame** – young, green soy beans – provides slowly digested fibre, complex carbs, protein and healthy fats, and is rich in magnesium and B vitamins



The basic energy need for an active human is around 9000 kilojoules per day – put another way, the amount of food you eat needs to supply your body with around 2.5 kWh of power every day. So you burn up the same amount of energy as a 100 watt incandescent lightbulb – but far more efficiently! Sure, the bulb produces more light than you do (unless you glow for some unknown reason), but most of its energy is wasted in giving out heat. We not only run a lot cooler, we use the bulk of our energy to power highly refined chemical and mechanical processes – breathing, lifting, moving, digesting, circulating and even thinking.

RISK FACTORS

There are many environmental and lifestyle factors that can lead to noticeable or chronic lack of energy, including underlying illness, insufficient or poor quality sleep, poor nutrition and lack of exercise. And in most cases, these risk factors are not the kind that are unavoidable, or will “sort themselves out” – they need to be addressed.

- Poor nutrition – too much sugar and refined carbohydrates and not enough of the vitamins, minerals, fats and proteins your body really needs. Magnesium, potassium, phosphorus, iodine, iron, boron, B vitamins and vitamin E are the main minerals and vitamins critical for energy production and metabolism
- Dehydration
- Depression and other mental health issues can sap your energy and leave you feeling unmotivated
- Infections – your body is so busy fighting an underlying infection that you have little energy left for everything you need and want to do
- Health conditions, such as obesity, hypothyroidism and diabetes, can leave your metabolism sluggish and your energy almost non-existent
- Anaemia – or lack of iron – saps your energy, so look at your iron intake
- Caffeine is useful for keeping you alert and giving you an energy burst – but too much, too often can be counter-productive and can lead to exhaustion
- Lack of exercise – it may sound counterintuitive (after all, if you are lacking energy where are you going to find enough to exercise?), but exercise speeds up your metabolism and helps you get a good night's sleep

Healing: The **proteins** and **healthy fats** found in almonds are nature's perfect source of "slow release" energy – and they also work to slow down the release of simple sugars into the bloodstream. As an added benefit, this infusion will also help retain your mental focus and curb your appetite.

Focus on: Exhaustion, Delayed Onset Muscle Soreness, Thyroid Problems

ALMONDURANCE

Looking to go the distance? Tired of fading before the finish? Then build up your reserves with Almondurance, and power your way to the end of the day.

2 oranges – peeled
10 almonds
½ apple – granny smith
1 cup coconut water
¼ cup natural yogurt
1 T chia seeds

| | |
|----------------|---|
| Oranges | Vitamins B and C, Flavonoids, Folic Acid, Carotenoids, Potassium, Dietary Fibre |
| Almonds | Monounsaturated Fats, Protein, Potassium, Magnesium, Calcium, Iron, Zinc, Vitamin E |
| Apples | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Natural Yogurt | Lactobacilli, Acidophilus, Protein, Calcium |



Healing: A good source of healthy caloric energy, apples have a high **fibre** content that helps regulate your body's conversion of the sugars – so this infusion will give you more lasting energy instead of the spike and fall that can occur with other foods.

Focus on: Fatigue, Low Energy Levels, Sugar Crashes, Obesity

SUPER GRANNY

If you want to last the day, recharge your energy levels with a Super Granny. Also great as an energy-booster when you hit that dreaded mid-afternoon energy slump and start to yawn!

- ½ apple – granny smith
- 1 pear – small
- ½ lime – peeled
- 8 grapes – green
- ¼ cup cranberries
- 1 ½ cups water
- 1 T flax seeds

| | |
|-------------|---|
| Pear | Dietary Fibre, Copper, Vitamins B, C and K, Potassium |
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Lime | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Grapes | Antioxidants, Melatonin, Vitamins A, B, C and K, Phosphorus, Potassium |
| Cranberries | Vitamin C, Dietary Fibre, Manganese, Copper, Antioxidants |



ENERGY INFUSIONS

Healing: Honey's unique complex of unrefined natural sugars effectively boosts performance whilst reducing muscle fatigue. And when the **vitamin** and **mineral** load of this infusion is combined with honey's **anti-bacterial** properties, you've got a recipe for immune-system building and rapid injury recovery.

Focus on: Fatigue, Low Energy Levels, Infection, Injury

EXTRA SPECIAL K

Whip up an Extra Special K for a honey of an energy boost and a potassium pick-me-up to really kick-start your day. With hydrating coconut water this infusion is also great for sports recovery.

2 bananas
3 cups kale
2 cups coconut water
1 † flaxseeds
½ T manuka honey

| | |
|--------|---|
| Banana | Vitamins B6 and C, Potassium, Dietary Fibre, Riboflavin, Magnesium, Biotin |
| Kale | Vitamins A, B, C and E, Dietary Fibre, Iron, Calcium, Beta-Carotene, Lutein, Copper |
| Honey | Vitamin B, Calcium, Iron, Zinc, Potassium, Phosphorus |



Healing: Folic Acid (vitamin B9) is well-known for its role in nerve development and stroke prevention, but it can also be a valuable aid in increasing healthy red blood cell count and improving the efficiency of your digestive system. This boost in your ability to absorb **nutrients** and transport oxygen can have a real effect on your energy levels.

Focus on: Fatigue, Low Energy Levels, Low Metabolism, Indigestion

GO MAN GO

Forget sugar-laden energy drinks! Keep it natural with this delicious jolt of pure energising juice. Even better, it has the added benefits of chia seeds – one of the healthiest foods on the planet!

1 cup mango
 2 cups kale
 ¼ lemon – peeled
 1 orange – peeled
 ½ cup broccoli
 1 T chia seeds
 1 cup water

| | |
|----------|---|
| Kale | Vitamins A, B, C and E, Dietary Fibre, Iron, Calcium, Beta-Carotene, Lutein, Copper |
| Mango | Vitamins A and C, Niacin, Dietary Fibre, Copper, Carotenoids |
| Orange | Vitamins B and C, Flavonoids, Folic Acid, Carotenoids, Potassium, Dietary Fibre |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Broccoli | Vitamins A, B, C, E, and K, Glucosinolates, Folic Acid, Potassium, Phosphorus |



ENERGY INFUSIONS

Healing: Aerobic exercise is great for fitness – but an unfortunate side-effect is oxidative damage. The instant energy punch this infusion packs is counterbalanced with the protective effects of **vitamin C** and other **antioxidants**. And goji berries are a nutrition powerhouse with compounds that may also lower the risk of cancer, heart disease, and other conditions resulting from free radical damage.

Focus on: Low Energy Levels, Oxidative Damage, Heart Disease, Cellular Decay

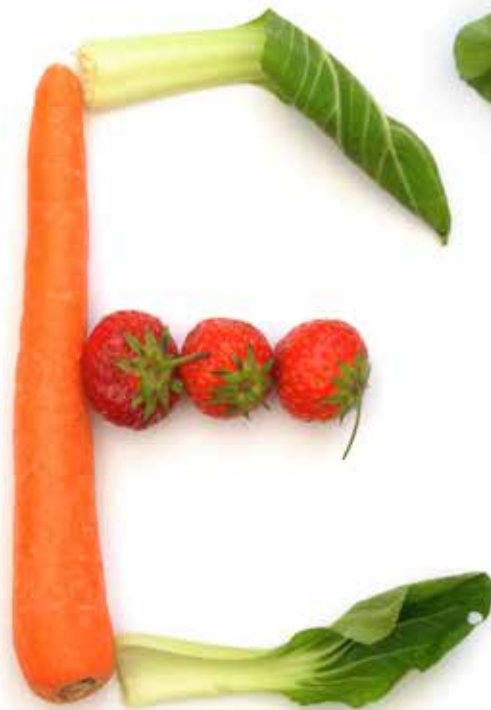
PAPAYA FLYER

Put some zoom in your day and hit the afterburner with a Papaya Flyer - papaya, peach and orange taken to the next level with a hit of goji berries. Delicious, with a rapid kick!

- 1 cup papaya or paw paw
- 1 peach – pit removed
- 1 orange – peeled
- 1 T goji berries
- 1 cup spring water

| | |
|--------------|---|
| Papaya | Vitamins A, C and E, Potassium, Carotenoids, Dietary Fibre |
| Peach | Potassium, Carotenoids, Flavonoids, Dietary Fibre, Vitamins A and C, Niacin, |
| Oranges | Vitamins B and C, Flavonoids, Folic Acid, Carotenoids, Potassium, Dietary Fibre |
| Goji Berries | Vitamin C, Protein, Carotenoids, Iron, Calcium, Zinc, Selenium, Dietary Fibre |





INFUSIONS

Toxin elimination • System cleanse • Liver support



DETOX INFUSIONS





DETOXIFICATION

Detoxification? Why would you need to detox your body? After all, don't we have organs for that very job – liver, lymphatic system, kidneys and bowels? Yes, those organs do a crucial and very good job of eliminating waste and getting rid of toxins. However, the human body evolved in a much cleaner, purer and less stressful world. For many of us, our modern lives can easily involve over-indulgence in alcohol, tobacco, recreational and prescription drugs, fatty and sugary foods, and generally far too much food. And then there are all the man-made toxins that we are consciously or unconsciously exposed to everyday – pesticides, petrol fumes, plastics, flame retardants, cosmetics, perfumes and cleaning products... the list goes on.

It is hardly surprising if, every so often, your body could do with a little help in getting rid of all the toxins you've been quietly accumulating. The body is an amazing, self-healing machine... but you have to give it the tools and building blocks it needs.

Detox has been practised for centuries by different cultures, particularly in Ayurvedic and Chinese medicine. There are many detox plans available from natural health practitioners and on the internet, but if you choose the right fruits and vegetables you can detox a little everyday with infusions that will help repair damage and eliminate toxins and waste.

There are a few things you need to keep in mind:

- The first step to detoxing is to stop consuming harmful foods – processed foods that have had many of their important nutrients processed out of them and replaced with sugar, chemicals and additives. If you like the idea of a cleaner colon, the first step is quite simple - eat less junk. After all, how do you think that stuff gets in there, anyway?"

- As much as possible, limit your exposure to non-food toxins such as chemical cleaners, cosmetics and personal care products.
- Drink lots of water – two litres or more per day.
- Increase your fibre intake, as this will help your colon do its job more efficiently.
- Refuel with healthy food packed with the nutrients that your body needs for repair, maintenance and energy. Use organic foods as much as possible, and at the very least carefully wash all store-bought produce – otherwise you could be putting toxins straight back in, in the form of pesticides and fertilizers.
- Practise deep breathing and try to eliminate stress or manage it better.
- Exercise – walking or yoga are good.
- Get plenty of sleep each night – aim for 8 hours.

Foods for Detoxing

- **Vitamin C-rich foods** help detoxify the whole body – citrus fruit, kiwifruit, berries. Citrus also contains d-limonene that stimulates liver enzymes to flush out toxins (including cholesterol sludge that settles in the gall bladder and can form stones) and stimulates the bowel. Grapefruit can help your liver process fat, and improves liver function.
- **Almonds** are high in fibre, calcium, magnesium, and protein that help stabilize blood sugar, cleanse the liver of fatty deposits and remove impurities from the bowels.
- **Asparagus, potatoes, peppers, carrots, onion, broccoli, avocados, squash, spinach, garlic, tomatoes, grapefruit, apples, oranges, peaches, bananas and melon** all contain glutathione, which helps the liver detoxify synthetic chemicals and many pharmaceuticals.



Foods for Detoxing

- **Asparagus** protects the liver from toxins and acts as a natural diuretic to help flush toxins from your body
- **Beetroot** is a good blood purifier and liver cleanser, and increases the uptake of oxygen by cells. It also helps stabilize the blood's pH (acid/alkaline) balance. In addition, the fibre helps your colon do its job
- **Cruciferous vegetables** (especially kale) are powerful detoxifiers, containing a compound that helps the liver produce enzymes for detoxification. Cabbage helps the liver break down excess hormones, cleanses the digestive tract and soothes the stomach, while broccoli helps toxins to be eliminated more easily
- **Green tea** contains catechins which increase liver function
- **Coriander** leaves contain compounds that "bind" to heavy metals, helping remove them from the blood
- **All green vegetables** contain chlorophyll, which may help rid you of environmental toxins, heavy metals and pesticides
- **Cranberries** are well-known for cleansing and detoxifying the urinary tract and helping combat urinary tract infections
- **Lemongrass** helps to cleanse the kidneys, bladder and digestive tract – use it in cooking or drink as a tea
- **Garlic** helps combat harmful bacteria, intestinal parasites, and viruses, removing them from the body, especially from the blood and intestines. It has anti-cancer and antioxidant properties that help detoxify the body and it helps cleanse the respiratory tract by getting rid of mucous build-up in the lungs and sinuses
- **Turmeric** is a powerful liver cleanser and improves liver function, stimulating the production of detoxifying liver enzymes. It can be incorporated in cooking, infusions or drunk in a tea
- **Apples** contain pectin, which helps remove heavy metals. Choose organic apples to avoid fruit heavily sprayed with pesticides



You already have a built in detox machine! Every day, modern living exposes us to an overload of processed food, alcohol, drugs, chemicals and other environmental hazards. And every day since the day you were born, your remarkable liver has been on the job, 24/7. It's your body's incredible natural chemical plant. Anything and everything you have inhaled, digested or absorbed through your skin is filtered by your liver in case it might put your body in danger. Responsible for over 500 metabolic functions, it is the ultimate multitasker - perhaps it is no wonder that many people feel it can do with a bit of help every so often.

