

## Energy and Health

For optimum energy and health during stressful times, support your system with Living Foods and Energizing Nutrients.

Here are some tips. See *Alkaline Diet* document for more meal ideas, *Nutritional Resources* document for more details, and *Cleansing For Life* for more tips to try for energy efficiency.

1. Add 1-2 big Organic, Fresh, Dark leafy green (\*1.) salads a day. Add Raw Flax Oil, Olive Oil, Celtic Sea Salt, Raw Pumpkin seeds, Avocado, Green onions, Cilantro or Parsley, and Dulse Granules for added Flavor and Nutrients.
2. Have 3-4 servings of Organic, Fresh, Raw Fruit each day. Have non-sweet fruits if you have sugar sensitivities/diabetes/candida/low blood sugar challenges.

3. Have one Green Drink (\*2a.) a day. 1/2 apple and 1/2 celery or other dark leafy green AND/OR add Green Food in powder form (\*2a. and 2b.) to Fresh squeezed fruit juice or smoothie. See *Synergistic Smoothies, Delicious Drinks, and Energizing Essential Nutrients* document.

Juicing and blending food is a perfect way to give your body the vital nutrition it needs by breaking it down before we ingest it. All you need is a blender and the ingredients- super quick and easy.

4. Support your organs with Amazon Herb Company's Herbs (\*3.). Illumination in the AM and /or Warrior tincture before exercise in tincture form will give an immediate boost taken under the tongue. Hold under tongue as long as possible, then swallow. Illumination is also like an herbal version of a full spectrum multi-vitamin.

5. Amazon Herb Co. Shipibo Matte tea (\*3) (Yerba Mate) green tea is an amazing replacement for coffee. Organic Yerba Mate can also be found at most natural food stores. It'll give you a big boost with out frying your wires. Rooibos African Red Tea, found at almost any health food store, is a caffeine-free, antioxidant tea that has a mellow taste. Red Clover Tea, also found at almost any health food store, is an amazing Liver supporter and is also very mellow tasting. Have four cups a day and chill during the summer or keep in a thermos.

6. Amazon Herb Co. Chocamaca (\*3) dark chocolate balls with Amazon Herbs is also amazing to replace other sweet cravings. Or Nature's First Law's Tibetan Goji Berry Bars(\*2b). See their website for other healthy snack ideas. Also see Govinda's (\*4.)

7. Enzymes with meals and between meals. Digestive Enzymes like Rainbow Light's Advanced Enzyme System are available at most health food stores are amazing in helping to digest heavy meals to make nutrients more available to

absorb and to prevent fatigue after eating. For more info see *Enzyme Therapy* document. Also, Vitalzymes/Metabolic Enzymes are the key to supporting Energy, Vitality, and Life as we age! (take together with bluegreen algae-chlorella, spirulina, or marine fucus below)

8. Blue-green Algae Supplements or CHLORELLA(\*5.) will help oxygenate your body, rebuild with amino acids, energize, and mineralize. See *Enzyme Therapy* document. Even better, Check out <http://www.rawfood.com/> and look up DHA which is the pressed oil of blue green algae that makes fish such a brain food but without the bio-accumulated toxins. It is taken in capsules containing a pure, concentrated form of DHA.

9. For a list of my favorite supplements see *Synergistic Smoothies, Delicious Drinks, and Energizing Essential Nutrients*.

\*1. Dark Leafy Greens: Kale, Chard, Celery, Arugula, Spinach, Okra, Watercress, Bok Choy, Collards, Zucchini

\*2a. Green Juice as well as other fresh juices are recommended 8 ozs. at a time and can be 1/2 apple, carrot, and/or beet and 1/2 Dark leafy green and/or green food powder supplement. These green food supplements come in a powder form and contain organic and wild crafted green foods that have been dehydrated at low temperatures below 118 degrees in order to preserve their enzymes and nutrients. I like to mix 1-2 tablespoons in with smoothies or apple/lemon juice

Vitamineral Green (800) 357-2717 <http://www.healthforce.net/>

OR

\*2a and 2b. Nature's First Law (800) 205-2350

<http://www.rawfood.com/>.

2a.- Nature's First Food or –Pure Synergy by The Synergy Company available at Nature's First Law

2b.-Tibetan Goji Berry Bars

\*3. Amazon Herb Company

(800) 835-0850

<http://www.rainforestbio.com/>

-Illumination in tincture form

-Amazon Herb Co. Mate tea

-Chocamaca

\*4. Govinda's

(800) 900-0108

<http://www.govindabars.com/>

\*5. Blue-green Algae:

Sun Wellness, Inc. available at many natural food stores

(800) 829-2828, EXT. 77

<http://www.sunwellness.com/>

Sends a supply to your home every 3 months, or just order one 20 day supply.  
Get a discount by giving them my member ##YAA295 under Kara Yoshimoto or  
become a "distributor" and receive discount.

-Sun Chlorella "A" tabs or granules, 1500 tab or 100 packet

OR

Aquazon

Amazon Herb Company

<http://www.rainforestbio.com/>

<mailto:orders@amazonherb.com>(800) 835-0850

Distributor# 75613

Any Questions? Contact me at Kara@JustinBua.com

Thank you for your interest. Please spread the Health!

Love, Kara