



# Body

THE POWER TO HEAL  
What to Drink and What to Rethink



## **Morning Milkshake**

A Nutrient Rich, Sugar Free & Protein-Packed  
Morning or Dessert Option



# Body

POWER - TOOL

## THE POWER TO HEAL What to Drink and What to Rethink

*Hydrate to fuel your brain and body.*

The absolute best way to start your day, above anything else, is with a tall glass of water. Drinking water first thing in the morning is an immediate way to improve your mood and break the dehydrating fast that occurs overnight in your brain and body.

If your body is hydrated, so is your brain!

Our goal is to provide you with food knowledge so your remarkable body has the fuel to self-repair.

According to American Journal of Public Health, a recent 3-year study shows that more than half of children and adolescence (ages 6 - 19) in the U.S. are dehydrated on a daily basis. This is mainly due to drinking dehydrating drinks, poor nutritional beverage choices and/or consuming very little water. As of 2018, 60% of children and teens are still choosing soda over water at school, if anything at all to drink.

### *“Overfed, Undernourished and Dehydrated”*

We are incredibly fortunate to have such amazing variety when it comes to our food and drink selection. However, this has earned our culture the title of “Overfed and Undernourished”. Our healthy appetites have led us to yummy options for our tummy, but usually lack the basic nutrients needed for cellular regeneration and lasting health.

### *24 Grams of Sugar is the Daily Recommended Amount for Women*

The highest amount of sugar consumption comes from drinking soda. One fountain drink of soda can give you up to 44 grams of sugar- almost double the daily recommend amount.

Sodas aside, the sugar hidden in other beverages are sometimes consumed more frequently and have the potential to do even more harm.

#### **Bonus Points:**

- Staying hydrated with water and more nutrient rich beverages can cure chronic headaches, constipation, mental fog and physical fatigue just to name a few.
- The 1% change of adding a naturally green drink during the day can help build an unbreakable immune system.

*Happy Hydrating!*



# What to Drink and What to Rethink

## Drink

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### Water:

Generally, 8 to 10 glasses of water per day is the best way to keep your brain and body energized and happy. Kids and adults should drink at least 2 cups before breakfast for improved mood and detoxing benefits.

### Added Minerals:

Bottled water lacks the natural minerals that were once available from our faucets. Add a few drops of Trace Minerals or fruit and vegetables to increase the nutritional value.

### Electrolytes:

For sports and dehydration choose water with added electrolytes such as celery or raw coconut water.

### Juice:

Green vegetable based juices are best!

- *If you do drink fruit juice, grab:*

100% Juice- to avoid added sugar

Pulp & Skin- Juice the entire fruit for fiber and other vitamins

Choose Organic- This helps to avoid added preservatives, food dyes and pesticides

### Smoothies:

Vegetable smoothies can pack in the recommended, 5 servings of veggies needed each day.

### Milk

Explore multiple ways of getting calcium from milk. Unsweetened almond milk, cashew milk and coconut milk can be great additions for cooking, baking and drinking. Use some non-dairy food items to get more calcium. For example, two cups of collard greens have ½ the calcium of a glass of cow's milk.

## Rethink

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### Water

Rethink drinking VitaminWater and other brands of bottled water that contain an excess amount of sugar and harmful Red, Yellow and Blue food dyes. One bottle of VitaminWater contains more than the total amount of sugar recommend for the day.

### Electrolytes:

Getting your electrolytes from sports drinks like Gatorade will add an excess amount of 36 grams of sugar in your body. These drinks also contain food dyes (Red#40, Blue#2, Yellow#6, etc.) that are linked to hyperactivity, irritability and some cancers.

### Juice:

Ultimately the body's response to all sugars causes inflammation. So even though fruit juice has vitamin C, the large sugar content and low fiber combination makes this beverage as unsuspecting culprit of high sugar consumption that works against our body and immune system. It is however, very beneficial for the body to blend, drink and eat the whole fruit.

### Soda:

It's ok to enjoy and appreciate this sweet treat *a few times a year*. Drink without guilt to avoid unnecessary emotional setbacks, but remember there's a limit. Diet sodas have also been linked to asthma, poor kidney function, weight gain and numerous other negative health conditions.