RISK FACTORS

When it comes to reasons for starting on a detox routine, you probably won't want to admit you may have been your own worst enemy! Check this list, and see if there are one or two "Don'ts" you may have ignored:

- **Don't consume avoidable harmful foods - processed foods that have had many of their important nutrients processed out of them and replaced with sugar, chemicals and additives. If you like the idea of a cleaner colon, eat less junk. After all - how do you think that stuff gets in there, anyway?**
- **Don't ignore your exposure to non-food toxins such as chemical cleaners, cosmetics and personal care products**
- **Don't skimp on water - drink two litres or more per day**
- **Don't forget to breathe - deep, slow breathing improves circulation, and reduces stress**
- **Don't avoid exercise - walking or yoga are good**
- **Don't starve yourself of sleep - you need at least 7 hours, aim for 8 hours**

Healing: The active constituent of fresh ginger is the compound **gingerol**. Like the related **capsaicin** from chillies, and **piperine** in black pepper, it can kick your natural detox process into high gear by spiking your metabolism. With turmeric adding a boost to your circulation, wastes are flushed out faster. This infusion also helps in the production of enzymes that target food additives or toxic metals in your system.

Focus on: Low Metabolism, Inflammation, Nausea, Blood Clotting

DR DETOX

The doctor's in the house, and he's ready to see you now! This is a great-tasting cleanser that includes two superfood superchargers: ginger and turmeric. One of these, and you'll know it's just what the doctor ordered!

1 cup mango
 1 carrot
 1 apple
 1 beetroot – small
 ½ cm piece of ginger
 ½ cm piece of turmeric
 1 cup of water
 ground black pepper

| | |
|----------|---|
| Mango | Vitamins A and C, Niacin, Dietary Fibre, Copper, Carotenoids |
| Carrot | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Beetroot | Vitamins A, B, C and K, Betacyanin, Potassium, Iron, Manganese, Antioxidants |
| Ginger | Vitamin C, Niacin, Potassium, Magnesium, Copper, Manganese |
| Turmeric | Curcumin, Manganese, Iron, Vitamin B6, Copper, Potassium |



Healing: This detoxifying infusion is high in **chlorophyll, vitamin C** and **antioxidants** which aid the body in synthesizing toxic materials, into substances that can be absorbed by water. It is also high in **fibre**, which helps cleanse the intestinal tract.

Focus on: Fatty Liver, Toxicity, Inflammation, Constipation

CLEAN GREEN

This Clean Green infusion will sweep up those toxins and clean things out, while rehydrating you with coconut water. You'll feel better, you'll feel lighter, and wonder why you haven't done this before.

- ½ cucumber
- 2 stalks celery
- ½ cup spinach
- 4 sprigs parsley
- ¼ lemon – peeled
- ½ cm piece of ginger
- ¼ cup natural yogurt
- ½ cup coconut water

| | |
|----------------|---|
| Cucumber | Vitamins A, B, C, and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Spinach | Vitamins A, B, C, E and K, Magnesium, Potassium, Iron, Lutein, Manganese |
| Parsley | Chlorophyll, Vitamin C, Dietary Fibre, Folic Acid, Flavonoids, Calcium, Zinc, Magnesium |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Ginger | Vitamin C, Niacin, Potassium, Magnesium, Copper, Manganese |
| Natural Yogurt | Lactobacilli, Acidophilus, Protein, Calcium |



Healing: High in **vitamin C** and **antioxidants**, this powerful cleanser will boost the production of liver detoxification enzymes. Without a well-functioning liver, your body will be unable to cleanse itself and absorb nutrients, throwing your entire system out of balance.

Focus on: Fatty Liver, Toxicity, Acid Reflux, Skin Irritation

LIVER LOVER

Your liver is at work 24/7 never clocking out, so it's easy to see how it can become over-worked and over-stressed. Give your liver a break! Love your liver with this cleansing infusion, and your liver will love you back.

1 cup mango
1 cup papaya or paw paw
1 cup pineapple
½ lime – peeled
1 cup water

| | |
|-----------|---|
| Mango | Vitamins A, and C, Niacin, Dietary Fibre, Copper, Carotenoids |
| Papaya | Vitamins A, C and E, Potassium, Carotenoids, Dietary Fibre |
| Pineapple | Vitamins B and C, Dietary Fibre, Manganese, Copper, Magnesium |
| Lime | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |



Healing: This combination of fruit and vegetables works with the enzymes in your liver to turn toxins into something your body can eliminate easily. Pineapple is also a great source of the digestive enzyme **bromelain**, which breaks down dietary proteins – this added boost to your digestive process keeps your colon in peak operating condition.

Focus on: Indigestion, Poor Circulation, Bloating, Gas, Inflammation

SYSTEM REBOOT

Fast food, processed food, junk food – we’ve all made poor food choices. It’s time you reset your system with a System Reboot – a delicious blend of fruit and vegetables, with cayenne pepper to boost your metabolism.

- 1 orange – peeled
- ¼ lemon – peeled
- 1 cup pineapple
- ½ stalk celery
- ½ cup broccoli
- 1 cup coconut water
- ¼ t cayenne pepper

| | |
|----------------|---|
| Orange | Vitamins B and C, Flavonoids, Folic Acid, Carotenoids, Potassium, Dietary Fibre |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Pineapple | Vitamins B and C, Dietary Fibre, Manganese, Copper, Magnesium |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Broccoli | Vitamins A, B, C, E, and K, Glucosinolates, Folic Acid, Potassium, Phosphorus |
| Cayenne Pepper | Vitamins A, B and C, Capsaicin, Carotenoids |



Healing: This infusion has excellent levels of bioactive **free radical scavengers**, thanks to the **tocopherols** and high levels of other **antioxidants** found in rock melon, nectarine and kiwifruit. These scavengers literally scrub your system, “mopping up” the highly reactive molecules that cause oxidative damage to your cells.

Focus on: Oxidative Damage, Cellular Decay, Acid/Alkali Imbalance

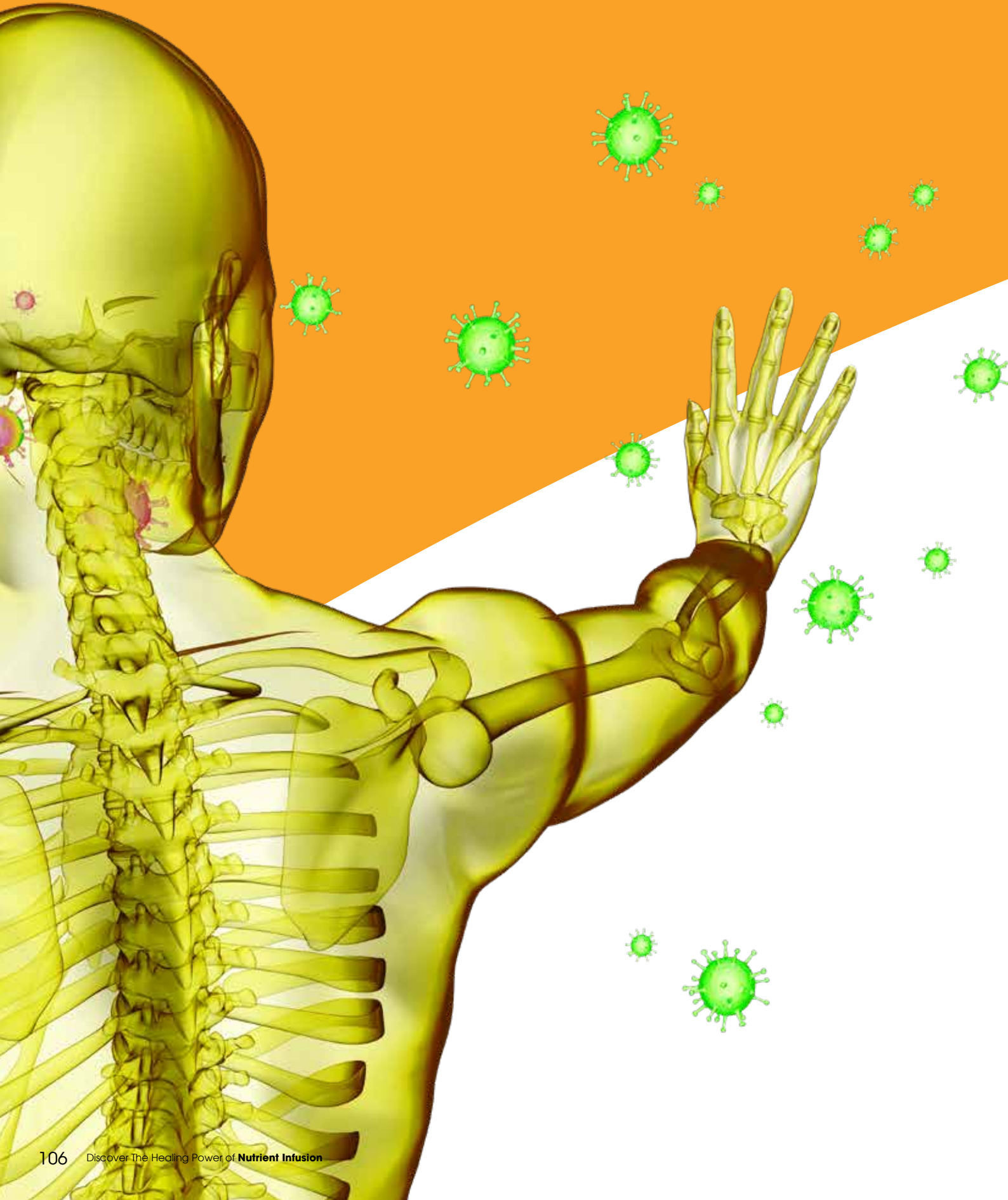
ROCKSTAR

Rock Melon is an antioxidant megastar and should be on your top ten playlist. Nectarines and kiwifruit fill out the supergroup line-up, backed up by ginger and mint for a number one hit fans will love.

2 cups rock melon
2 nectarines
1 kiwifruit – peeled
1 cm piece of ginger
2 sprigs mint
1 cup water

| | |
|------------|---|
| Rock Melon | Carotenoids, Potassium, Vitamin B's and C, Dietary Fibre, Folic Acid |
| Nectarines | Potassium, Carotenoids, Flavonoids, Dietary Fibre, Vitamins A and C, Niacin, Iron |
| Kiwifruit | Vitamins A, C, E and K, Potassium, Magnesium, Copper, Antioxidants, Phosphorus |
| Ginger | Vitamin C, Niacin, Potassium, Magnesium, Copper, Manganese |
| Mint | Antioxidants, Manganese, Copper, Vitamins C and B-complex, Carotenoids |







IMMUNITY INFUSIONS

Antibody production • Cellular health • Disease protection

IMMUNITY INFUSIONS





THE IMMUNE SYSTEM

You have your own private army, protecting your body from all sorts of pathogens and substances that might compromise your health. And just like an army it needs all the right weapons to do its job. They say an army marches on its stomach, and likewise your immune system relies on the quality of what you feed your body to work as well as it can. Essentially there are three layers or levels of protection that your immune system offers you:

- Barriers prevent disease-causing pathogens (viruses, bacteria, and parasites) from getting into your body. For example your skin; mucous membranes and cilia (hair-like structures) in your mouth, nose, throat, and lungs; and stomach acid.
- If pathogens do get into your body, the immune system has ways to detect an invader and get rid of it before it starts to reproduce and do any damage.
- If the first two fail, and you become unwell, your immune system is responsible for dealing with the problem and returning you to health. This includes detecting cancerous cells and eliminating them before they reproduce enough to form a tumour.

You might not know it, but your gut is a critical component of your immune system, containing more immune cells than the whole of the rest of your body. The work of your gut bacteria goes beyond gut health; they are also essential in the proper development of your immune system, including

the development of lymph nodes and vessels. Research has shown that there is a “conversation” going on between your gut and the rest of your immune system and that your gut flora can impact on your risk of infectious diseases, such as influenza, especially as you get older.

Is Your Immune System Well?

Even though your immune system is there to stop you getting sick, it is not ‘immune’ from being sick itself. There are some diseases and conditions in which your immune system may not work properly and is over-stimulated, turning on your own tissues without good cause, or it simply can’t or won’t do its job:

- **allergies**
- **autoimmune diseases**
- **asthma**
- **eczema**
- **rheumatoid arthritis**
- **HIV/AIDS**
- **type I diabetes**

For most people who don’t have these problems, the immune system still needs help to work at 100 per cent. We are bombarded with potentially disease-causing pathogens every day. What your immune system needs most of all, is ideal nutrition to ensure it has all the tools it requires to fight off infection and foreign invaders, and keep your body ticking over as it should.



