



Supplements



Supplementing - Feel the Magic

Great nutrition is very simply giving your-self the best possible intake of nutrients to allow your body and brain to work together in a balanced and harmonistic way.

As we know nature provides the best when it comes to giving your body everything it needs for optimal health. The question now is whether supplementation is necessary & if it can truly enhance your health.

Without question a healthy way of eating which consists of organic wholefoods, grown in good healthy soil, prepared well, eaten in the right amounts, in the right setting with just the right amount of appreciation, is the best way to bring about a high vibrational & nutrient dense way of eating, living & feeling.

Nothing is better than what nature can provide in its raw and natural form, however due to many environmental factors, we now know that supplementing with 100% natural plant-based supplements, such as those provided within this section, can truly complement, and enhance an already healthy lifestyle into an even more vibrant one.

So, let us dive deep into the world of plants to restore the balance from within, just as nature intended.



How can supplements assist the body?

No matter how much we enrich foods with specific compounds, we can never truly create the health-enhancing synergy from whole foods themselves, only nature has that power.

Using natural plant medicines, such as super foods, green algae, herbal teas, tonics and medicinal mushrooms to mention only but a few, can provide the body with an abundance of minerals, essential compounds, and nutrients, which can restore and heal the body to its original state.

Adding Supplements can simply:

- Improve mental clarity, mood and concentration
- Improve your feeling of wellbeing
- Increase physical performance
- Improve quality of sleep
- Strengthen your immune system
- Brighten your skin, eyes and improve your hair growth and shine
- Lengthen your lifespan
- Strengthen the connection between mind, body, and spirit

What to know when taking supplements:

- Choose a brand that you trust, do some research, and make sure that the ingredients used are natural & organic as well as sourced sustainably, if it's good for the planet, it's good for you.
- Make sure you are not taking too many supplements, especially if they have the same function, you can take too much.
- Be consistent for the best results, when taking supplements, keep in mind that the body takes time to naturally heal itself and depending on the damage done the results to taking a particular supplement might take longer than what you would expect.
- Follow a supplement program that compliments your own specific needs, don't take what you don't need, keep it simple and stick to the basics for the best results.
- If you are considering adding nutritional supplements, then do make sure it is just that, a supplement to add to an already healthy way of eating rather than a substitute to an unhealthy one.

Remember that you are unique, there is nobody quite like you. You only need to look at the tremendous variation in the way we look, and in our talents and personalities, to realise that our nutritional needs are also unlikely to be identical. It's about discovering what you need as an individual for optimal health, do the research, make the effort, and most importantly know who you are and what YOU need to be well.

LET'S START WITH THE MOST IMPORTANT ELEMENTS TO ADDRESS WHEN LOOKING FOR OPTIMAL HEALTH:

Keep your blood sugar level:

- Make intermittent fasting apart of your everyday life
- Eat low sugar foods
- Increase your fibre intake
- Drink more water
- Engage in more physical exercise

Supplements to help you achieve this:

1. **Aloe Vera** – a gel from the leaves of aloe plants
2. **Cinnamon** – a spice extracted from the bark, leaves, flowers, fruits and roots of the cinnamon tree
3. **Magnesium** – a micro-mineral found in green leafy veggies, raw cacao, bananas etc.

Digestion perfection:

- Eat nutrient dense foods, that are high in fibre
- Include a lot of raw foods in your daily meals
- Minimise wheat and gluten-based products
- Drink 2-3 litres of water & herbal teas daily
- Sit down, relax, and take your time over your meals, chew your food well

Supplements to help you achieve this:

1. **Probiotics** – live good bacteria's and cultures
2. **Digestive enzymes** – substances that help digest your food
3. **Natural herbs** – marshmallow, liquorice and ginger – herbs found in nature, usually use as a tea

Keep your hormones in check:

- Follow a nutrient dense way of eating
- Find time to relax, meditate & practice deep breathing
- Get a good healthy dose of exercise daily
- Eat organic foods & lower your sugar intake
- Use natural medicines

Supplements to help you achieve this:

1. **Shatavari** – a general tonic used in ayurvedic medicine to improve vitality
2. **Maca** – a root vegetable grown at the top of the Andes Mountains
3. **Ashwagandha** – an evergreen shrub that grows in Asia and India





Boost your immunity:

- Do some regular gentle exercise such as tai chi or yoga
- Learn to handle stress, relax, meditate & do breathing exercises daily
- Include super-foods into your healthy way of eating
- Drink 2-3 litres of water & herbal teas daily
- Include more plants in your healthy way of eating