### Smoothies:

Try to avoid smoothies with any added sugar.

### Cow's Milk

It is estimated that 75% of the world's population has an inflammatory response to cow's milk. An immediate allergic reaction is not always the case, but a buildup of inflammation over years, along with the added hormones in non-organic cow's milk, works against your body's ability to fight disease and heal. If you do drink milk, add in some non-dairy food options for bone health and drink alternatives that your body agrees with.



# Morning Milkshake

A Nutrient Rich, Dairy Free, Sugar Free  
& Protein-Packed  
Morning or Dessert Option

This morning or dessert milkshake includes:

**Cacao-** This plant-based superfood is the purest form of chocolate you can ingest. It is much less processed than cocoa powder and chocolate found in candy. With no added sugar, cacao is said to contain the highest amount of antioxidants and magnesium in all foods.

**Cashew Butter-** Raw, unprocessed nuts (not baked, toasted or roasted) contain the most amount of nutrients. Raw cashew butter contains the high protein, iron and healthy omega 3 fats needed to fuel your brain and body.

**Almond Milk-** It is estimated that 75% of the world's population is unable to properly digest cow's milk and process the added antibiotics and hormones that are included. Although you may not have an immediate reaction, over time, the inflammation and extra work your body goes through to process it can be harmful. Give your body a dairy break with high calcium, low dairy choices like unsweetened coconut or almond milk. Brands without carrageenan are recommended.

**Monk Fruit Sweetener (Lakanto)-** Monk fruit sweetener is the only sugar substitute recommended by top medical experts. Most artificial sweeteners cause poor health conditions. Enjoy the amazing taste of sugary sweets every once in a while, but when you have a daily urge for added sugar, use this to strengthen your immune system instead of using sugar





# Morning Milkshake

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**Ingredients:**

- 1 cup almond milk (avoid milk with carrageenan)
  - 1-2 tablespoons cacao powder
  - 2 tablespoons raw cashew butter
  - 2 tablespoons monk fruit sweetener (Lakanto)
- Optional: 1 tablespoon of plant-based Sacha Inchi Protein Powder*

**Directions:**

Add milk to a single serve blender cup first, then add remaining ingredients. Blend until smooth and enjoy.

# Celery Juice

A Powerful Immune Boosting & Healing Juice

**Ingredients:**

- 1 bunch of celery

**Directions:**

Chop celery and blend it in a high-speed blender or juicer.  
Strain well and drink immediately.  
Drink in the morning for added nutritional benefits during the day.



# Ginger Water

Drink this daily to strengthen digestion,  
minimize asthmatic symptoms and reduce inflammation.

## Ingredients:

- fresh ginger root
- water (8 ounces or more)

## Directions:

After peeling, cut one half-inch or more of ginger root and place in a glass of water, or water bottle. Fill with water, stir, shake or swirl- then drink. The longer the ginger remains in water, the more flavor and nutrients there are. As you refill your cup or water bottle, leave the ginger inside lasting benefits.

# Kale Beet Super Smoothie

This chunky beet root energizer is great for overall health and endurance for athletes or bodies that are always on the go.

## Ingredients:

- 3 one-inch cubes      frozen beets
- 2 cups                      raw kale
- ½ inch cube              ginger root
- 1 tablespoon              chia seeds (soaked in water- follow directions on the package)
- 1 tablespoon              lemon
- 1 cup                         water
- 1                                apple with skin, sliced

## Directions:

In a blender, add kale and water first. Blend until almost smooth. Add frozen beets, apple and ginger root, then blend. Add chia seeds and lemon juice for a short blend cycle.



# Cucumber Pear

This anti-inflammatory juice is a hydrating and alkalizing beverage that's known to detox and cleanse with added electrolytes.

## Ingredients:

- 2 cups water
- 2 cups spinach
- 2 celery stalks, chopped
- 1 cucumber chopped with skin
- 1 pear with skin, sliced
- 1 lemon, halved

## Directions

In a blender, add the spinach and water. Blend until smooth. Add cucumber, celery, pear and blend. Squeeze the juice of the lemon into the mixture.