Nourishing your Immune System

To function well, your immune system needs harmony and balance, and the best way to boost your immune system is to choose a healthy lifestyle. Researchers from Harvard Medical School in the USA, say that the immune system works better “when protected from environmental assaults and bolstered by healthy-living strategies”, including:

- **eating a diet high in fruits, vegetables, and whole grains, and low in saturated fat**
- **exercising regularly**
- **getting enough vitamin D**
- **maintaining a healthy weight**
- **getting adequate sleep**

The best foods for supporting your immune system are:

- **Kiwifruit, papaya, parsley** are high in vitamin C, a major antioxidant to prevent cell decay
- **Spinach and kale** are high in B-complex vitamins, essential for healthy cell reproduction
- **Kefir, natto, kimchee, miso, tempeh, low-sugar yogurt** – fermented foods boost your beneficial gut bacteria
- **Green tea**, rich in polyphenols – powerful micronutrients for prevention of degenerative diseases
- **Garlic** contains allicin which is antibacterial, antiviral and anti-fungal that can restore suppressed antibody responses
- **Blueberries and raspberries**, rich in antioxidants and anthocyanins to improve immune response
- **Turmeric, cinnamon and cloves** deliver antibacterial function and increased circulation
- **Sweet potato/kumara** rich in beta-carotene, the precursor to vitamin A and essential for immune function
- **Mushrooms**, especially shiitake, maitake and reishi, boost T-cell function and reduce inflammation
- **Oats and barley** are sources of Beta-Glucan, which increases the activity of infection-fighting white blood cells
- **Shellfish** (oysters, clams, crabs) rich in selenium, and oily fish (salmon, mackerel) rich in omega-3 fatty acids, play a vital role in resistance to viral infections
- **Brazil nuts** are another rich source of selenium



You can laugh yourself healthier. It's true! Stress is a danger to your body, and its most significant effect is on your immune system. When you're stressed you produce cortisol, an essential hormone in the short term, but damaging if you stay stressed and keep producing it. However, when you laugh you trigger dopamine, the "feel good" hormone, and cortisol backs off. Twenty minutes of laughter may not be the best medicine, but it's still a pretty good one. So go ahead... laugh in the face of illness!



RISK FACTORS

There are many things that can cause a weakened immune system. Risk factors include:

- Ageing
- Stress
- Inadequate sleep, especially for an extended period
- Athletic overtraining
- Chemical radiation exposure
- Excessive alcohol and refined sugar consumption
- Inadequate protein, vitamin, mineral or water intake
- Bacterial or viral infections
- Certain drug therapies (e.g. chemotherapy or radiotherapy)



Healing: Rich in **vitamin C** and **beta-carotene**, this infusion works to build up T-cell production in the body – your immune system’s front-line defense in warding off seasonal colds and flus. It also has the ability to target immune malfunctions such as excessive inflammation and cancer development.

Focus on: Stress, Inflammation, Allergies, Poor Immunity

FLU FIGHTER

No-one enjoys being curled up on the couch surrounded by discarded tissues. And Man Flu? Let’s not even go there! Thankfully, there’s a delicious way to help you avoid seasonal colds and flu: the magnificent Flu Fighter!

1 carrot – large
 1 apple – granny smith
 ½ pear – small
 ½ cm piece of ginger
 ¼ t cayenne pepper
 ½ cm piece of turmeric
 1 cup water
 ground black pepper

| | |
|----------------|---|
| Carrot | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Pear | Dietary Fibre, Copper, Vitamins B, C and K, Potassium |
| Ginger | Vitamin C, Niacin, Potassium, Magnesium, Copper, Manganese |
| Turmeric | Curcumin, Manganese, Iron, Vitamin B6, Copper, Potassium |
| Cayenne Pepper | Vitamins A, B and C, Capsaicin, Carotenoids |



Healing: Iron, zinc, manganese and copper are important elements in your body's ability to build up nutritional immunity factors. These work outside the cells to repel invading microbes and pathogens, and inside the cells to protect against infection. Leafy greens, root vegetables and green-coloured fruit are prime sources of these biologically valuable metals.

Focus on: Poor Immunity, Infection, Skin Irritation, Ulcers

IMMUNE BOOSTER

As with many infusions, kale, spinach and beetroot dominate the colour... but not the flavour. Kiwifruit, crisp red apple and coconut ride to the rescue to deliver a great-tasting Immune Booster that's full of goodness.

1 cup kale
 ½ cup spinach
 1 kiwifruit – peeled
 ½ beetroot – small
 1 apple
 1 ½ cups coconut water

| | |
|-----------|---|
| Kale | Vitamins A, B, C and E, Dietary Fibre, Iron, Calcium, Beta-Carotene, Lutein, Copper |
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Spinach | Vitamins A, B, C, E and K, Magnesium, Potassium, Iron, Lutein, Manganese |
| Kiwifruit | Vitamins A, C, E and K, Potassium, Magnesium, Copper, Antioxidants, Phosphorus |
| Beetroot | Vitamins A, B, C and K, Betacyanin, Iron, Potassium, Manganese, Antioxidants |



Healing: Iodine is a mineral that supports proper thyroid function...and this gland plays a critical role in your immune system, since it is your source of bacteria-attacking T-cells. A deficiency in iodine will wreak havoc on your thyroid. In combination with **vitamin C**, **tocopherols** and **folic acid**, this infusion works to accelerate your ability to respond to infection.

Focus on: Thyroid Problems, Infection, Poor Circulation, Low Energy Levels

ROCKABERRY ROAR

Rock melon teams up with frozen strawberries to create a delicious icy-cold full-flavoured infusion that's great for your immune system. Peach and lemon add a welcome freshness, and you won't even know turmeric and pepper are there.

1 cup rock melon
 ½ cup strawberries
 ¼ lemon – peeled
 1 peach
 ½ cm piece of turmeric
 ground black pepper
 1 cup water

| | |
|--------------|---|
| Rock Melon | Carotenoids, Potassium, Vitamin B's and C, Dietary Fibre, Folic Acid |
| Strawberries | Dietary Fibre, Vitamins A, C and K, Iodine, Folic Acid, Manganese |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Peach | Potassium, Carotenoids, Flavonoids, Dietary Fibre, Vitamins A and C, Niacin |
| Turmeric | Curcumin, Manganese, Iron, Vitamin B6, Copper, Potassium |



Healing: The berries in this infusion are not only a great source of **vitamin C**, they are also one of nature's richest supplies of **anthocyanins**, the compounds that give them their blue/purple colour. They work to increase the antioxidant capacity of the blood, countering stresses on the immune system.

Focus on: Osteoporosis, Infection, Inflammation, Cellular Stress

PROBERRYOTIC

This trio of berries and currants add a real burst of fruit-filled flavour to the natural yogurt. Orange adds a lovely citrus zing, while honey waltzes in to take sweetness to the next level. Antioxidants never tasted so good... or so smooth!

- 1 cup blueberries
- ½ cup raspberries
- 2 T blackcurrants
- 1 orange – peeled
- ¼ cup natural yogurt
- 1 T honey
- 1 cup water

| | |
|----------------|---|
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Raspberries | Potassium, Niacin, Iron, Vitamins B, and C, Manganese, Flavonoids |
| Blackcurrants | Antioxidants, Vitamins A and C, Beta-Carotene, Calcium |
| Orange | Vitamins B and C, Flavonoids, Folic Acid, Carotenoids, Potassium, Dietary Fibre |
| Natural Yogurt | Lactobacilli, Acidophilus, Protein, Calcium |
| Honey | Vitamin B, Calcium, Iron, Zinc, Potassium, Phosphorus |



Healing: This infusion is packed with **vitamin C**, **vitamin B complex** and **potassium**, which work together to build your resistance, improve your liver function, provide relief for your nervous system, and tone the walls of your intestines to allow efficient digestion of nutrients. The combined result is a more robust immune system.

Focus on: Liver Stress, Toxicity, Oxidative Damage, Low Antibody Activity

MINTASTIC

Beautifully delicious in its simplicity, the complementary flavours of pineapple and carrot are brought to life in the most refreshing way with the addition of three sprigs of mint (add more if you want). Take a big sip, smile and say, "That's Mintastic!"

2 cups pineapple
2 carrots
3 sprigs mint
1 cup water

| | |
|-----------|--|
| Pineapple | Vitamins B and C, Dietary Fibre, Manganese, Copper, Magnesium |
| Carrots | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Mint | Antioxidants, Manganese, Copper, Vitamins C and B-complex, Carotenoids |





Heart health • Circulation support • Stroke prevention

CARDIOVASCULAR INFUSIONS



CARDIOVASCULAR INFUSIONS





THE CARDIOVASCULAR SYSTEM

We all know just how vital our heart is, but are you doing all you can to keep both it and the rest of your cardiovascular system healthy?

Cardiovascular disease is one of the biggest health issues of modern times, and most of the ill-health associated with it is down to lifestyle factors, most importantly diet and exercise. It is within your power to keep your heart-healthy! Along with your heart, your cardiovascular system comprises the circulatory system which includes all your blood vessels (arteries, veins and capillaries). It also involves all the blood vessels in your brain, which is why stroke is a cardiovascular issue.

Your heart works amazingly hard beating between 60 and 100 times a minute (or more when you are exercising) throughout your entire life. It pumps approximately four and a half to five litres of blood (in an adult) out through your arteries, around your body and back through your veins. Your heart is effectively responsible for providing oxygen and nutrition to every cell in your body!

As well as oxygen, fluid and nutrients, the blood – which is made up of red blood cells, white blood cells, platelets and plasma – transports hormones (messengers which tell various organs what to do and how to behave) and cellular waste.

Capillaries are the very small blood vessels; their walls are only one cell thick and they enable the exchange of water, oxygen, carbon dioxide, nutrients and waste products between the blood and body tissues. We generally get through each day giving little thought to our cardiovascular system and its health unless we hurt ourselves and bleed, or a bruise forms, or if our cardiovascular system is diseased and doesn't perform properly, or we undertake strenuous exercise and our heart beats hard and fast.

Is my Cardiovascular System Well?

There are quite a few things that can go wrong with your heart and the circulatory system. The main ones include:

- **coronary artery disease/atherosclerosis (clogging or hardening of the arteries)**
- **hypertension (high blood pressure)**
- **arrhythmia (disorders of the heart rhythm)**
- **cerebrovascular disease (disease of blood vessels that supply blood to the brain, which includes stroke)**
- **peripheral arterial disease**

CARDIOVASCULAR INFUSIONS



Nourishing your Cardiovascular System

A healthy, nutrient-rich pattern of eating that will nourish your whole body is a major way to improve your cardiovascular health. To specifically improve the health of your heart and your blood vessels you need to consume fruits and vegetables that are rich in antioxidants. Many fresh fruits and vegetables have abundant phytochemicals, which mop up free-radicals in your body that cause damage to your cells.

Aim for an abundance of fruit and vegetables in many colours; these are often the richest in antioxidants. This list isn't a complete list of the heart healthy foods, but if you can incorporate these foods into your dietary plan, you are taking a giant step towards a happy and healthy heart that will service you for many years to come.

- **Blueberries, raspberries, blackberries and strawberries** are full of anti-inflammatories which reduce the risk of heart disease
- **Carrots** contain alpha-carotene and fibre
- **Leafy greens** such as spinach (lutein, B-complex vitamins, potassium, and fibre) and broccoli (beta-carotene, vitamins C and E, potassium, folate, calcium and fibre) for heart health
- **Capsicum, sweet potato/kumara, papaya and asparagus** are all rich in beta-carotene, vitamins A and C, anti-oxidants and fibre. Capsicums also contain lutein and B-Complex vitamins
- **Oranges** (and other citrus) are rich in vitamin C, carotenes and anti-oxidants as well as a healthy dose of fibre
- **Tomatoes** are the best source of lycopene and are rich in other vitamins, minerals and antioxidants. These nutrients work synergistically help to prevent cardiovascular disease
- **Dark chocolate** or cacao is rich in antioxidants (flavonoids) and magnesium; it reduces blood pressure, thins the blood and reduces inflammation
- **Tea** contains catechins (especially green tea) and flavonols
- **Flaxseeds** are rich in omega 3s and fibre
- **Salmon** is rich in omega 3 fatty acids to reduce blood pressure and reduce clots, as well as the antioxidant astaxanthin
- **Almonds and walnuts** are fibre-rich, a source of healthy fats and contain lots of vitamins and minerals, especially magnesium which is essential for heart health
- **Kidney or black beans**, and lentils are full of fibre, omega 3s and calcium



Until now, one of the big problems with heart attacks has been the way your body “repairs” the injury – it simply lays down scar tissue. This is because unlike other cells in your body, heart cells stop dividing shortly after birth. Damaged heart muscle can’t be replaced by new functional muscle, so you are left with a less-functional heart. But now there’s good news... recent research into stem cells and gene therapy shows that before long, we may be able to create new cardiac muscle cells, or even “kickstart” cell-division in remaining heart cells. That means your heart would literally become “good as new”!

RISK FACTORS

While you can’t do anything about ageing (one of the biggest risk factors for many diseases) or your family history, most of the risk factors for heart disease are under your control:

- **Lack of exercise – even walking just three to five times a week for half an hour will reduce your risk**
- **Smoking**
- **Type 2 diabetes**
- **Obesity**
- **Uncontrolled stress and anger**
- **High cholesterol**
- **A diet low in fruits and vegetables**
- **High blood pressure (hypertension)**

Next to stopping smoking and getting enough exercise, one of the biggest things you can do to stay heart healthy is to nourish your body: consume less salt, trans fats and refined sugars and eat more fresh fruits and vegetables – foods that are rich in heart-protective vitamins, minerals and antioxidants.

CARDIOVASCULAR INFUSIONS

Healing: **Vitamins B6, B9** (folic acid), and **vitamin K** combine with **anthocyanins** and **potassium** to make a great nutraceutical for the entire cardiovascular system – adding benefits from blood sugar regulation through to arterial plaque prevention, LDL cholesterol lowering, antioxidant protection and blood pressure management.

Focus on: High Blood Pressure, High Cholesterol Levels, High Blood Sugar Levels

BANANA BERRY LIFT

Bananas and blueberries are always a delicious combo, and are excellent heart food partners. They also do a magnificent job of offsetting the spinach, which gives this infusion its leafy greens goodness.

