

## **You Are What You Eat!**

Set the tone of your day by consuming something ultra-healthy like this power drink. By making an initial investment in your health first thing in the morning, you will be more inclined to stay on track with good choices throughout your day. Drink first thing and wait 10-15 minutes before eating solids after.

### The Essential Three Ingredients:

#### **1.Green powder**

Mixture of young cereal grass sprouts and sea weeds such as spirulina, wheat grass and blue-green algae are a very rich source of many nutrients, including beta-carotene, calcium, iron, protein, fiber, and Vitamin C.

#### **2.Whey Protein powder**

Whey protein is a soluble, easy to digest protein and is efficiently absorbed into the body. It is a naturally complete protein, meaning that it contains all of the essential amino acids required in the daily diet

Suggested Brands:

##### **Biochem Sports 100% Greens & Whey**

Individual Packs are \$1.99

11oz is \$17.99

24.5oz is \$29.99

**Biochem Sports 100% Raw Foods & Whey Powder** is \$15.99

**Barlean's Greens Powder** is \$37.99 for 30 day supply and can be mixed with

**Whole Foods Whey protein powder** \$33.99 for 30 day supply.

#### **3.Vanilla Flavored Rice or Almond Milk**, or diluted fruit juice if you must!

This will provide the liquid you need to make a nice drink in the blender.

*Whole Foods or Pacific are good brands flavored with brown rice syrup- avoid brands that flavor with sugar*

### Other Great Things to add:

**Wheat Germ** – Hodgson Mill is a great brand, found near oatmeal in cereal aisle.

Great source of fiber, B vitamins, Vitamin E and zinc.

**Aloe Vera juice** – Lily of the Desert is a great brand, found near the vitamins

Recommended dose is 1 Tbs to repair damaged tissue in the gut and stimulates all of the digestive glands to function properly; stomach, kidneys, gallbladder and liver. The aloe will also help with daily regularity if you have constipation.

**Probiotic** – powder comes in a capsule that you take with your drink. Flora More or JarrowEPS are great wide-spectrum brands.

This is important for everyone to promote a healthy digestive lining in order to absorb the most nutrients from our food. It is an essential supplement for people suffering from IBS or chronic indigestion and even more important to take if you recently took antibiotics. Antibiotics kill off many of the beneficial bacteria in our gut and we need to replenish them to restore absorption and the immune function in our digestive tract.