

# Recipe

## Fact Sheet



# SuperFood



**Superfood** may have an unusually high content of antioxidants, vitamins, or other nutrients.

There are 2 types of drinks, smoothies which are often made with milk and chunky by nature and new machines which liquidize the plant material.

Machines with motors larger than 600 watts are the secret to a better taking drink which include greens, seeds and nuts.

Drinks can be tailor made to life's different ailments.

**Kale** has powerful antioxidant qualities and high amounts of phyto-chemicals that may help in preventing macular degeneration and cataracts. Kale may also help to combat many types of cancer, including breast cancer. Include this antioxidant powerhouse in your morning smoothie.

My favourite blend is one with Tuscan Kale and Mango.

25% Kale, 25% Mango, 15% Banana

Seeds and nuts. LSA are the most important in your mixes Linseed, Sunflower seeds and Almonds.

Water is best not milk. Can add some Aloe Vera juice.

The health benefits of Aloe Vera are numerous, beginning with improving the digestive system all the way to preserving food; it can result in optimal health in the long run. Aloe Vera strengthens the immune system, delays the aging process, cures dermatitis, alleviates menstrual problems, reduces arthritis pain, heals wounds, cures nausea, eliminates ulcers, lowers blood sugar levels, prevents diabetes, reduces oxidative stress, inhibits cancerous growth, heals the side effects of radiotherapy treatments, promotes hair growth, and soothes acid reflux symptoms.

To assist different ailments;

### **Heartburn;**

Cabbage, Celery, Papaya, Pineapple, Kiwifruit.

### **Diabetes;**

Swiss Chard, Banana, Pumpkin Seeds, Walnuts, Avocado, Blackberries, Kale, Broccoli, Almonds.

### **Indigestion;**

Banana, Pears, Spinach, Ginger Root, Aloe.

### **Brain foods;**

Sunflower seeds (Vitamin E), Lentils, Spinach, Collard Greens, Turnip Greens, Carrot Cantaloupe (Vitamin A) Swiss Chard (Vitamin A & E), Almonds Papaya,

### **Women;**

Beet, Grapes, Broccoli greens, raspberries, Goji Berries., Avocado, Swiss Chard, Almonds, Cashews, Banana, Pumpkin seeds, Spinach, Blueberries.

### **Men;**

Beets, Broccoli florets, Blueberries, Pumpkin seeds, Spinach, Watermelon, Grapefruit, Kale, Banana, Hazelnuts, Sunflower Seeds.

### **Bone Builders;**

Kale, Banana, Raspberries, Blueberries, Cashews, Swiss Chard, Papaya, Almonds, Mustard Greens, Pumpkin Seeds, Strawberries, Chia and Flax seeds, Apples, Pear, Avocado, Broccoli greens.

### **Muscle Builders;**

Collard Greens, Avocado, Papaya, Cherries, Walnuts, Chia Seeds, Spinach, Blueberries, Almonds, Flax Seeds, Kale, Banana.

### **Detox;**

Beetroot, Beetroot Greens, Celery, Artichokes, Apples, Spinach, Arugula Salad Rocket, Wheatgrass, Garlic, Asparagus, Broccoli, Cauliflower, Carrots, Oregano, Citrus Fruits and Green Tea.

### **Sleep;**

Cashews, cooked oatmeal, Spinach, Banana, Raspberry, Blueberries, Sunflower and Pumpkin seeds, Swiss Chard, Celery, Watermelon, Figs, Almond Milk.

### **Anti Aging;**

Spinach, Avocado, Blueberries, walnuts, Lettuce, Banana, Raspberries, Flax Seeds, Black Berries, Swiss Chard, Artichoke Hearts, Almond Milk.

### **Constipation;**

Lettuce, Walnuts, Kale, Swiss Chard, Beetroot, Lemons, Cabbage, Carrot, Blue Berries, Banana.

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