- 1 cup blueberries
- 1 ½ bananas
- 1 T honey
- 2 cups spinach
- 1 T peanut butter
- 1 ½ cups almond milk

| | |
|---------------|--|
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Banana | Vitamins B6 and C, Potassium, Dietary Fibre, Riboflavin, Magnesium, Biotin |
| Honey | Vitamin B, Calcium, Iron, Zinc, Potassium, Phosphorus |
| Spinach | Vitamins A, B, C, E and K, Magnesium, Potassium, Iron, Lutein, Manganese |
| Peanut Butter | Monounsaturated Fats, Vitamin B's, Protein, Magnesium, Phosphorus, Tocopherols |



CARDIOVASCULAR INFUSIONS

Healing: Certain fruits and vegetables are rich in insoluble fibre, which is essential in lowering LDL levels (the “bad” cholesterol) by effectively hindering the absorption of dietary cholesterol into the cardiovascular system. **Omega-3** fatty acids also play a valuable role in balancing cholesterol levels in the bloodstream, reducing the risks of arterial blockage and heart disease.

Focus on: High Cholesterol, Cardiovascular Disease, Heart Attack, Inflammation

HEART BEET

With ten heart-healthy ingredients, Heart Beet is right up there amongst infusion royalty when it comes to looking after you. This is a great-tasting mix of essential fruit and vegetables, with walnut and flaxseed adding valuable omega-3.

- ½ cup blueberries
- ½ banana
- 1 beetroot – small
- 1 orange – peeled
- ½ cup papaya or paw paw
- ½ carrot
- ¼ red capsicum
- 3 walnuts
- 1 T flaxseeds
- 1 ½ cups coconut water

| | |
|--------------|--|
| Carrot | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Banana | Vitamins B6 and C, Potassium, Dietary Fibre, Riboflavin, Magnesium, Biotin |
| Beetroot | Vitamins A, B, C and K, Betacyanin, Iron, Potassium, Manganese, Antioxidants |
| Orange | Vitamins B and C, Flavonoids, Folic Acid, Carotenoids, Potassium, Dietary Fibre |
| Papaya | Vitamins A, C and E, Potassium, Carotenoids, Dietary Fibre |
| Red Capsicum | Antioxidants, Dietary Fibre, Vitamins A, C, E, K, and B-complex, Beta-Carotene |
| Walnuts | Antioxidants, Omega-3 Fatty Acids, Vitamin E, Copper, Manganese, Magnesium |



CARDIOVASCULAR INFUSIONS

Healing: Rich in **vitamin E** and **anthocyanins**, this infusion will help prevent the oxidation of cholesterol - one of the factors that can lead to blockage of the arteries. These compounds also inhibit the build-up of heart-straining blood vessel plaques.

Focus on: Stroke, Oxidative Damage, High Blood Pressure, Poor Circulation

BLUEBERRY PULSE

When it comes to heart health, blueberries are a true hero, and the magic appears to lie in their colour. There's no getting away from an apple a day, and a mix of veggies add another layer of healthy goodness. Add a pinch of cayenne to kick-start your metabolism.

½ cup blueberries
1 apple – granny smith
½ cup broccoli
1 tomato
½ carrot
¼ t cayenne pepper
1 cup coconut water

| | |
|----------------|---|
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Carrot | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Broccoli | Vitamins A, B, C, E, and K, Glucosinolates, Folic Acid, Potassium, Phosphorus |
| Tomato | Lycopene, Glutathione, Beta-Carotene, Vitamins B6 and C, Biotin, Folic Acid |
| Cayenne Pepper | Vitamins A, B and C, Capsaicin, Carotenoids |



CARDIOVASCULAR INFUSIONS

Healing: Keeping the blood thin enough to maintain healthy blood pressure levels is a key function of **potassium**. This electrolyte works to regulate the balance of body fluids, and also reduces salt sensitivity (and salt cravings!), important if you have high blood pressure. And many people are deficient in **vitamin K**, another valued heart-disease preventer – this infusion is loaded with both!

Focus on: High Blood Pressure, Cardiovascular Disease, Atherosclerosis

PINEAPPLE PUMP


This infusion tastes more like a tropical milkshake than a health tonic. Almond milk is a superb dairy-free substitute. Pineapples and honeydew really deliver on flavour-filled juiciness, with orange adding a crisp citrus zing. Red capsicum and chia seeds add extra heart-healthy goodness.

1 cup honeydew melon
¼ cup pineapple
½ red capsicum
1 orange – peeled
1 cup almond milk
1 t chia seeds

| | |
|----------------|---|
| Honeydew Melon | Vitamin B's and C, Potassium, Copper |
| Pineapple | Vitamins B and C, Dietary Fibre, Manganese, Copper, Magnesium |
| Red Capsicum | Antioxidants, Dietary Fibre, Vitamins A, C, E, K, and B-complex, Beta-Carotene |
| Orange | Vitamins B and C, Flavonoids, Folic Acid, Carotenoids, Potassium, Dietary Fibre |







MUSCULO- SKELETAL INFUSIONS

Joint support • Inflammation fighting • Pain control

MUSCULO-SKELETAL INFUSIONS





THE MUSCULO-SKELETAL SYSTEM

The musculo-skeletal system (also known as the locomotor system) gives your body form and shape, strength, and allows locomotion. Without it you would be little more than a jellyfish-like blob.

It also protects the soft vital organs and tissues. When it doesn't function as it should it causes us discomfort or pain, we become fatigued and everyday activities are made tiring, difficult, and for some, impossible. Every time you move, whether playing sport, turning over in bed, or just breathing, you are using this system.

Your musculo-skeletal system is made up of:

- bones (all 206 of them!)
- joints – where two bones meet
- muscles, necessary for movement
- tendons – cord-like tissues that attach the muscles to the bones
- ligaments, fastening adjacent bones together
- cartilage - which is a rubbery substance that supports our bones and protects them where they rub together

Inside your bones is bone marrow, and this is where most of your blood cells are made: red blood cells, platelets and some types of white blood cells.

Is my Musculo-skeletal System Well?

If you have ever broken a bone or pulled a muscle you will know just how much of an impact a dysfunctional musculo-skeletal system has on your life and activities. Other than occasional injuries such as strains, sprains and bone fractures – which are generally caused by force in the wrong place at the wrong time – the most common health problems that affect musculo-skeletal system are articular (involving the joints) conditions such as osteoarthritis, gout and rheumatoid arthritis.

Other serious diseases include:

- **rickets**
- **repetitive strain injury (RSI) or occupational overuse syndrome (OOS)**
- **tendonitis**
- **lower back pain**
- **fibromyalgia**
- **osteoporosis**
- **muscular dystrophy**
- **osteomyelitis**

MUSCULO-SKELETAL INFUSIONS



Nourishing your Musculo-skeletal System

You probably know that calcium and vitamin D are essential for bone health, but that is not where it ends in terms of nourishing your musculo-skeletal system. Many conditions that affect the function of bones and muscles are at least partly caused by or exacerbated by obesity. In fact, obesity is the number one cause of the burgeoning public health problem of osteoarthritis in Australia and New Zealand. So a nutritious diet, full of fruits and vegetables to help maintain a healthy bodyweight, is the first place to start in terms of nourishing your musculo-skeletal system.

The best foods to nourish bones, muscles and other tissues include:

- **Turmeric** is a source of curcumin, which is strongly anti-inflammatory
- **Broccoli, kale, sardines, salmon, brazil nuts, almonds, oranges, cheese, yogurt and milk** are all foods rich in calcium, the essential tooth and bone builder
- **Spinach, broccoli, cashews, milk, legumes, sunflower** seeds and whole-wheat bread are all magnesium-rich, so prevent muscle cramping
- **Bananas, leafy greens, potatoes, apricots, acorn squash, avocados and mushrooms** are all potassium-rich foods, so help with muscle contraction and strength
- **Poultry, red meats, eggs, green vegetables, apricots, almonds, brazil nuts, spirulina and parsley** are foods rich in iron, vital for healthy bone density
- **Flaxseeds, wheat germ, fish oil and canola oil** are healthy fats, protecting against osteoporosis
- **Ginger and cayenne pepper** are known for their anti-inflammatory properties
- **Kiwifruit, papaya and parsley** are vitamin C-rich and help in relieving joint pain
- **Lean meats, soy beans, sun-dried tomatoes, broccoli, beans, spinach, peas and mushrooms** are protein-rich foods that contribute to bone development and lean muscle growth



You have three distinct types of muscle in your body. Cardiac muscle is found only in the heart, and smooth muscle is in the walls of your organs, blood vessels and digestive system. These are “involuntary” muscles – everything they do is automatic, from pumping blood to making hair stand on end. The third, and most prevalent type is skeletal muscle. It makes up a large part of your body – on average, 36% if you’re a woman, and 42% for men. Anchored to your bones by tendons, skeletal muscle is completely “voluntary”... these muscles won’t move unless you make them!

RISK FACTORS

What causes serious conditions of the musculo-skeletal system? Again, age is a huge factor, but modifiable risk factors include occupation, activity levels and exercise, bodyweight and lifestyle. Wear and tear overtime can cause or exacerbate conditions, as can spending too much time sitting at a desk or computer.

Other risk factors include:

- Repetitive movements, particularly in the workplace
- Forceful movements or exertions
- Poor posture and heavy lifting
- Past injuries
- Poor nutrition and deficiency in certain vitamins and minerals
- Obesity
- Poor fitness and lack of weight-bearing exercise
- Smoking

MUSCULO-SKELETAL INFUSIONS

Healing: Beetroots are a great source of **oxalic acid**, which may help to remove inorganic calcium deposits from the body, improving joint pain and stiffness. Cucumbers have high levels of **silica**, the building block of healthy ligaments, tendons and cartilages, and also help in flushing uric acid, the precursor to gout and arthritis pain.

Focus on: Arthritis, Immobility, Gout, Rheumatism, Joint Pain

JOINT SUPPORT

Good joint support helps keep us mobile and doing the things we love. This infusion features an all-star line-up of beets, cucumber and carrot that all work together for excellent joint maintenance. Pop in some ginger for added zing and you have a great-tasting joint health tonic.

- 1 beetroot – small
- 1 carrot – large
- 1 stalk celery
- ½ cucumber
- 1 pear
- ½ cm piece of ginger
- 1 † flaxseeds
- 1 ½ cups coconut water

| | |
|----------|--|
| Carrot | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Beetroot | Vitamins A, B, C and K, Betacyanin, Iron, Potassium, Manganese, Antioxidants |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Cucumber | Vitamins A, B, C, and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Pear | Dietary Fibre, Copper, Vitamins B, C and K, Potassium |
| Ginger | Vitamin C, Niacin, Potassium, Magnesium, Copper, Manganese |



MUSCULO-SKELETAL INFUSIONS

Healing: Rich in **curcumin** from turmeric, this infusion possesses potent **anti-inflammatory** and **anti-arthritic** properties. The added circulatory benefits of **gingerol**, **limonene** and **piperine** work to deliver the valuable pain-reducing compounds right into the joints themselves.

Focus on: Inflammation, Cartilage Damage, Joint Pain, Arthritis

FYI (FOR YOUR INFLAMMATION)

It's important to be informed, especially when it comes to your health. That's why you need to know this infusion has been specially designed to combat inflammation, with a stellar line-up of inflammation-fighting ingredients. Oh, plus it tastes great, too!

½ apple – granny smith
½ carrot
1 pear – small
1 stalk celery
¼ lemon – peeled
½ cm piece of ginger
½ cm piece of turmeric
ground black pepper
1 ½ cups water

| | |
|----------|---|
| Carrot | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Ginger | Vitamin C, Niacin, Potassium, Magnesium, Copper, Manganese |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Pear | Dietary Fibre, Copper, Vitamins B, C and K, Potassium |
| Turmeric | Curcumin, Manganese, Iron, Vitamin B6, Copper, Potassium |



MUSCULO-SKELETAL INFUSIONS

Healing: **Calcium** is an absolute essential for bone development, and also maintains your nervous system's ability to transmit signals. **vitamin C** is vital for all body tissue growth. When combined in this one infusion, you've got the ultimate body builder!

Focus on: Muscle Soreness, Joint Stiffness, Injury, Slow Reflexes

MR UNIVERSE

Want strong muscles and bones? Then this infusion is for you! It's a real body-builder, hence its name. With added coconut water, it's also great for post-workout recovery. Combine it with your gym sessions and who knows where it could take you? Move over, Arnie!

- 1 cucumber
- 2 kiwifruit – peeled
- 2 sprigs mint
- 1 T LSA
- 1 cup coconut water

| | |
|-----------|--|
| Cucumber | Vitamins A, B, C, and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Kiwifruit | Vitamins A, C, E and K, Potassium, Magnesium, Copper, Antioxidants, Phosphorus |
| Mint | Antioxidants, Manganese, Copper, Vitamins C and B-complex, Carotenoids |



MUSCULO-SKELETAL INFUSIONS

Healing: A great source of **vitamin C** and **antioxidants**, this infusion also includes the dietary components necessary for the synthesis of collagen. If our bones are our support structure, then collagen is the cement that holds everything together, and it is also responsible for ongoing repair work on blood vessels, tendons, ligaments, and joints.

Focus on: Arthritis, Immobility, Joint Pain, Cartilage Damage

SECOND SUNRISE

It's great to get the most out of life, and Second Sunrise will help you do just that. Granny smith apples, papaya and blueberries are a superb flavoursome combination. Add cucumber for hydration, and invigorating mint for zesty freshness, and you're ready to take on the day. Again.