Supplements to help you achieve this:

1. **Buffered Vitamin C** - more bio-available source of natural vitamin C
2. **Sea Buckthorn berries** - a highly nutritious berry native to China
3. **Black elderberry extract** - a highly nutritious berry

Keep your system clean:

- Eat organic foods, follow a nutrient dense way of eating & include juicing & fruit fasting
- Find time to relax, meditate & practice deep breathing
- Get a good healthy dose of exercise daily
- Use natural medicines
- Make intermittent fasting apart of your everyday life
- Drink 2-3 litres of water & herbal teas daily

Supplements to help you achieve this:

1. **Stinging nettle** - a plant high in nutrients & healing properties
2. **Activated charcoal** - created from carbon-rich materials burned at high temperatures
3. **Zeolite** - a natural volcanic mineral

Memory and Concentration:

- Eat low sugar foods & nutritious foods
- Get enough rest
- Stimulate your mind with reading, puzzles, sudoku & writing
- Make time for meditation
- Get lots of vitamin D

Supplements to help you achieve this:

1. **Ginseng** - a herb with powerful healing properties
2. **Magnesium** - a micro-mineral found in green leafy veggies, raw cacao, bananas etc.
3. **Gotu Kola** - known as the herb of longevity, with unbelievable healing properties



Stress and Anxiety:

- Learn to handle stress, relax daily, meditate & do breathing exercises daily
- Get a good healthy dose of exercise daily
- Follow a nutrient dense way of eating
- Get a good dose daily sunshine
- Practice grounding

Supplements to help you achieve this:

1. **CBD Oil** - derived from the cannabis plant, very effective for pain and inflammation
2. **Ashwagandha** - an evergreen shrub that grows in Asia and India
3. **Ginkgo Biloba** - a plant with incredible healing properties



Superfoods you need to know about:

Super-foods are medicinal foods that have high concentrations of nutrients that can bring about superb nutrition activating higher levels of energy & cellular regeneration within the body.

Below you will find a list of plant-based super-foods that have a history of traditional use. These are certainly not the only super-foods out there but are the most common and most widely used.

Slowly start incorporating superfoods into your everyday life for a wonderful experience into the world of plants:

1. RAW CACAO

Benefits of Cacao:

- Cardiovascular health
- Longevity antioxidants
- Boosts mental health
- Natural energy booster
- Natural antidepressant
- Mood-enhancing aphrodisiac
- Weight loss stimulant

Most common natural forms:

1. **Cacao Beans** – original form of cacao.
2. **Cacao Nibs** – crushed cacao beans with the skins removed.
3. **Chocolate Paste** – made by slowly grinding cacao nibs at low temperatures, creating a smooth, liquid cacao, which is then set.
4. **Cacao Butter** – the fat of cold-pressed cacao nibs.
5. **Cacao Powder** – the remaining cake after butter has been pressed out.

2. COCONUTS

Benefits of Coconuts:

- Promote blood sugar control
- Rich in powerful antioxidants
- High in copper & iron
- Antibacterial effects
- Provides Healthy fats for the body
- Improves beauty & skin health





Most common natural forms:

1. **Coconut Milk** – made from the white flesh of mature brown coconuts.
2. **Coconut Kefir** – fermented coconut water.
3. **Coconut Water** – the clear liquid found inside young coconuts.

3. ALOE VERA

Benefits of Aloe Vera:

- High antioxidant and antibacterial properties
- Skin regeneration
- Enhances immunity
- Promoting intestinal health
- Reduces inflammation
- Lowers blood sugar levels
- Accelerates wound healing
- Restores tissue elasticity

4. GOJI BERRIES

Benefits of Goji Berries:

- Contains all 9 essential amino acids
- High in antioxidants
- Improves well-being depression & anxiety
- Health skin & repair
- Immune boosting
- Supportive digestion
- Cardiovascular health

5. BAOBAB

Benefits of Goji Berries:

- Digestive health
- Rich in minerals
- Gut health
- Protects and repair cells
- Alkalisng vitamins and minerals
- Cardiovascular health
- Weight-loss support
- Immune system support





6. ALGAE

Benefits of Algae:

- Highly nutritious
- Boosts immune function
- Energy boosting
- Promotes healthy skin
- Stress relief and natural anti-depressant
- Metal detoxing
- Longevity
- Weight-loss

Most common natural forms:

1. **Kelp** – large brown seaweed, found along the saltwater coast, added to salads, capsule form.
2. **Spirulina** – blue-green-algae, can be used in smoothies, baked goods, capsule form.
3. **Irish Moss** – red algae, highly nutritious, taken in capsule form, added to soups.
4. **Chlorella** – a green algae grown in freshwater, contains all 9 essential amino acids
5. **Nori** – found in saltwater, grows in dark purple and black varieties, used in sushi & salads.
6. **Lichen** – founded through a symbiotic relationship between fungus and algae.

