

food facts

DID YOU KNOW...

Eggs are high in protein and good fats (omega 3's), they contain all the daily nutrients needed to produce energy & good brain function!

Green leafy veggies are high in magnesium, calcium & folate! They are brilliant for detoxing your liver and keeping your body in a healthy alkaline state.

Chia seeds are an excellent source of omega-3 fatty acids. They contain the perfect combination of fiber and protein, which keeps you feeling fuller for longer! Just 2 tablespoons provide you with 18% of your recommended calcium intake for the day!

Cacao is high in potent antioxidants (40 times more antioxidants than blueberries), magnesium, iron and calcium (more than cow's milk). It protects your nervous system, lowers insulin resistance, reduces blood pressure and is the best mood booster! Cacao was considered so valuable by the ancient Incas, they used it as currency!

Avocados are great for women. They are loaded with fiber, Vit B, C and folate. They have been proven to prevent against breast cancer and are a good fat source, keeping you feeling fuller for longer!

Cinnamon is best known for stabilising your blood sugar levels! It is great for diabetes, infections, arthritis and it boosts your cognitive function and memory!

Turmeric contains powerful medicinal properties. It is one of the most potent cancer fighting herbs due to its high anti-inflammatory and antioxidant properties. It is also great for brain health.

Cashews are rich in healthy fatty acids, loaded with fiber, vitamins and minerals such as zinc, iron, potassium, magnesium and selenium. They are essential for good health and disease prevention.

Organic Meats are always a better choice as normal meats often contain added hormones, steroids and antibiotics that can wreak havoc in your body and can assist with gut and hormonal imbalances.