1 apple – granny smith
½ cup papaya or paw paw
½ cup blueberries
½ cucumber
2 sprigs mint
1 cup water

| | |
|-------------|---|
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Papaya | Vitamins A, C and E, Potassium, Carotenoids, Dietary Fibre |
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Cucumber | Vitamins A, B, C, and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Mint | Antioxidants, Manganese, Copper, Vitamins C and B-complex, Carotenoids |



MUSCULO-SKELETAL INFUSIONS

Healing: Specially designed for gout, arthritis and rheumatism sufferers. With **vitamins A, B complex, C, E and K**, and over 20 valuable **minerals, antioxidants** and **flavonoid** compounds, this infusion attacks joint pain, inflammation, stiffness and connective tissue injury from almost every angle.

Focus on: Inflammation, Cartilage Damage, Arthritis, Gout, Rheumatism

JOHNNY'S JOINT JUICE

Old Johnny knew how to be good. Especially to his joints. This is his favourite joint health infusion, and it's bursting with tropic goodness selected especially for joint care. Add in turmeric and unlock its magic with black pepper to really supercharge this delicious drink.

½ cup pineapple
1 cup papaya or paw paw
½ pear
½ cup watermelon
½ cucumber
½ cm piece of turmeric
ground black pepper
1 sprig basil
½ cup water

| | |
|------------|---|
| Pineapple | Vitamins B and C, Dietary Fibre, Manganese, Copper, Magnesium |
| Papaya | Vitamins A, C and E, Potassium, Carotenoids, Dietary Fibre |
| Pear | Dietary Fibre, Copper, Vitamins B, C and K, Potassium |
| Watermelon | Vitamins A, B-complex and C, Iron, Potassium, Lycopene |
| Cucumber | Vitamins A, B, C, and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Basil | Vitamins A, B, C, E and K, Antioxidants, Flavonoids |
| Turmeric | Curcumin, Manganese, Iron, Vitamin B6, Copper, Potassium |







MEMORY / BRAIN INFUSIONS

Clarity • Cognitive ability • Retention

MEMORY INFUSIONS





YOUR BRAIN AND MENTAL HEALTH

Have you fed your brain today with the best nutrition you can? Your brain is the most complex organ in your body, and science still doesn't completely understand how it works. It is responsible for every part of how your body functions: voluntary and involuntary movements and processes, thoughts, feelings, memory, awareness, processing sensory data and the production and secretion of hormones are all controlled by your brain.

The brain comprises the cerebrum (the largest part), which is divided into the right and left hemispheres, the corpus callosum, the cerebral cortex (considered to be the centre of complex thought), thalamus, cerebellum, hypothalamus, hippocampus and brain stem. It is powered by 86 billion nerve cells (neurons), which form the "grey matter", and billions of nerve fibres (axons and dendrites), the white matter. Your neurons are linked by trillions of connections called synapses; the more synapses the better the connection, and the better your brain function. Although your brain weighs only about 1.5 kilograms (about two per cent of an adult's total weight), it uses about 20 per cent of the energy and oxygen that you take in. It should be no surprise, then, that what you eat has a direct impact on the functioning of your brain and your mental health. Your brain structure is partly determined by genetics but largely by experience. How your brain ages also depends

on your genes and your lifestyle, with exercise and good nutrition just as important for brain health as it is for the rest of the body.

Is my brain well?

One of the most common health issues that concerns your brain is stroke, which generally occurs as the result of a blood clot in the brain. This blocks the blood supply, causing damage or destruction of local brain tissue. However, we tend to class stroke as a cardiovascular condition even though it does involve your brain.

Other diseases and conditions that specifically involve the brain include:

- **neurodegenerative diseases** (e.g. alzheimer's disease and other forms of dementia, parkinson's disease, huntington's disease and motor neurone disease)
- **infectious disease** (e.g. meningitis)
- **multiple sclerosis**
- **cerebral haemorrhage**
- **brain tumours**
- **concussion** and brain damage caused by injury
- **mental health issues** (e.g. depression, bipolar disorder, schizophrenia, post-traumatic stress disorder, obsessive compulsive disorder)

MEMORY INFUSIONS



Nourishment for your Brain and Mental Health

Essentially, a healthy balanced diet with lots of fresh fruit and vegetables is as important for your brain as it is for other parts of your body. Research has shown a link between higher fish consumption and a lower risk of dementia, and a Mediterranean-style diet has been found to be particularly good for the brain. Specifically, the following foods are brain superfoods:

- **Avocados, sunflower seeds, peanuts, almonds, walnuts, hazelnuts and whole grains** are all vitamin E-rich foods, helping prevent brain-cell degeneration
- **Fish**, such as salmon, sardines and tuna are rich in omega 3 – and your brain is literally built out of omega 3 fats!
- **Dark leafy greens and cruciferous vegetables**, such as kale, spinach, cabbage, broccoli and bok choy (vitamin E and B-complex vitamins, and antioxidants), are valuable for improving memory by creating a protective shield for brain neurons
- **Eggs** contain choline (important for communication between brain cells), which could help you learn faster, retain memory and ward off Alzheimer's
- **Blueberries, strawberries and acai berries** are anthocyanin-rich, improving cognitive function
- **Tomatoes** contain the powerful antioxidant lycopene, a potential protectant against brain and nervous system decay
- **Pumpkin seeds** have zinc, essential for the higher brain functions of learning and recall
- **Dark chocolate or cacao** contain flavenols that increase oxygen supply to the brain
- **Green tea** catechins can enhance brain connectivity, resulting in improved working memory
- **Turmeric** is a great source of curcumin, a brain protectant readily absorbed when consumed in conjunction with black pepper
- **Water** – if you're thirsty, then drink! Even mild dehydration will slow down thought processes and impair judgement

For mental health add:

- **Yogurt, banana and garlic** as prebiotics for healthy gut flora (see "Did You Know?")
- **Brazil nuts** for selenium
- **Poultry, red meat, dairy and eggs** for tryptophan
- **Capsicum, broccoli and sunflower seeds** for magnesium
- **Sunshine** for vitamin D (not a food, but it still nourishes your body and your soul!)



Your brain houses around 100 billion neurons – but another half billion are actually in your gut! Researchers are calling it your “second brain”, since it thinks and makes many decisions all on its own. One researcher said, “Time and time again, we hear from patients that they never felt depressed or anxious until they started experiencing problems with their gut. Our study shows that the gut–brain connection is a two-way street.” And that’s why it pays to listen to that “gut feeling”.

RISK FACTORS

The risk factors depend on which condition you are talking about. With an organ as complex as the brain, it follows that risk factors can be similarly complex. Overall, though, age is one of the biggest risk factors - especially for stroke and dementia.

- Smoking
- Recreational drug use
- Excessive alcohol consumption
- Exposure to toxic chemicals and heavy metals, such as mercury and lead
- Poor nutrition, which has a significant role in exacerbating mental health issues (especially depression), whilst good nutrition can positively impact mental health

For more on stroke risk, you need to go back to our section on the cardiovascular system.



MEMORY INFUSIONS

Healing: Not only are they a favourite fruit for athletes, bananas can also boost brain power and reduce the risk of strokes. Packed with natural sugars and **vitamins**, this infusion will aid your workout recovery, increase blood flow, and keep your short term memory firing.

Focus on: Stroke, Memory Loss, Concentration Lapses, Low Blood Pressure

FORGET-ME-NOT

Strawberries and blueberries give this elixir the colour of its namesake - so you'll always remember its name. Great for memory, with pineapple, banana and almond milk, you'll find it's also a terrific workout recovery tonic.

½ cup strawberries
½ cup blueberries
1 cup almond milk
½ cup pineapple
1 banana
1 T honey

| | |
|--------------|--|
| Strawberries | Dietary Fibre, Vitamins A, C and K, Iodine, Folic Acid, Manganese |
| Blueberries | Antioxidants, Vitamins B, C, E and K, Manganese, Riboflavin, Dietary Fibre |
| Pineapple | Vitamins B and C, Dietary Fibre, Manganese, Copper, Magnesium |
| Banana | Vitamins B6 and C, Potassium, Dietary Fibre, Riboflavin, Magnesium, Biotin |
| Honey | Vitamin B, Calcium, Iron, Zinc, Potassium, Phosphorus |



MEMORY INFUSIONS

Healing: **Lycopene** and **anthocyanins** (which give these fruits and vegetables their vibrant colour) help repair genetic material and prevent age-related degeneration of nervous system tissues and brain cells, so could be an aid not only in combating dementia, but may also improve mood balance.

Focus on: Dementia, Mood Imbalance, Parkinson's Disease, Essential Tremors

RED ALERT

Three brightly coloured vegies team up with crisp, juicy apple to create this memory-booster. Lime adds a lively freshness to brighten you up. And because you're sharp as a pin when you're properly hydrated add 2 cups of coconut water.

1 apple
½ tomato
¼ capsicum
½ cup red cabbage
¼ lime – peeled
2 cups coconut water

| | |
|-------------|---|
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Tomato | Lycopene, Glutathione, Beta-Carotene, Vitamins B6 and C, Biotin, Folic Acid |
| Capsicum | Antioxidants, Dietary Fibre, Vitamins A, C, E, K, and B-complex, Beta-Carotene |
| Red Cabbage | Vitamins C, K and B6, Calcium, Biotin, Magnesium, Glucosinolates, Manganese |
| Lime | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |



MEMORY INFUSIONS

Healing: Almonds and walnuts contain a host of neuro-protective compounds, including **vitamin E, folate, melatonin, omega-3** fats and **antioxidants**. Walnuts can limit the increase in oxidative stress that occurs with aging, increase health span, and also enhance cognitive and motor function in aging. With this infusion as part of your diet, you can look forward to a healthy brain, effective nervous system and improved concentration.

Focus on: Anxiety, Oxidative Damage, Cognitive Decline, Confusion

SUPER SWOT

Got exams coming up? A job interview? Or maybe you just want to improve your crossword score...? Then Super Swot is for you! The combination of natural yoghurt and almond milk make this infusion super-creamy, buoyed by luscious stone fruit flavours.

1 peach
2 apricots
½ cup mango
¼ cup natural yogurt
4 walnuts
1 cup almond milk

| | |
|----------------|--|
| Peach | Potassium, Carotenoids, Flavonoids, Dietary Fibre, Vitamins A and C, Niacin, |
| Apricot | Vitamins A and C, Dietary Fibre, Potassium, Iron, Lycopene, Lutein |
| Mango | Vitamins A, and C, Niacin, Dietary Fibre, Copper, Carotenoids |
| Natural Yogurt | Lactobacilli, Acidophilus, Protein, Calcium |
| Walnuts | Antioxidants, Omega-3 Fatty Acids, Vitamin E, Copper, Manganese, Magnesium |



MEMORY INFUSIONS

Healing: A diet high in **monounsaturated fats** (often called “the Mediterranean diet”) has been shown to alter the basic chemistry of the brain – in a good way! Learning ability is enhanced, age-related cognitive decline slowed and the risk of getting Alzheimer’s disease is reduced. This infusion makes the most of avocado’s biggest benefit.

Focus on: Cognitive Decline, Alzheimer’s Disease, Dementia

BRAINIAC

We’d all like to be sharper, with improved concentration. Stay up with the whizz-kids with this brain-booster. Beets, creamy avo, apple and celery are given a citrus lift from the oranges and lemon. Superfood cranberries make an appearance, while chilli adds a light tingle on the finish.

½ beetroot – medium
½ avocado
1 apple
1 stalk celery
1 orange – peeled
¼ lemon – peeled
½ cup cranberries
¼ red chilli
2 cups coconut water

| | |
|-------------|---|
| Beetroot | Vitamins A, B, C and K, Betacyanin, Iron, Potassium, Manganese, Antioxidants |
| Avocado | Monounsaturated Fats, Dietary Fibre, Vitamins A, B, E and K, Potassium |
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Orange | Vitamins B and C, Flavonoids, Folic Acid, Carotenoids, Potassium, Dietary Fibre |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Cranberries | Vitamins, A and C, Potassium, Niacin, Boron, Iron |
| Red Chilli | Capsaicin, Beta-Carotenoids, Vitamins A, B-complex and C, Potassium, Iron, Copper |



Healing: Copper is vital for brain development both before and after birth, and also for the maintenance of a healthy brain throughout life. Not only is it essential in the physical structuring process, studies show copper enables neural pathways to develop in unique ways, enabling creative and “higher level” thinking.

Focus on: Mental Fatigue, Concentration Lapses, Memory Loss

NO BRAINER

Give your concentration and composure a lift with this winner! Spinach is sweetened by pear, while avocado adds a welcome creaminess. Coconut water keeps your brain hydrated. And you get the zesty triple-whammy of lemon, ginger and mint to keep you sharp.

- 1 pear
- ½ avocado
- 2 cups spinach
- ¼ lemon – peeled
- ½ cm piece of ginger
- 3 sprigs mint
- 2 cups coconut water

| | |
|---------|--|
| Pear | Dietary Fibre, Copper, Vitamins B, C and K, Potassium |
| Avocado | Monounsaturated Fats, Dietary Fibre, Vitamins A, B, E and K, Potassium |
| Spinach | Vitamins A, B, C, E and K, Magnesium, Potassium, Iron, Lutein, Manganese |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Ginger | Vitamin C, Niacin, Potassium, Magnesium, Copper, Manganese |
| Mint | Antioxidants, Manganese, Copper, Vitamins C and B-complex, Carotenoids |







CANCER INFUSIONS

Prevention • Support • Recovery

CANCER INFUSIONS





CANCER

The BIG 'C'.

