

Natural Energy trip: Raw cacao beans with Raw Agave Nectar...Ymmmmm...It's legal but hard to come by. You peel the skin off the bitter cacao (where chocolate comes from) and then pop it in your mouth with some Agave Nectar(where tequila comes from) and chew as long as possible. Cacao is one of the most powerful anti-oxidants(fights free-radicals), has tons of magnesium(for muscle cramping, mood elevating, cleansing), and inhibits certain enzymes from interfering with brain function, so it makes you incredibly focused, clear and happy. It's like coffee without the jitters. It gives you the rush and incredible energy for focus and creativity. We've also been making crazy cacao teas...yummmmm. Agave is a sweetener that is pure fruit sugar full of its natural minerals and doesn't give you the insulin rush/rise(and fall) like honey or other sweeteners. It's a magic tea. Cacao beans are available sometimes on Rawfood.com but sold out the first day...let me know if you want it on the next shipment.

I found the best and only product in the world that is biodynamically grown BEYOND ORGANIC and completely energizing. It is powdered superfood with loads of proteins/enzymes/amino acids/ minerals/vitamins/ magic mushrooms/ ancient chinese secret herbs/ and feels so good. Pure Synergy is a very pleasant green powder delicious with fresh grapefruit juice, orange juice, or any other juices or smoothies. It can also be mixed with soups(once they're in the bowl, so as not to cook it) and it's delicious. I highly recommend it. It is very special. All the ingredients are picked at the peak of spring when the nutrients are at the most powerful density and the farming is all sustainable and beyond environmentally friendly. It's a super product all the way around.

The other thing to check out is the dynamic of MSM with vitamin C. Also available on rawfood.com or 888-rawfood. Work up to (over a month or so) 3000 to 6000 mg (3-6caps) 1 cap/1000mg/1g per 50 lbs. of body weight, 2x/day of MSM with at least 2000mg/day of Vitamin C creates a synergistic fuel for cells to renew themselves. The MSM is a mineral depleted in our foods and is destroyed in all cooked food. MSM does everything from makes our tissues breathable so fluids, oxygen, and nutrients can get in and out of cells, so our organs stay pliable and not leathery, for skin, hair, nails, digestion, allergies, inflammation, puffiness, healing injury, reducing scars, rebuilding cartilage, bones, joints, arthritis, depression, hormonal balance, etc.

One of the BEST vitamin C's available is also made by the SYNERGY COMPANY and has a good amount of Camu Berry in it (which is one of the most powerful mood elevating C's available) and it is called "Pure Radiance C." C and MSM can be emptied into your morning smoothie or juice. It's best to chew your juice because the absorption starts straight from the mouth into the bloodstream. Rawfood.com also has a good organic MSM.

Check out the Angstrom Mineral Therapy link on rawfood.com. Angstrom minerals are much smaller than colloidal and absorb directly into the bloodstream, sublingually through under the tongue, so anyone who has trouble

assimilating supplements can get immediate results. There is a mineral called "Indium" which is an incredible hormone balancer, and amazing for the skin. This system would be great for Leo.

Also, if ever acidic, a glass of lukewarm water with one whole lemon is totally alkalizing before bedtime.

For energy, every day take one Tablespoon of raw agave and One Tablespoon of Bragg's Organic Raw Unpasteurized Apple CIDER Vinegar(available at any healthfood store) with a glass of room temp-warm water. The Raw apple cider Vinegar is different than other vinegars in that it won't ferment food in your body. It has tons of enzymes for energy, digestion, and the malic acid in the vinegar breaks down cholesterol in the body and stones in the Liver/Gallbladder. It also feeds the good bacteria in your system.

For a Bad Tummy, take 4 teaspoons straight of "Healing Honey" by The Synergy Company (rawfood.com) you will be amazed at the immediate results.

Of course, with any large or cooked meal 2-5 enzymes will greatly improve digestion and energy. Rainbow Light's Advanced Enzyme System Enzymes are available at any Health food store.

Oops I got a little carried away :)

Wishing you love, laughter, health , prosperity, and strength  
Kara Yoshimoto Bua

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