7. MACA

Benefits of Maca:

- Immune system support
- Improved brain function, natural anti-depressant
- Stress support
- Improves thyroid and metabolism function
- Balances hormones
- Natures aphrodisiac
- Enhanced fertility
- Can increase bone density and strength
- Increases energy, vitality and prevents adrenal fatigue

8. MORINGA

Benefits of Moringa:

- Includes all 9 essential amino acids
- Rich source of iron, vitamin K & E
- High source of vitamin A & calcium
- High in antioxidants
- Improves skin health and longevity
- Boosts immunity
- Promotes good digestive health
- Assists with decreasing blood glucose levels
- Increases bone density

9. MESQUITE

Benefits of Mesquite:

- Blood sugar balancing
- Protein rich
- Anti-anxiety
- Promotes health gut flora and digestion
- Boosts immunity
- High in plant protein
- Anti-bacterial and anti-fungal

10. REISHI MUSHROOM

Benefits of Reishi:

- Assists cell regeneration
- Anti-inflammatory
- Antiviral
- Lowers blood pressure and improves heart health
- Antibacterial
- Antioxidant properties
- Manages fatigue, stress and depression
- Boosts immunity
- Increase mental health

11. HEMP

Benefits of Hemp:

- Contains all 9 amino acids
- Immune system supportive
- Omegas 3, 6,9
- Balances hormones
- Boosts heart health
- Supports liver health
- Assist in good digestive health, high in fibre

Most common natural forms:

1. **Leaves** - highly nutrient-dense, can be used in salads and smoothies.
2. **Hemp Seeds** - used in smoothies, sprinkled over salads, or made into hemp milk, should be eaten raw.
3. **Hemp Oil** - drizzled onto salads, added into smoothies, or added into salad dressings.
4. **Hemp Protein Powder** - 50% protein content, add to smoothies, porridges, and sauces.





12. CHAGA MUSHROOM

Benefits of Chaga:

- Highest amounts of anti-tumour cancer-fighting compounds of any herb
- Extremely high in nourishing phytochemicals nutrients and free- radical scavenging antioxidants
- Support immune function
- Natural anti-inflammatory
- Improves heart health
- Balances the thyroid
- Supports gastrointestinal health

13. MSM

Benefits of MSM:

- Anti-oxidant capable of inactivating free radicals
- Anti-inflammatory
- Assists with arthritis joint pain
- Assists in with good digestion
- Strengthens skin, hair and nails
- Muscle recovery
- Prevents auto-immune disease
- Improves joint flexibility
- Detoxifies the body
- Accelerates healing
- Natural increases energy

14. FULVIC ACID

Benefits of Fulvic Acid:

- Helps boost digestion and nutrient absorption
- Protects cognitive health
- Improves absorbability of other nutrients
- Creates an optimal ph. level in the body
- Lowers free radical damage and inflammation
- Improves detoxification
- Improves energy levels and lowers pain
- Improves gut health and immune function

15. DIATOMACEOUS EARTH

Benefits of Diatomaceous Earth:

- Detoxifies the body
- Helps purify water
- Fights parasites
- Improves joint, bones and ligament health
- Helps clean and protect skin, nails and teeth
- Helps to balance hormones
- Essential for collagen production
- Beneficial for wound and burn healing
- Helps control diabetes
- Decrease headaches and migraines

16. ZEOLITE

Benefits of Zeolite:

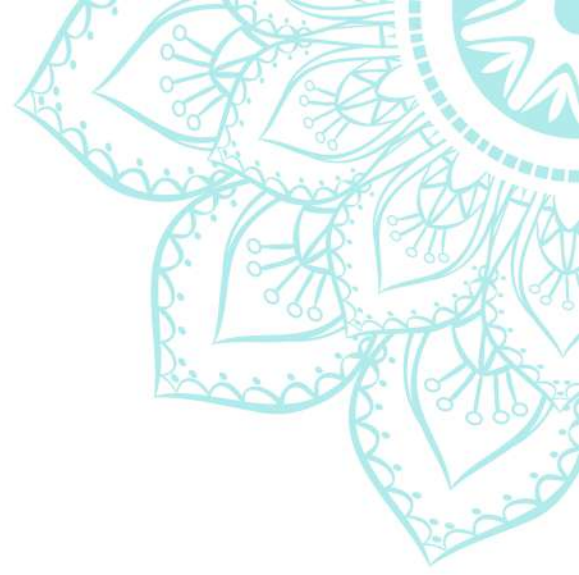
- Heavy metal detoxification
- Promotes gut health
- Assists in oxidative damage
- Wound healing
- Assists with acid reflux & stomach ulcers
- Boosts immunity
- Balance PH
- Anti-microbial

17. CHARCOAL

Benefits of Charcoal:

- Teeth whitening
- Detoxifying
- Wound healing
- Alleviate gas and bloating
- Improve digestive health
- Lower cholesterol
- Improves longevity





18. COLLOIDIAL SILVER

Benefits of Colloidal Silver:

- Excellent natural anti-biotic
- Wound healing
- Excellent anti-viral
- Anti-inflammatory
- Assists with sinus infection
- Controls flu & colds
- Prevents Pneumonia
- Eases skin conditions

19. BLACK CUMIN OIL

Benefits of Black Cumin:

- Promotes digestive health
- Reduces inflammation
- Prevents allergies
- Boosts immunity
- Promotes healthy hair
- Lowers hypertension
- Promotes weight-loss

You need to know about Tissue Salts:

What are Tissue Salts?

Also called cell salts or biochemical salts – these are minerals, the same minerals that are found in the earth's rocks and soil. These minerals should be present in our bodies in a perfect balance, which is the prerequisite for complete health and well-being. When the human cell is reduced to ashes, it exhibits 12 minerals; these are what tissue salts are made of.

Tissue Salts in a Nutshell

Below is a concise synopsis of the main action or use of the 12 tissue salts – the key words associated with each salt here is the information usually offered on bottle labels.

Calc.Fluor:	Elasticity, flexibility, toning, strength and resilience of muscular and connective tissue, bones tooth-enamel and walls of the blood vessels.
Calc.Phos:	A cell builder, this is an excellent tonic and growth developer and supporter. It maintains body functions and aids recuperation. It is needed for blood connective tissue, teeth and bones.
Calc.Sulph:	Natures' cleanser and blood purifier, it dissolves discharge, drains tissues, heals and clears suppuration; an eliminator, it works particularly on the liver, blood and bile.
Ferrum.Phos:	The breath of life – the oxygen transporter, anti-inflammatory, anti-haemorrhage, cooler of inflamed, overheated conditions. It helps the formation of red blood corpuscles and strengthens the blood vessels. A first-aid remedy.
Kali.Mur:	A superb tissue salt for children, specifically for childhood disease, liver function, decongestant, anti-inflammatory, resolving the second stage of inflammation: glandular tonic, blood and lymphatic conditioner, a digestive. It is essential for the blood and nerve tissue.
Kali.Phos:	A nerve nutrient and natural tranquilliser, it lifts the spirits and restores a feeling of well-being, gives emotional balance, pain reliever, important for heart, brain tissue and intracellular fluid.
Kali.Sulph:	A cell oxygenator – with Ferrum Phos. It transports oxygen, supports liver function, works particularly well for skin conditions like eczemas, and the mucous membrane, which it normalises, clears and conditions, getting rid of mucus.
Mag.Phos:	The antispasmodic, natural pain reliever for cramps, a superb nerve and muscle relaxant and nutrient, it also treats spasm, tensions, bladder stones and stress related pains and tensions.
Nat.Mur:	For heavy emotions, anger, depression and irritability. This is also a water distributor salt for skin conditions, for runny nose, hay fever and all mucous membrane conditions.
Nat.Phos:	Nature's antacid and natural acid-alkaline balancer, it treats digestive complaints, arthritic pains and stiffness, generally this is a mood lifter, system neutraliser and a stress reliever.
Nat.Sulph:	Natures diuretic and toxin cleanser, it is a liver decongestant, and a regulator of body fluid on the whole metabolism.
Silica:	It eliminates toxins from the tissues, clears suppuration, and expels foreign matter from the body. It also strengthens connective tissue, supports and sustained after excess stress and overwork, improves memory function and mineral assimilation – the perfect tissue salt for the not so young.