Of all the things that might go wrong with your health, cancer is probably the one people fear the most. After all, it is the second biggest killer of Australians and New Zealanders behind cardiovascular disease. Cancer is not always a random disease that sneaks up on the unwary for no reason. There is much you can do to reduce your risk of cancer.

For cancer to occur two conditions need to be present. Cancer comes about because cells multiply more quickly than they ought to and do not die when they are supposed to. On top of that, the immune system fails to do its job of hunting down and killing these "rogue" cells. All cells in your body have a limited life, and healthy, normal cells eventually undergo apoptosis (programmed cell death). The DNA in our cells can sustain damage – either naturally due to ageing, or by being exposed to external factors like radiation, tobacco smoke, toxic chemicals, endocrine disrupting chemicals, free radicals and so on. When this happens, our cells can turn rogue. So how do we prevent as much cell damage as possible, and support our immune system to catch the rogue cells before it's too late?

Starting with the immune system, turn to page **109** to see what you can do to keep it functioning at 100%.

Using Food to Protect Against Cancer

Cancer can affect almost every part of your body, and while we know a lot about some cancers we know less about others, particularly in terms of the root causes. But one of the things we have the most evidence for is that a healthy diet with lots of fruit and vegetables reduces the risk of cancer. In fact, the International Agency for Cancer Research (IARC) has said that one third of cancers (33%) could be prevented if we all ate a Mediterranean-style diet, maintained a healthy bodyweight, didn't smoke, drank alcohol only moderately and got enough exercise

(enough being about 30 minutes of moderate intensity exercise, such as walking daily). IARC have stated in their publications on cancer risk that "approximately one in ten cancers in western populations is due to an insufficient intake of fruit and vegetables."

So the food you eat, in particular the amount of fruit and vegetables you eat has a direct bearing on your risk of many cancers, including the ones that affect the most people such as breast and prostate cancer, and colorectal cancer (these are the three most common cancers in Australia and New Zealand).

Let's keep it simple. Get ample amounts of these top anti-cancer foods and you have made an excellent start on reducing your risk:

- **Blueberries, blackberries, blackcurrants and strawberries** are rich in antioxidants which can neutralise free radicals and limit cell damage
- **Cruciferous vegetables** – broccoli, cabbage, cauliflower and brussel sprouts, contain cancer-fighting organosulfur compounds
- **Brussel sprouts** also contain phytochemicals that reduce cell damage and boost immunity, help slow the growth of tumours, and encourage cancer cells to die, particularly reducing your risk of breast and colon cancer
- **Spinach, kale and beet greens** (silver beet and beetroot leaves) are good sources of the antioxidants beta-carotene, zeaxanthin and lutein, and may limit the growth of some types of cancer cells
- **Turmeric** contains curcumin, which can inhibit some kinds of cancer cells and slow the spread of cancer or shrink tumours. It is an anti-inflammatory, and cancer is believed to be caused in part by inflammatory processes



- **Almost all fruits and vegetables** are high in dietary fibre – a key element in the prevention of colon cancer
- **Garlic** – according to the World Health Organisation, an allicin-rich clove a day may lower your risk of colon, stomach and breast cancers
- **Asparagus, bananas, beans and bean sprouts, peas and pineapple** are folate-rich foods that could lower the risk of colon cancer
- **Carrots** are high in antioxidants and carotenoids that may help prevent rectal cancer
- **Tomatoes** are rich in lycopene, which may help prevent prostate cancer
- **Green tea** contains epigallocatechin gallate and other catechins that may help prevent cancer by stopping free radicals damaging cells, and may also shrink tumours and reduce tumour growth
- **Grapes** are a rich source of the antioxidant resveratrol, which limits the growth of many kinds of cancer cells. In men, moderate amounts of red wine have been linked to a lower risk of prostate cancer
- **Oranges, lemons, kiwifruit, papaya, capsicums, berries and tomatoes** are rich in vitamin C, a potential cancer preventer
- **Thyme, oregano, basil, rosemary, marjoram and mint** can also help reduce the growth of cancer cells thanks to their high level of phenolic compounds
- **Ginger** contains powerful terpene anti-inflammatories, and can slow cancer growth
- **Dark chocolate and cacao** are high in antioxidants and catechins, protecting cells against damage
- **Vitamin D** – a deficiency in this vitamin has been associated with 16 different types of cancer, including skin cancer. If you cannot safely get what you need from the sun, eat oily fish, cod liver oil or mushrooms – some of the very few food sources of vitamin D



Men can get breast cancer. About 1% of all diagnosed breast cancers are in men, which means that up to 30 men a year in New Zealand and 120 men a year in Australia are diagnosed with what is generally regarded as a women's disease. Unfortunately, when men find a breast lump or a change in their breast tissue, breast cancer is usually not the first thing that they consider, and neither do their doctors. This means men are often diagnosed later than women with the same symptoms, and some have poorer outcomes as a result. Men need to be just as vigilant as women regarding changes to their breast tissue (and elsewhere in their bodies), and get things checked out by a doctor... earlier rather than later.

RISK FACTORS

Cancer is not a single disease and some cancers of specific organs are not all the same – for example breast cancer is not a single disease either – so risk factors can vary substantially for different cancers. However, there are some pretty universal risk factors that apply to many if not most different types of cancer. These include:

- **Age** – the biggest risk factor for most cancers, especially solid tumour cancers, is increasing age as the longer you have lived the greater the damage to your cells' DNA which could lead to mutations that cause cancer
- **Gender** – obviously being a woman is a risk factor for uterine, breast, cervical and ovarian cancer. Being a man is a risk factor for prostate, penile and testicular cancer (the last two are reasonably uncommon)
- **Genetics**: certain cancers such as breast and ovarian cancer, prostate, stomach and colorectal cancer can run in families and are associated with particular gene mutations
- **Smoking**
- **Excess alcohol consumption** – more than one drink per day for women and more than two drinks per day for men
- **Poor diet** – low in fresh fruit and vegetables and high in saturated fats, and foods cooked over high heat that form acrylamides
- **Exposure to certain carcinogenic chemicals** such as endocrine disruptors, some pesticides, asbestos and benzenes
- **Being overweight or obese**
- **Insufficient physical activity**
- **Ionising radiation** from medical exposure (x-rays and CAT scans) or nuclear exposure

Healing: With a rich supply of **phytonutrients** that have **antioxidant** and **anti-inflammatory** properties, this infusion could help offset these factors and therefore lower the risk of cancer development. Antioxidants help neutralize harmful byproducts of metabolism called free radicals that can be precursors to many forms of cancer and other age-related diseases.

Focus on: Skin Cancer, Prostate Cancer, Macular Degeneration, Toxicity

NATURE'S NECTAR

With their generous water content this combo of juicy watermelon, tangy nectarines and celery makes this infusion extremely refreshing and great for hydration. Add in the capsicum and goji berries and you've got an antioxidant one-two punch.

2 nectarines
 1 cup watermelon
 ½ stalk celery
 1 T goji berries
 ¼ capsicum
 1 cup water

| | |
|--------------|---|
| Nectarine | Potassium, Carotenoids, Flavonoids, Dietary Fibre, Vitamins A and C, Niacin, Iron |
| Watermelon | Vitamins A, B-complex, and C, Iron, Potassium, Lycopene |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Goji Berries | Vitamin C, Protein, Carotenoids, Iron, Calcium, Zinc, Selenium, Dietary Fibre |
| Capsicum | Antioxidants, Dietary Fibre, Vitamins A, C, E, K, and B-complex, Beta-Carotene |



Healing: Nitrogen compounds are responsible for causing many cancers, and with its high load of **vitamin C**, this infusion can prevent their formation. It's important to know that the reduced cancer risk found in these studies only applied to vitamin C sourced from fresh foods – not supplements.

Focus on: Esophageal Cancer, Inflammation, Motion Sickness, Toxicity

GREEN-O-THERAPY

This green dynamic duo of granny smith and kiwifruit partner up to deliver a powerful disease defence infusion. Mint and ginger bring additional superfood health benefits, as well as adding a zingy crispness to revitalise.

1 apple – granny smith
1 kiwifruit – peeled
½ cm piece of ginger
2 sprigs mint
1 ½ cups water

| | |
|-----------|---|
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Kiwifruit | Vitamins A, C, E and K, Potassium, Magnesium, Copper, Antioxidants, Phosphorus |
| Ginger | Vitamin C, Niacin, Potassium, Magnesium, Copper, Manganese |
| Mint | Antioxidants, Manganese, Copper, Vitamins C and B-complex, Carotenoids |



Healing: Packed full of **carotenoids, flavonoids** and **glucosinolates**, this infusion has immense cancer prevention potential. It contains key nutrients in the protection of our body from problems related to oxidative stress, problems which are factors in bladder cancer, breast cancer, colon cancer, ovarian cancer, and prostate cancer.

Focus on: Prostate Cancer, Ovarian Cancer, Colon Cancer, Breast Cancer

MANGO TANGO

While kale forms the superfood base for this risk-reducing infusion, it's the combination of mango, fresh lime and coconut that elevates its health-giving goodness. This tropically flavoured elixir would be quite at home at your favourite resort.

1 cup mango
 ½ lime – peeled
 2 cups kale
 ¼ cup shredded coconut
 1 ½ cups coconut water

| | |
|---------|---|
| Mango | Vitamins A, and C, Niacin, Dietary Fibre, Copper, Carotenoids |
| Kale | Vitamins A, B, C and E, Dietary Fibre, Iron, Calcium, Beta-Carotene, Lutein, Copper |
| Lime | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Coconut | Protein, Manganese, Molybdenum, Copper, Selenium, Zinc |



Healing: Lack of oxygenation can lead to toxin accumulation, and make the body much more vulnerable to systemic proliferation of microbes, such as certain bacteria, viruses, and fungi that are associated with cancer. This infusion will boost your water intake at a cellular level, allowing for proper **transport of oxygen** and keeping your entire system running smoothly.

Focus on: Stomach Cancer, Toxicity, Colon Cancer, Macular Degeneration

GREEN MACHINE

Press ignition and fire up the Green Machine for an outstanding healthy boost! The disease defence team of kale, apple, celery, cucumber and mint come together for your protection. Red grapefruit adds a tangy sour twist for extra freshness.

½ cup red grapefruit
 1 cup kale
 1 apple – large
 1 stalk celery
 ½ cup cucumber
 ½ cup mango
 3 sprigs mint
 1 cup water

| | |
|----------------|---|
| Red Grapefruit | Flavonoids, Potassium, Vitamin C, Folic Acid, Lycopene |
| Kale | Vitamins A, B, C and E, Dietary Fibre, Iron, Calcium, Beta-Carotene, Lutein, Copper |
| Apple | Dietary Fibre, Antioxidants, Vitamins A, B and C, Potassium, Flavonoids, Phytochemicals |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Cucumber | Vitamins A, B, C, and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Mango | Vitamins A and C, Niacin, Dietary Fibre, Copper, Carotenoids |
| Mint | Antioxidants, Manganese, Copper, Vitamins C and B-complex, Carotenoids |



Healing: Eating a wide variety of fruits and vegetables increases your chances of getting all the bioactive agents your body needs to help fight off cancer. **Capsaicin** – the chili ingredient that causes the heat sensation – helps in preventing and healing gastric ulcers, a potential “source point” for many cancers.

Focus on: Stomach Cancer, Inflammation, Colon Cancer, Breast Cancer

THAI ME UP

An infusion with a distinct South East Asian influence. Kale forms the base, while pineapple, peach and cucumber bring a fruity hydrating freshness. Add mango, lime, chilli and coriander and you get a distinct Thai sweet and sour experience.

- 1 cup kale
- ½ cup pineapple
- 1 cup mango
- 1 peach – pit removed
- ½ cup cucumber
- ¼ red chilli
- ½ lime - peeled
- 3 sprigs coriander
- 1 ½ cups coconut water

| | |
|-----------|---|
| Kale | Vitamins A, B, C and E, Dietary Fibre, Iron, Calcium, Beta-Carotene, Lutein, Copper |
| Pineapple | Vitamins B and C, Dietary Fibre, Manganese, Copper, Magnesium |
| Mango | Vitamins A and C, Niacin, Dietary Fibre, Copper, Carotenoids |
| Peach | Potassium, Carotenoids, Flavonoids, Dietary Fibre, Vitamins A and C, Niacin, |
| Cucumber | Vitamins A, B, C, and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Chilli | Capsaicin, Beta-Carotenoids, Vitamins A, B-complex and C, Potassium, Iron, Copper |
| Lime | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Coriander | Vitamins A, C and K, Potassium, Calcium, Phosphorus |





A close-up photograph of a bowl of light green soup. A golden-brown bread ring is placed in the center of the bowl, with three fresh green asparagus spears resting inside it. The soup is garnished with a sprinkle of dark brown spices. The bowl is white, and a green textured placemat is visible at the bottom right. The background is a light blue-grey gradient.

SOUP RECIPES

SOUP INFUSIONS



DELICIOUS GOURMET SOUP INFUSIONS

Soup Infusions are a delicious alternative in the cooler months. A wholesome hot mug of soup on a cold day means you can still stay focused on health and load up on vegetables with all their nutritional goodness. In this section you'll find nine quick, easy-to-make soup infusions that are simply delicious.

Each soup infusion is designed to address a range of important health issues. And the good news is, unlike canned or processed soups (which are often high in salt and other additives) because you've made these soups yourself you know exactly what's in them.

