

OUR 32 INGREDIENTS

GREENS:

Dark leafy greens feed the **mitochondria**, which are the brains of the cell and the control center for your entire body. Greens are rich in iron, which stops us from feeling sleepy, and they also help build strong bones with their abundance of calcium.

Green chard –This rich dark green is important in maintaining bone density. They build up the kidneys and fill our veins with nutrients to build healthier organs.

Parsley – One of the richest sources of healthy gut nutrients. They help rebuild the immune system and keep it running healthy and well

Basil – This fragrant herb has a great impact on brain health. It helps fight depression, combats viruses and infections and promotes a healthier cardiovascular system

Mint – This fresh tasting green has a very cooling and soothing effect on our bellies. Its also known to improve skin and assist in breathing difficulties

Celery – These are so rich in minerals that they literally build stronger bones and have the power and strength to lower blood pressure.

VEGETABLES:

Are rich in **minerals**. These are the repairing and rebuilding building materials your organs' **DNA** need to continue to work healthy and well...

Cabbage – This is one of the best gift you can give your gut. It aids with digestion, is a great stimulant and has the perfect fiber to gently cleanse.

Carrots – We already know they are great for the eyes, but did you know they help with your skin and improve muscle and soft tissue health.

Beetroot – This wonderful earthy root vegetable has many benefits with the most important being its ability to renew the blood with minerals and vitamins, which help detox and rebuild your liver – hence, its colour.

Cucumber – A wonderful diuretic which helps with water retention (makes you pee). Also strong in the ingredients that give you a more glowing skin

Ginger – Apart from its distinctive spiciness, this root has been used for over 2000 years as a natural therapy for reducing inflammation and relieving pain

FRUITS:

These are rich in **vitamins**, which give energy to the mitochondria so your organs have the energy to continue to operate efficiently.

Apple – An apple a day keeps the doctor away and for great reason...they pack a larger variety of nutrients than any other fruit allowing them to energize and rebuild more organs within the operating system that is you.

Pineapple – This juicy fruit has a similar chemical make up to the digestive enzymes found inside your own body making it a fantastic digestive aid

Banana – this fruit has a very similar DNA to that of the human body and is known to actively feed the good bacteria within your gut

Orange – We all know about the trusty orange but did you know it also helps balance blood pressure and contains bone and teeth strengthening properties.

Lemon – These sharp and sour beauties are full of infection and inflammation fighting properties. They are very important as they carry compounds that your body cannot produce

Dates – Sweet and delicious, this fruit carries an immense amount of raw energy to keep your body moving through the day while feeding your blood with a variety of nutrients to carry around

Pear – This fruit is a gut cleanser of note. It's got all the right fiber along with its ability to help balance the PH of the body. It's a great pick me up.

Currants – These help fight infection while reducing inflammation. They help transport oxygen to the cells giving more energy and improving the immune system. Great for oral health

Apricots – These promote healthy skin and ward off vision problems. They protect the mouth and scavenge for free radicals throughout the body

NUTS AND SEEDS:

These are necessary for muscle building while helping to maintain strong, nourished and healthy joint movements.

Almonds – This is actually a seed and an alkaline one at that. It helps regulate cholesterol levels, improves heart health and promotes good gut health

Hazelnut – This is a powerhouse of a nut. It's good for heart health, aids in muscle, skin, bone and digestive health.

Walnuts – This nut has elements that feed your brain while containing rare and powerful antioxidants referred to as "remarkable". They aid in heart health, weight control and the male reproductive organ.

Cashew – This amazing nut contains properties that help lower bad cholesterol and assists in preventing heart and stroke disease and is a great source of protein.

Pecans - These reduce inflammation, strengthen bones and teeth, assist in weight loss and reduce blood pressure

Flax seeds – These are rich in the fatty acids that keep your gelatinous joints hydrated and moving well. They help lower bad cholesterol and promote all around health

Poppy seeds – These aide in the prevention of heart disease, support bone maintenance, prevent constipation and help other digestive challenges. They also help rebuild red blood cells

Sesame Seeds – This powerful seed boost your metabolism, promotes healthy digestion, manages diabetes and get this...protects against radiation. Pretty powerful right!

Pumpkin seeds – This is another powerful seed that promotes heart health along with prostate and bladder health

SUPERFOODS:

These have powerful antioxidant molecules that fight off the free radicals in your body keeping harmony and balance.

Chia seeds – are inflammation fighters that help lower the risk of diabetes. They protect against arthritis and help clean the gut.

Goji Berries – these help improve vision and while helping with weight and diabetes management. They're great for a mans libido...