For a refreshing change, two of the soups are served cold. All of them make a wonderful treat for yourself. They also make the perfect healthy, filling lunch to take to work. And here's something you'll love... their gourmet flavours and rich creamy texture make them excellent dinner party starters with which to wow your guests. So here's to soup... hot, healthy and heart-warming. Enjoy!

PLEASE NOTE: Once you have infused your soup, heat it gently in a saucepan or microwave.



Healing: Perhaps surprisingly, cashews contain zero cholesterol, but are high in **oleic acid** (the “good” fat). And they are a great source of **magnesium**, which can diminish the frequency of migraines as well as lower blood pressure. They are also a valuable source of **proanthocyanidins** – flavanol compounds that inhibit the ability of cancer cells to divide and multiply.

Focus on: Migraines, Inflammation, Colon Cancer, Stroke, Heart Attack

NUTRICIOUS

Raw cashews add a real nutty creaminess to the rich broccoli and celery flavours in this delicious soup infusion. For more of a kick, just add more heart-healthy garlic. Serve it as a dinner party starter and your guests will go nuts for this winner.

2 cups broccoli
 1 stalk celery
 ¼ cup cashews
 ¼ clove of garlic
 1 cup vegetable stock
 salt and pepper to taste

SERVE HOT

| | |
|----------|---|
| Broccoli | Vitamins A, B, C, E and K, Glucosinolates, Folic Acid, Potassium, Phosphorus |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Cashews | Copper, Phosphorus, Manganese, Magnesium, Zinc, Iron, Selenium |
| Garlic | Vitamins C and B6, Selenium, Manganese, Calcium, Iron, Copper, Potassium |



Healing: Your body relies heavily on **pyridoxine** (vitamin B6) for efficient nervous-system messaging and protein metabolism. These are key factors in maintaining a healthy immune system. This vitamin also helps build haemoglobin to transport oxygen in your blood. Pyridoxine is best derived from vegetable sources, since protein-high meats can “use up” their own B6 contribution.

Focus on: Heart Disease, Poor Immunity, Chronic Inflammation, High Cholesterol

HONEY-B

What’s all the buzz about? This heart-healthy rich tomato and capsicum soup is given an intriguing sweet twist with a dash of honey. And since honey is the only food that doesn’t go bad, this infusion has got to be good for you!

3 tomatoes
 ¼ onion – peeled
 ½ capsicum
 ¼ clove of garlic
 2 T tomato paste
 2 T olive oil
 1 t honey
 1 cup water
 salt and pepper to taste

SERVE HOT

| | |
|----------|---|
| Tomato | Lycopene, Glutathione, Beta-Carotene, Vitamins B6 and C, Biotin, Folic Acid |
| Onion | Biotin, Manganese, Copper, Vitamins B6 and C, Dietary Fibre |
| Capsicum | Antioxidants, Dietary Fibre, Vitamins A, C, E, K and B-complex, Beta-Carotene |
| Garlic | Vitamins C and B6, Selenium, Manganese, Calcium, Iron, Copper, Potassium |
| Honey | Vitamin B, Calcium, Iron, Zinc, Potassium, Phosphorus |



Healing: The **lycopene** in tomatoes is converted to retinol (vitamin A) by the body – retinol reduces the effects of ageing as it promotes the production of collagen and melatonin, which not only reduce skin darkening and age spots, but also regulate the overall health of your skin, hair and nails.

Focus on: Blemishes, Dull Hair, Brittle Nails, Hyperpigmentation

YOU BEAU-T

An infusion that's a superb beauty tonic. Banish those blemishes, strengthen nails and add shine to your hair. Make it a regular addition to your beauty regime to really see and feel a difference!

2 tomatoes
 ½ cucumber
 ½ capsicum
 ¼ cup spring onion
 3 sprigs basil
 ¼ clove of garlic
 ½ cup vegetable stock
 2 T olive oil
 ½ t honey
 salt and pepper to taste

SERVE HOT

| | |
|--------------|---|
| Tomato | Lycopene, Glutathione, Beta-Carotene, Vitamins B6 and C, Biotin, Folic Acid |
| Cucumber | Vitamins A, B, C and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Capsicum | Antioxidants, Dietary Fibre, Vitamins A, C, E, K and B-complex, Beta-Carotene |
| Spring Onion | Dietary Fibre, Vitamin C, Potassium, Calcium, Magnesium, Phosphorus |
| Basil | Vitamins A, B, C, E and K, Antioxidants, Flavonoids |
| Garlic | Vitamins C and B6, Selenium, Manganese, Calcium, Iron, Copper, Potassium |
| Honey | Vitamin B, Calcium, Iron, Zinc, Potassium, Phosphorus |



Healing: Grown wild throughout India, cucumbers are used as a traditional medicine to treat headaches, and are known to be an excellent source of anti-inflammatory **vitamin K**. Garlic is a rich source of **lignans**, valuable polyphenols that deliver protective health benefits, such as lowering the risk of heart disease.

Focus on: Headaches, Inflammation, Infection, Heart Disease

COOL AS A...

Cucumber soup is one of the classic cold soups! And while this super-healthy infusion is great for a range of ailments, it's also a deliciously cool and refreshing summertime meal starter. You get the hydrating freshness of cucumber, tangy zing of natural yogurt, finished off with a twist of crisp, clean mint. Yum!

1 cucumber
 ½ cup natural yogurt
 2 sprigs mint
 2 T olive oil
 ¼ clove of garlic
 salt and pepper to taste

SERVE COLD

| | |
|----------------|--|
| Cucumber | Vitamins A, B, C and K, Magnesium, Phosphorus, Potassium, Silica, Folic Acid |
| Natural Yogurt | Lactobacilli, Acidophilus, Protein, Calcium |
| Mint | Antioxidants, Manganese, Copper, Vitamins C and B-complex, Carotenoids |
| Garlic | Vitamins C and B6, Selenium, Manganese, Calcium, Iron, Copper, Potassium |



Healing: Carrots are a safe and plentiful source of **beta-carotene**, another valuable compound that the body converts into **retinol** (Vitamin A). It's true that carrots are good for your eyesight – and along with maintaining eye health, they also help the body attain normal growth and development, a strong immune system, and healthy skin.

Focus on: Macular Degeneration, Cataracts, Poor Immunity, Coronary Heart Disease

A BETA LIFE

This gorgeously rich orange soup is not only easy on the eye, it's great for maintaining eye health. And with cumin, paprika and cayenne pepper it's also one of the spicier soup infusions delivering an eye-widening zing. (Love it spicy? Just add more spice to taste!)

3 carrots
 ½ orange – peeled
 ¼ onion – peeled
 ¼ clove of garlic
 2 T olive oil
 1 t cumin
 1 sprig coriander

½ t paprika
 ¼ t cayenne pepper
 1 t red wine vinegar
 1 cup vegetable stock
 salt and pepper to taste

SERVE HOT

| | |
|----------------|--|
| Carrot | Dietary Fibre, Vitamins A, B6, C and K, Potassium, Beta-Carotene, Biotin, Thiamine |
| Orange | Vitamins B and C, Flavonoids, Folic Acid, Carotenoids, Potassium, Dietary Fibre |
| Onion | Biotin, Manganese, Copper, Vitamins B6 and C, Dietary Fibre |
| Garlic | Vitamins C and B6, Selenium, Manganese, Calcium, Iron, Copper, Potassium |
| Cumin | Iron, Copper, Selenium, Zinc, Vitamins C and B-complex |
| Coriander | Vitamins A, C and K, Potassium, Calcium, Phosphorus |
| Paprika | Vitamins A, C, E and K, Antioxidants, Capsaicin, Carotenoids |
| Cayenne Pepper | Vitamins A, B and C, Capsaicin, Carotenoids |



Healing: Beetroot contains **betaine**, a compound shown to protect internal organs, improve vascular risk factors, and support the metabolic processes of your liver and kidneys. And a growing body of evidence shows it is also an important nutrient for both the treatment and prevention of chronic disease.

Focus on: Rheumatism, High Blood Pressure, Inflammation

THE BEET GOES ON

This vermillion veggie couldn't be more vibrant – in colour as well as in taste! The addition of sour cream and coconut milk make it rich, thick and super-creamy. Just don't spill any on that white shirt of yours!

1 beetroot
 1 stalk celery
 ½ cup red cabbage
 ¼ onion – peeled
 ¼ clove of garlic
 ¼ cm piece of turmeric

1 T red wine vinegar
 ¼ cup sour cream
 ¼ cup coconut milk
 1 cup vegetable stock
 salt and pepper to taste

SERVE HOT

| | |
|--------------|---|
| Beetroot | Vitamins A, B, C and K, Betaine, Iron, Potassium, Manganese, Antioxidants |
| Celery | Dietary Fibre, Vitamins A, B, C and K, Potassium, Folic Acid, Calcium, Biotin |
| Red Cabbage | Vitamins C, K and B6, Calcium, Biotin, Magnesium, Glucosinolates, Manganese |
| Onion | Biotin, Manganese, Copper, Vitamins B6 and C, Dietary Fibre |
| Garlic | Vitamins C and B6, Selenium, Manganese, Calcium, Iron, Copper, Potassium |
| Turmeric | Curcumin, Manganese, Iron, Vitamin B6, Copper, Potassium |
| Sour Cream | Calcium, Phosphorus, Protein, Potassium, Magnesium |
| Coconut Milk | Potassium, Phosphorus, Magnesium, Calcium, Selenium, Dietary Fibre |



Healing: Courgettes are rich in **B-complex vitamins, zinc** and **magnesium**, which are all valuable in ensuring healthy blood sugar regulation – a definite advantage for diabetics. They are also rich in the flavonoid antioxidant **zeaxanthin**, which plays a significant role in slowing down ageing, protecting eyesight and preventing the onset of chronic diseases.

Focus on: Diabetes, Oxidative Stress, Retina Damage

SOUPER DUPER

Whether you call them courgettes or zucchinis, either way you'll love this infusion. Spring onion and garlic take the mild flavour of courgette to another level, while that ¼ lemon adds a lovely zesty edge. No wonder this soup is Souper-Duper!

1 ½ courgettes
 ¼ cup spring onion
 ¼ clove of garlic
 ¼ lemon – peeled
 1 sprig parsley
 2 T olive oil
 1 cup vegetable stock
 salt and pepper to taste

SERVE HOT

| | |
|--------------|---|
| Courgette | Antioxidants, Flavonoids, Vitamins C and B-complex, Potassium, Phosphorus |
| Spring Onion | Dietary Fibre, Vitamin C, Potassium, Calcium, Magnesium, Phosphorus |
| Garlic | Vitamins C and B6, Selenium, Manganese, Calcium, Iron, Copper, Potassium |
| Lemon | Vitamin C, Limonene, Flavonoids, Carotenoids, Potassium |
| Parsley | Chlorophyll, Vitamin C, Dietary Fibre, Folic Acid, Flavonoids, Calcium, Zinc, Magnesium |



Healing: Kale and spinach contain unusually high levels of **sulforophane**, a phytonutrient with potent anti-cancer properties. Along with other nutrients that boost DNA repair and block the growth of cancer cells, these true superfood vegetables also contain compounds shown to lower cholesterol and decrease absorption of dietary fat.

Focus on: Prostate Cancer, Colon Cancer, Heart Disease, High Cholesterol

MAN FOOD

While this infusion addresses a number of man-related issues it can be enjoyed by all. Packed with all the greeny goodness of spinach and kale, cashews make this soup deliciously creamy. Add a sprinkle of Parmesan for extra interest!

2 cups spinach
 1 cup kale
 ½ clove of garlic
 ¼ cup cashews
 ¼ onion – peeled
 1 ½ cups vegetable stock
 salt and pepper to taste

SERVE HOT

| | |
|---------|---|
| Spinach | Vitamins A, B, C, E and K, Magnesium, Potassium, Iron, Lutein, Manganese |
| Kale | Vitamins A, B, C and E, Dietary Fibre, Iron, Calcium, Beta-Carotene, Lutein, Copper |
| Garlic | Vitamins C and B6, Selenium, Manganese, Calcium, Iron, Copper, Potassium |
| Cashews | Copper, Phosphorus, Manganese, Magnesium, Zinc, Iron, Selenium |
| Onion | Biotin, Manganese, Copper, Vitamin B6 and C, Dietary Fibre |



Healing: More **potassium** than bananas, healthy doses of **vitamins C, E** and **B-complex**, a rich **fibre** content, and delivering almost five times your daily requirement of **vitamin A**... with nutrients supporting almost every body process from cardiovascular to cell generation to lung function, butternut truly rates as a stand-alone superfood.

Focus on: Macular Degeneration, Asthma, Colon Cancer, Stomach Cancer

BUTTERBING

Although technically a fruit, this winter pumpkin makes a deliciously sweet, nutty infusion. For a different take, try lightly roasting the butternut first. Pop all ingredients in the cup, infuse and - Butterbing Buddaboom - you have a great tasting, healthy soup!

1 butternut – peeled
¼ clove of garlic
1 cup vegetable stock
a pinch of nutmeg
salt and pepper to taste

SERVE HOT

| | |
|-----------|--|
| Butternut | Carotenoids, Vitamins C, E and B-complex, Magnesium, Manganese, Calcium |
| Garlic | Vitamins C and B6, Selenium, Manganese, Calcium, Iron, Copper, Potassium |
| Nutmeg | Calcium, Magnesium, Copper, Potassium, Iron, Zinc |



NATURAL HEALING GUIDE

| NATURAL HEALING GUIDE | | | |
|-----------------------|---|---|--|
| Focus on | Nutritional sources | | |
| | Fruits | Vegetables | Nuts, Herbs and spices |
| ADHD | Pears, Grapefruit, Apples, Berries | Beans, Broccoli, Carrots, Spinach | Brazil Nuts, Walnuts, LSA |
| Allergies | Apples, Grapes, Berries, Lemons, Oranges | Beetroot, Kale, Spinach, Onions, Cauliflower | Walnuts, Pecans, Turmeric |
| Alzheimer's | Blueberries, Avocados, Oranges, Pomegranates | Kale, Broccoli, Cabbage, Radishes, Capsicums | Cinnamon, Flaxseeds, Turmeric, Cayenne |
| Anaemia | Apricots, Peaches, Prunes, Oranges | Spinach, Beans, Broccoli, Potatoes | Wheat Germ, Pistachios, Almonds |
| Anxiety/Stress | Blueberries, Bananas, Kiwifruit, Grapes, Pears, Papayas | Mushrooms, Spinach, Kale, Broccoli, Capsicums | Turmeric, Basil, Cayenne |
| Arthritis | Cucumbers, Lemons, Pineapples, Papayas | Beetroot, Capsicums, Broccoli, Kale | Turmeric, Ginger, Cashews, Cayenne |
| Asthma | Apples, Rock Melons, Papayas, Avocados | Kale, Spinach, Broccoli, Carrots, Garlic | Ginger, Flaxseeds, Chia Seeds |
| Blemishes | Cucumbers, Avocados, Watermelon, Berries | Celery, Beans, Kale, Spinach | Flaxseeds, Almonds, Chia Seeds |
| Bloating/Gas | Lemons, Cucumbers, Bananas, Papayas | Asparagus, Carrots, Celery | Fennel Seeds, Ginger, Mint |
| Blood Clotting | Berries, Prunes, Avocados, Pineapples | Broccoli, Asparagus, Beans, Carrots | Coconut, Almonds, Peanuts |
| BPH | Avocados, Apples, Kiwifruit, Oranges | Capsicum, Spinach, Beans, Carrots | Brazil Nuts, Sesame Seeds, Wheat Germ |
| Breast Cancer | Apples, Oranges, Chillies | Celery, Broccoli, Cauliflower, Kale | Parsley, Turmeric, Flaxseeds |
| Brittle Nails | Apples, Apricots, Nectarines | Celery, Beetroot, Spinach, Kale, Carrots | Sunflower Seeds, Chia Seeds, Parsley |

| NATURAL HEALING GUIDE | | | |
|-------------------------------|---|---|---|
| Focus on | Nutritional sources | | |
| | Fruits | Vegetables | Nuts, Herbs and spices |
| Cardiovascular Disease | Blueberries, Tomatoes, Papayas, Honeydew Melons, Mandarins | Carrots, Spinach, Broccoli, Sweet Potatoes, Capsicums, Beetroot | Flaxseeds, Almonds, Walnuts |
| Cataracts | Oranges, Mangoes, Strawberries, Papayas | Carrots, Capsicums, Kale, Beans | Wheat Germ, Peanuts, Sunflower Seeds |
| Cognitive Decline | Blueberries, Raspberries, Cranberries, Avocados, Tomatoes, Apples, Chillies | Spinach, Garlic, Beetroot | Walnuts, Cacao, Wheat Germ |
| Colon Cancer | Berries, Prunes, Tomatoes, Oranges, Kiwifruit | Spinach, Celery, Kale, Capsicums, Broccoli | Peanuts, Turmeric, Ginger |
| Constipation | Prunes, Kiwifruit, Pears, Berries | Celery, Beans, Broccoli, Potatoes | Brazil Nuts, Walnuts, Peanuts |
| Dementia | Berries, Avocados, Oranges, Cherries | Kale, Broccoli, Cabbage, Pumpkin, Capsicums | Cinnamon, Almonds, Cayenne, Sage, Cumin |
| Depression | Kiwifruit, Berries, Peaches, Apricots, Bananas, Grapes | Broccoli, Carrots, Spinach, Pumpkin | Brazil Nuts, Wheat Germ, Almonds |
| Diabetes | Berries, Grapefruit, Tomatoes, Avocados, Apples, Lemons | Beans, Sweet Potatoes, Corn, Kale, Spinach, Beans, Celery | Walnuts, Flaxseeds, Brazil Nuts |
| Diverticulitis | Apples, Pears, Prunes, Mangoes | Pumpkin, Potatoes, Peas, Spinach, Beans | Wheat Germ, Chia Seeds, Flaxseeds |
| Dull Hair | Watermelons, Goji Berries, Lemons, Kiwifruit | Sweet Potatoes, Spinach, Beans | Walnuts, Cashews, Pecans, Flaxseeds |
| Eczema | Bananas, Tomatoes, Kiwifruit, Berries | Potatoes, Spring Onions, Beans, Kale | Walnuts, Wheat Germ, Flaxseeds |
| Esophageal Cancer | Apples, Kiwifruit, Mangoes, Chillies | Kale, Spinach, Cabbage | Ginger, Cayenne, Turmeric |
| Fatigue | Avocados, Watermelons, Pears, Oranges, Papayas | Potatoes, Pumpkin, Carrots, Beans, Broccoli | Walnuts, Brazil Nuts, Almonds |

NATURAL HEALING GUIDE

| NATURAL HEALING GUIDE | | | |
|---------------------------------|---|--|---|
| Focus on | Nutritional sources | | |
| | Fruits | Vegetables | Nuts, Herbs and spices |
| Fibromyalgia | Papayas, Blueberries, Goji Berries | Broccoli, Beans, Beetroot | Almonds, Ginger, Mint, Walnuts |
| Hemorrhoids | Blueberries, Prunes, Papayas, Pears, Apples | Spinach, Beetroot, Artichokes, Broccoli | Parsley, Turmeric, Ginger |
| High Cholesterol | Blueberries, Bananas, Papayas | Beetroot, Carrots, Capsicums, Spinach | Peanuts, Cashews, Almonds, Walnuts |
| Hyperglycaemia | Strawberries, Avocados, Grapefruit | Broccoli, Spinach, Beans | Cinnamon, Walnuts, Brazil Nuts |
| Hypertension | Bananas, Pineapples, Honeydew Melons | Spinach, Beans, Potatoes, Capsicums | Sunflower Seeds, Chia Seeds, Cacao |
| Indigestion | Watermelon, Mangoes, Honeydew Melons, Bananas | Garlic, Broccoli, Celery, Cauliflower, Beans | Ginger, Parsley, Fennel Seeds |
| Infection | Berries, Tomatoes, Pomegranates, Lemons | Spinach, Kale, Garlic, Sweet Potatoes | Peanuts, Walnuts, Brazil Nuts, Ginger |
| Inflammation | Blueberries, Tomatoes, Raspberries | Garlic, Broccoli, Kale, Spinach, Watercress | Turmeric, Ginger, Rosemary, Cinnamon |
| Insomnia | Cherries, Bananas, Pineapples | Kale, Spinach, Sweet Potatoes | Almonds, Wheat Germ, Walnuts |
| Irritable Bowel Syndrome | Blackberries, Strawberries, Grapefruit | Carrots, Pumpkin, Potatoes, Eggplants | Flaxseeds, Chia Seeds, LSA |
| Kidney Stones | Avocados, Cucumbers | Spinach, Kale, Beans, Celery | Almonds, Chia Seeds, Flaxseeds |
| Lung Cancer | Tomatoes, Strawberries, Blueberries, Chillies | Garlic, Broccoli, Carrots, Spinach, Kale | Chia Seeds, Flaxseeds, Turmeric |
| Macular Degeneration | Oranges, Mangoes, Kiwifruit, Grapes | Carrots, Spinach, Kale, Broccoli | Wheat Germ, Cashews, Sunflower Seeds |
| Memory Loss | Blueberries, Apples, Tomatoes, Black Currants | Spinach, Kale, Beans, Broccoli, Cabbage | Turmeric, Pumpkin Seeds, Sage |
| Migraine | Bananas, Chillies, Watermelons, Cucumbers | Potatoes, Mushrooms, Kale | Almonds, Cayenne, Chia Seeds |
| Mood Imbalance | Pears, Apples, Peaches, Chillies | Sweet Potatoes, Spinach, Beans | Flaxseeds, Chia Seeds, Wheat Germ, Turmeric |
| Nausea | Lemons, Bananas, Apples, Limes | Celery, Capsicums, Kale, Carrots | Ginger, Mint, Peanuts, Almonds |

| NATURAL HEALING GUIDE | | | |
|------------------------------|--|---|--|
| Focus on | Nutritional sources | | |
| | Fruits | Vegetables | Nuts, Herbs and spices |
| Obesity | Pears, Apples, Berries, Nectarines, Mangoes | Spinach, Kale, Watercress, Beans, Broccoli | Walnuts, Brazil Nuts, Turmeric, Flaxseeds, Cayenne |
| Osteoporosis | Apricots, Rock Melons, Grapefruit, Tomatoes, Watermelons | Capsicums, Broccoli, Carrots, Pumpkin, Sweet Potatoes | Parsley, Turmeric, Cayenne |
| Ovarian Cancer | Apples, Tomatoes, Avocados | Broccoli, Kale, Watercress, Cauliflower | Wheat Germ, LSA, Walnuts |
| Oxidative Stress | Peaches, Grapes, Blueberries, Apricots | Capsicums, Broccoli, Carrots, Kale | Ginger, Turmeric, Rosemary, Walnuts |
| Parkinson's Disease | Apples, Tomatoes, Limes, Pears | Cabbage, Capsicums, Beans, Broccoli, Kale | Flaxseeds, LSA |
| PMS | Oranges, Pears, Apples, Berries, Bananas | Spinach, Broccoli, Kale, Carrots, Brussel Sprouts | Chia Seeds, Flaxseeds, Pumpkin Seeds |
| Prostate Cancer | Mangoes, Tomatoes, Berries, Rock Melons | Garlic, Spinach, Broccoli, Capsicums | Walnuts, Wheat Germ, Flaxseeds, Almonds |
| Psoriasis | Berries, Avocados, Oranges, Cherries | Spinach, Kale, Broccoli, Capsicums, Carrots | Flaxseeds, Turmeric, Walnuts |
| Reflux | Bananas, Watermelons, Rock Melons, Honeydew Melons | Asparagus, Beans, Broccoli, Celery | Ginger, Parsley, Fennel Seeds |
| Rheumatism | Cucumbers, Lemons, Pineapples, Papayas | Beetroot, Garlic, Broccoli | Turmeric, Ginger, Basil, Flaxseeds |
| Skin Cancer | Avocados, Berries, Mangoes, Tomatoes, Kiwifruit | Kale, Capsicums, Spinach, Sweet Potatoes | Pine Nuts, Walnuts, Chia Seeds, Flaxseeds |
| Skin Elasticity | Blueberries, Kiwifruit, Avocados, Strawberries | Carrots, Onions, Celery, Broccoli, Kale | Wheat Germ, Brazil Nuts, Chia Seeds |
| Stomach Cancer | Oranges, Lemons, Mangoes, Blueberries | Carrots, Sweet Potatoes, Garlic | Wheat Germ, Flaxseeds, Ginger, Cayenne |
| Stroke | Berries, Bananas, Oranges, Pineapples | Beans, Carrots, Kale, Broccoli, Watercress | Almonds, Flaxseeds, Turmeric |
| Toxicity | Lemons, Blueberries, Goji Berries, Pineapples, Rock Melons | Carrots, Kale, Spinach, Broccoli, Beetroot | Ginger, Cayenne, Mint, Turmeric |
| Warts | Blueberries, Tomatoes, Cherries | Spinach, Kale, Broccoli, Capsicums, Pumpkin | Oregano, Almonds, Wheat Germ |

Infusion Operation Times

Operation times will depend on the softness or firmness of the ingredients you are infusing. For example, watermelon (soft) will need less time than beets, nuts or seeds (hard).

Times will also depend on the wattage of your machine. A more powerful machine will pulverise food in less time.

As a general rule, you will need to operate your machine anywhere between 5 and 30 seconds depending on how smooth you want your infusion to be.

WARNING: (For owners of High performance machines: 20,000+ RPM)

If you need to operate your machine for longer than 1 minute, stop, let the machine rest for 1 minute, then continue. Do not run the machine for more than 3 1-minute bursts without letting it rest for 3 minutes.

With some machines, running the motor for more than 1 minute can cause it to overheat, resulting in permanent damage.





PLEASE NOTE: all the recipes have been designed for a 700ml cup, so you may need to adjust amounts to suit your nutrient extractor. You'll find the ingredients at your local supermarket, fruit and veggie shop or wholefoods store.

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What is Nutrient Infusion?

Nutrient Infusion happens when you pulverize fruit and vegetables, skins, seeds and nuts to mine vital nutrients, and unleash essential vitamins and minerals from your everyday food. When you break down the cell walls of your food, you make nutrients more readily available for absorption and infusion into your body. With Nutrient Infusion you can make the most delicious, potent, nutrient-packed superfoods you have ever tasted. You retain 100 per cent of the fibre, vitamins and minerals, ready to be infused into your blood stream to build strong bones, healthy organs and vigorous cells, and naturally power your body and mind. As you will see, you can infuse specific foods with one another to enhance their collective nutritional value and healing power.

**Now you can boost your health
and vitality like never before!**

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